



A colouring book for survivors  
and supporters



# We BELIEVE you

**We Believe You - a Colouring Book for Survivors and Supporters** is an initiative of the Office of Sexual Violence Support and Education at Ryerson University in Toronto, Canada. Feel free to print and share the colouring book. Post your coloured images on social media with the hashtag #BreakTheSilenceNS.

**We are glad you are here. This book is dedicated to YOU.**

There is no right way to heal from sexual violence. It is not linear. Some days you might feel okay and others, you may not. This colouring book is filled with reminders for self-love and care. Fill the pages with colour, journal when it feels right and skip pages that are too much. This is a choose-your-own-adventure-book. You are writing a new story.

Survivors are more likely to disclose to people in their community - friends, family, neighbours - YOU - than they are to professionals. This colouring book is an invitation to respond with care when someone discloses. A compassionate response creates an opening for a survivor to feel heard, respected and to build trust.

**Need support? You are not alone.**

Check out our list of resources : [breakthesilencens.ca/where-to-get-help](http://breakthesilencens.ca/where-to-get-help)

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# I REMIND MYSELF

Five things you can tell  
yourself to take care

I have the right to be heard, to love, to tell my story, to wear what I want. My rights include...

## **SELF-CARE**

Take deep breaths.

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i have

the

**RIGHT**

to be

**SAFE**

I believe myself.  
No one else knows better than me that...

**SELF-CARE**

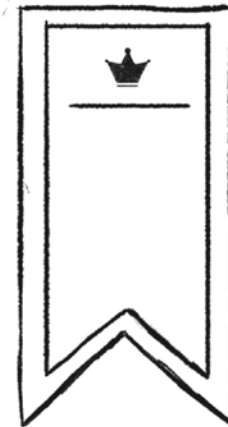
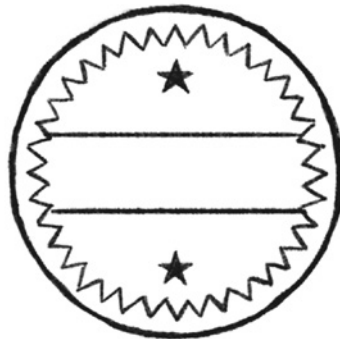
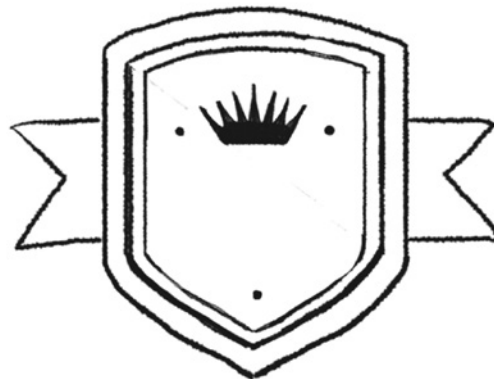
Drink some water.

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I  
Trust  
Myself

I matter. Fill in the badges below with things you celebrate, love and cherish about yourself.



