



Sexual Violence Prevention & Supports

Background

- The Sexual Violence Strategy was a 3-year commitment of \$6 M
- Development began in 2014 with extensive research and community engagement
- Strategy launched in June 2015
- 3 Action Areas identified:
 - Services & Supports
 - **Prevention & Education**
 - Approach & Accountability

What We Heard

Service providers need more training to prevent stigma, victim blaming, stereotyping, minimizing of experiences and retraumatization.

Supporting Survivors of Sexual Violence

A Nova Scotia Resource

Introduction

Ending sexual violence, and making this world a better place for those who have survived sexual violence, is a collective effort. In taking this training you are demonstrating your commitment to these goals. Thank you!

This training is designed to help you learn more about sexual violence and how to support someone who has survived it. It is for service providers, friends, family members, neighbours, teachers, first responders, counselors, and anyone who is acting as a support person, or is concerned about sexual violence.



Take the Course for Free

[Register Now](#)

Grid of Course Modules

Sexual Violence: An Introduction

This module includes the basics about what sexual violence is and who is impacted. It dispels common rape myths and explores how rape culture normalizes sexual violence.

[Start This Module](#)

Responding to a Disclosure

This module provides information about what you might expect when supporting a victim/survivor, the effects of trauma, and how you can respond if someone tells you they have been subjected to sexual violence.

[Start This Module](#)

Choices following Sexual Violence

This module explains some of the options that a person has after sexual violence. It describes resources that you could refer a victim/survivor to, and what they might expect when navigating these resources.

[Start This Module](#)

Exploring Sexual Consent

This module outlines the basic elements of sexual consent, ways to ask for consent, consent and age of consent laws, and the impacts that power imbalances can have on someone's ability to consent or communicate no.

[Start This Module](#)

Enhancing the Well-being of Support People

This module outlines signs of stress in support people, and both individual and organizational strategies to foster mental and physical well-being.

[Start This Module](#)

Indigenous Perspectives

This module explores the connections between colonization, intergenerational trauma, racism and sexual violence. It also focuses on Mi'kmaq resilience and pathways to healing.

[Start This Module](#)

- Free of charge
- Certificate of Completion
- Can be done over time
- Takes between 4-6 hours
- This training is for anyone who is concerned about sexual violence

“An amazing and comprehensive resource that a wide audience will find to be a concise and thorough means of learning about sexual violence in its many facets.

I also think it is an extremely valuable tool for families and anyone who has children and youth in their lives.

I was also incredibly impressed with the course’s attention to culturally relevant content, language, and inclusion.”

Natalie Flinn, Active Healthy Living Consultant
Department of Education and Early Childhood Development

breakthesilenceNS.ca/training