

Becoming an Active Bystander

1. Notice the behavior or situation
2. Identify the problematic behavior or situation
3. Feel motivated to help
4. Possess the knowledge and skills to help
5. Confidently and safely intervene

How to Intervene Safely:

1. Assess for safety
2. Be with others
3. Care for the survivor

For more information please visit:
queensu.ca/studentaffairs/SVBIT
or email svbystander@queensu.ca

If you have experienced sexual violence: Go to a safe place

Queen's 24hr Emergency Response Centre:

613-533-6111

OR

Call

911

Seek medical attention:

24/7 Sexual Assault/Domestic Violence Unit

at KGH (ask for the SA/DV nurse)

613-549-6666 ext. 4880

Health Services at

Student Wellness Services

613-533-2506

Hospital accompaniment options:

Sexual Assault Centre Kingston:

(24hr support and crisis hotline)

613-544-6424

Sexual Health Resource Centre

613-533-2959

Get support and explore options:

Contact **Barb Lotan**,
Sexual Violence Prevention & Response Coordinator
for information and to review your options

Monday to Friday (daytime)

613-533-6330

or email

bjl7@queensu.ca

Visit **Counselling Services**,
to make an appointment with a
professional counsellor

613-533-6000

ext. 78264

To learn more about sexual violence support, visit:
queensu.ca/sexualviolencesupport

Witnessing is impactful. Consult and get support for yourself.

All persons who disclose an experience of sexual violence can expect to be:

- Treated with compassion, dignity and respect
- Provided with non-judgmental support
- Informed about on and off-campus support services and resources
- Provided with timely safety planning assistance

Survivors recover best when they:

Have a positive initial contact:
“I believe you”
“Thank you for coming to me.”

Receive compassion:
“It was a brave decision to share this.”
“It’s ok to feel a lot of different emotions or nothing at all after an experience like this.”

Know they are not alone:
“What do you need, if you know?”
“How can I help you best?”