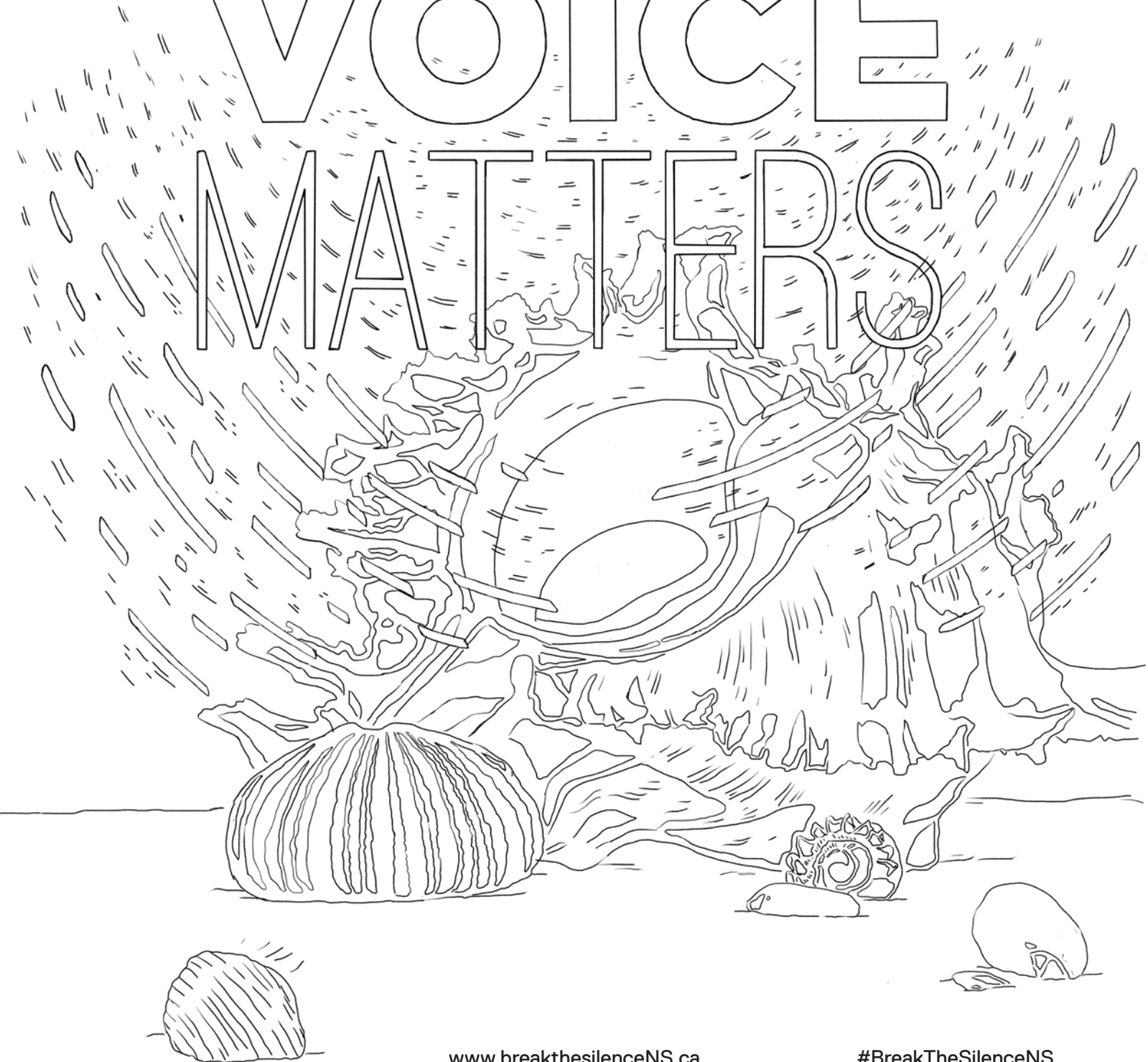
## SELF-CARE

Create: draw a picture, belt out a song, dance.





# My VOICE MATTERS





What happened to me does not define who I am.  
I am writing new stories about my life right now.

## **SELF-CARE**

Hold something that is calming; be it a  
pet, a stone or a stuffed animal.

