A Colouring Book for Survivors & Allies

WE BELIEVE YOU

UBC Sexual Violence Prevention and Response Office

Illustrated by Shiayli Toni
Whatever you are feeling right now is valid, normal and okay. Practicing self-care and paying attention to the feelings and emotions that act as our inner guides are good ways to honor ourselves while doing this important healing and resisting work. Everyone experiences and responds to sexual violence differently, and you have the freedom to do what is right for you, knowing that there are people and resources here for you if you want them. You deserve respect and support, and that is what we are here for.

You are not alone!

We Believe You! - qələməʔəmə ct!

As we explore our own sovereignty and move forward with the goal of creating a culture of consent, we must acknowledge that the land we are on was taken without consent, and is the traditional, ancestral and unceded territory of the Musqueam people. Through employing our own forms of learning, growing, healing and resisting we are doing work that Musqueam people have been engaged in on this land since time immemorial.

This book is meant to accompany you through your own process as a creative way to channel the complex feelings that may come up, or simply as a way to slow down, tune out, and provide a moment of calm in your day.

Colour to your heart’s content!

This book was inspired by those from Ryerson University and the University of Calgary.

hən̓q̓əmin̓əm̓ translation provided by xʷməθk̓ʷəy̓əm (Musqueam) Language and Culture Department
it's not your fault!
However you feel is valid
I wear what I want & deserve respect.
TAKE ALL

THE SPACE

YOU NEED
Healing comes in waves.
I Matter.
Connection strengthens our wellbeing.

Keep your chosen family close.
Things that make me feel safe:

A soft blanket
Healing is Intergenerational
“Art invites us to know beauty, and to solicit it, summon it, from even the most tragic of circumstances”

- Toni Morrison

“Disclosure is embedded within a web of strengths, intergenerational resiliency, resistance, and everyday survivance”

- Natalie Clark
UBC Sexual Violence Prevention and Response Office (SVPRO)

Hours: Monday – Friday 8:30am – 4:30pm.
Website: svpro.ubc.ca
Email: svpro.vancouver@ubc.ca
For immediate support, call 604-822-1588

Connect with us to access:

Safety Planning
Emergency housing
Student Emergency Funding
Academic Concessions
Workplace Accommodations
Knowledge & Support with Reporting Options
Police, Hospital, Court Accompaniment