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I'M

WRITING

A *New*

STORY



TO DO WHEN I FEEL ROTTEN

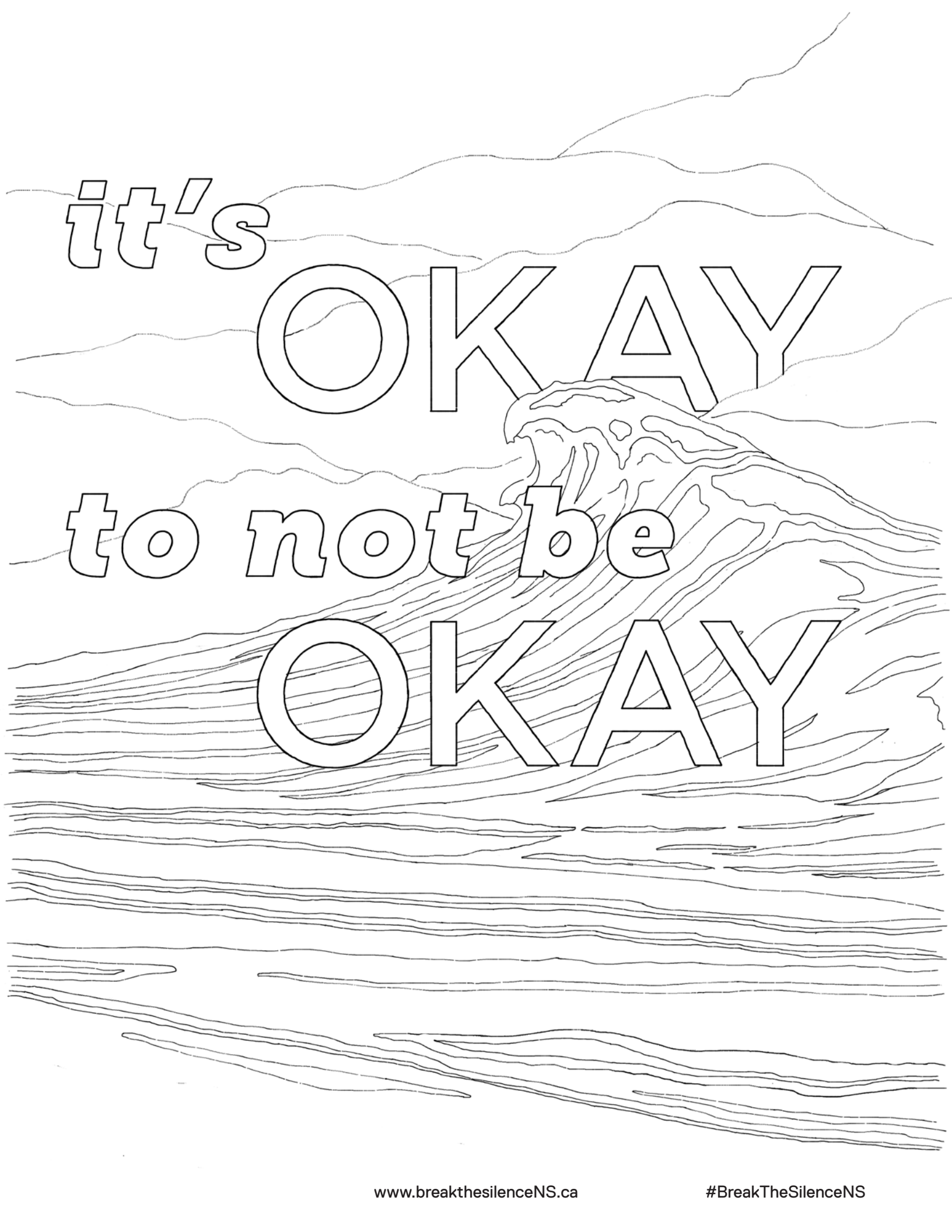


**SELF-CARE**

Stretch, wiggle, dance - move.  
Be silly and active for a few minutes.

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*it's*

OKAY

*to not be*

OKAY





# THINGS TO REMEMBER

Five things you can say  
when someone discloses

Survivors deserve to be seen, heard and believed.  
Things I need to hear when I share what happened...

People I want to tell:

*\*Sometimes the first person we need to disclose to is ourselves*

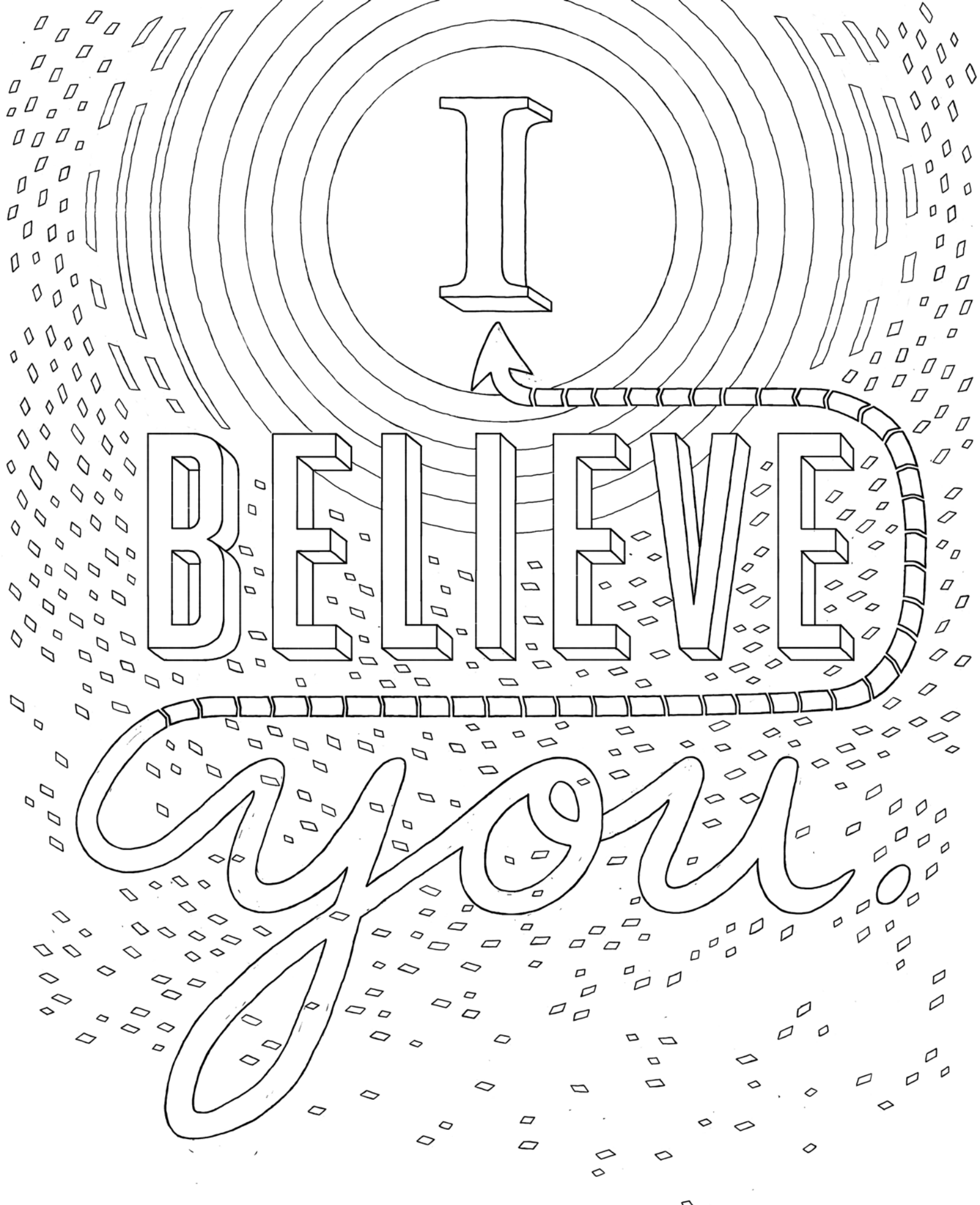
How I want to be supported:

**SELF-CARE**

Open a window. If you can, go outside.

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Too often we are shamed and blamed for abuse as if it wasn't "so bad" or was somehow our "fault."

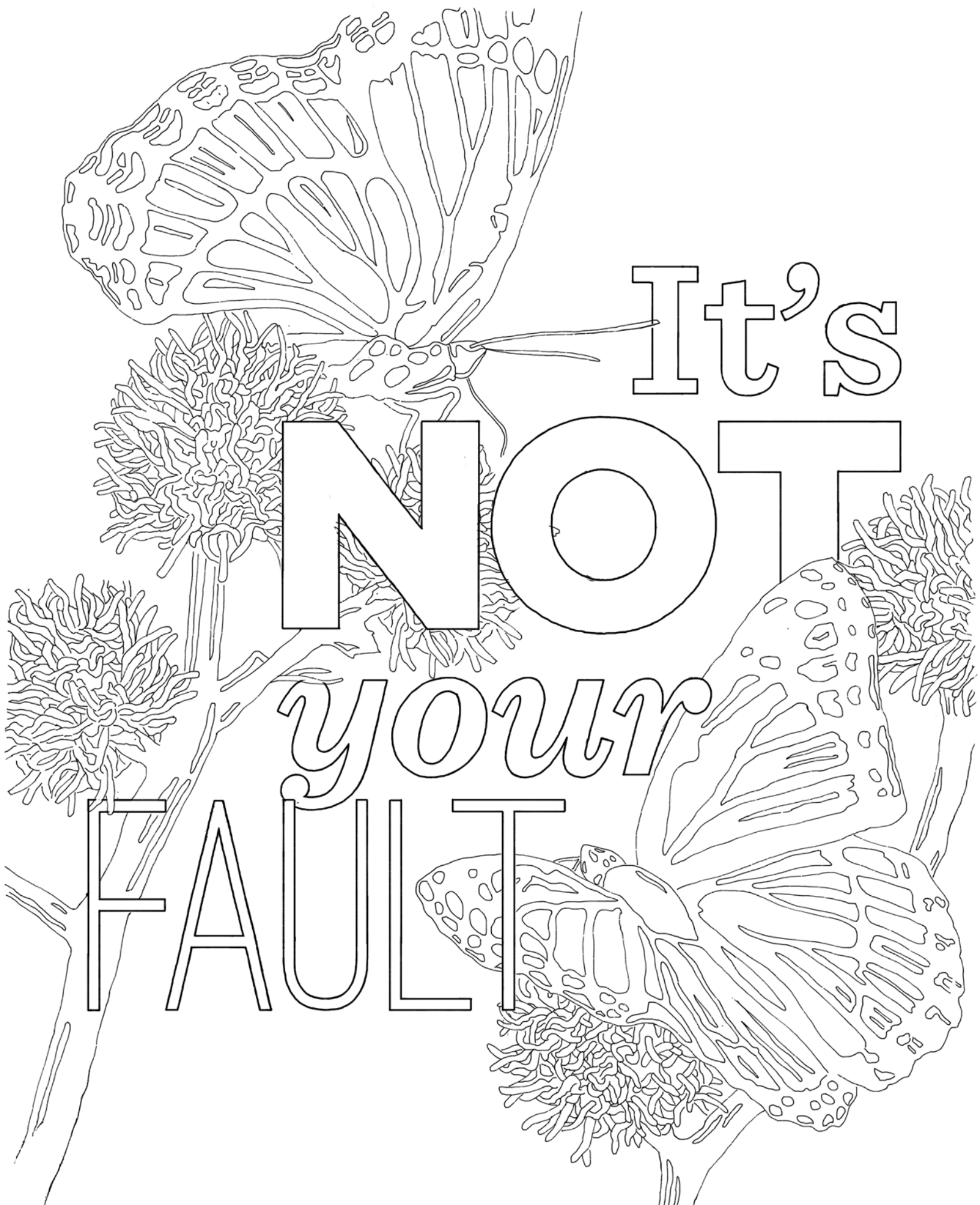
List the things you've heard and what you can say back.

**For example:** *What were you wearing? My choice of dress is not a yes. Why did you go on a date with them? It's not my fault; it's the perpetrator's.*

**SELF-CARE**

Notice and list things in your surroundings.

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It's

NOT

*your*

FAULT

My boundaries act like a force field that can protect me. They can be an alarm system when my emotional and physical space isn't being respected.

Limits and boundaries I want to establish or am putting into place...

## **SELF-CARE**

Say out loud your name, your age, the date, and your location.  
List some things you've done today, or are going to do.

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CONSENT

COMES

*first*

There are many people who believe you and other survivors.  
List of people I can connect with when I feel sad, isolated or need compassion.

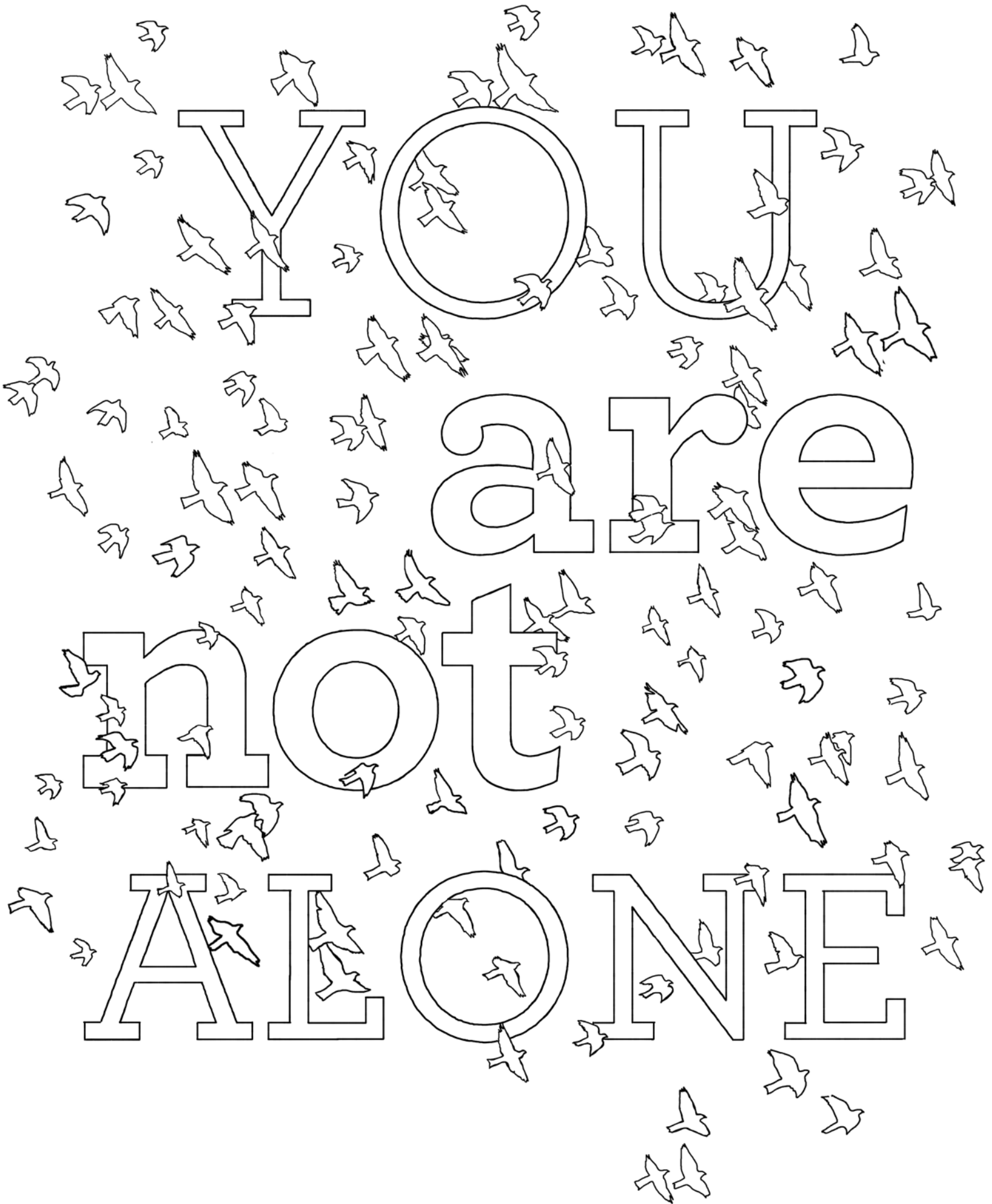
*\*They could be ancestors, writers, friends, chosen family members, celebrities*

They inspire me through...

**SELF-CARE**

Play a categories game. Name favourite songs, or clothing items, or cities...

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I choose when, where and how I heal.

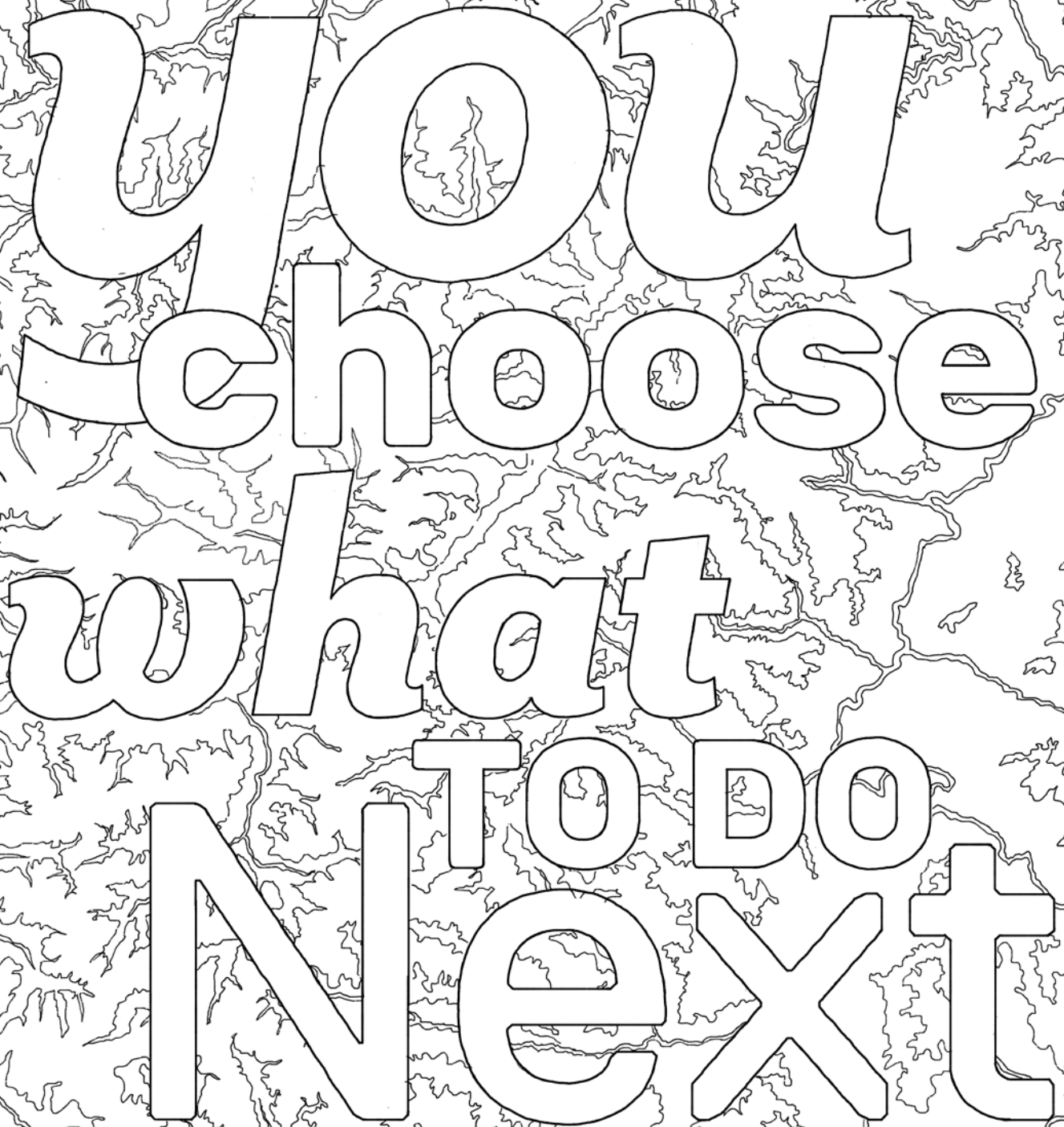
Draw yourself surrounded by the people, things or activities that bring you joy.

**SELF-CARE**

Splash water on your face or run  
your hands under the faucet.

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**You  
Choose  
what  
TO DO  
Next**

## I REMIND MYSELF

i have  
the  
RIGHT  
to be  
SAFE

I  
Trust  
Myself

*My*  
VOICE  
MATTERS

I'M  
WRITING  
*A New*  
STORY

*it's*  
OKAY  
*to not be*  
OKAY

## THINGS TO REMEMBER

I  
BELIEVE  
*you.*

It's  
NOT  
*your*  
FAULT

CONSENT  
COMES  
*first*

YOU  
are  
not  
ALONE

*you*  
choose  
*what*  
TO DO  
Next

## **Nova Scotia Sexual Violence Strategy**

**email:** [strategy@novascotia.ca](mailto:strategy@novascotia.ca)

**tel:** 902.424.6841

**web:** [novascotia.ca/coms/svs/](http://novascotia.ca/coms/svs/)

**social:** #BreakTheSilenceNS

**[www.breakthesilenceNS.ca](http://www.breakthesilenceNS.ca)**

### **Sexual assault centres:**

#### **Antigonish Women's Resource Centre and Sexual Assault Services Association (SASA)**

**tel:** 902.863.6221

**web:** [awrcsasa.ca](http://awrcsasa.ca)

#### **Avalon Sexual Assault Centre**

**tel:** 902.422.4240

**web:** [avaloncentre.ca](http://avaloncentre.ca)

#### **Colchester Sexual Assault Centre**

**tel:** 902.897.4366

**web:** [colchestersac.ca](http://colchestersac.ca)