

UNIFORMED SEXUAL TRAUMA FIRST AID



PHRASES SURVIVORS NEED TO HEAR AT FIRST DISCLOSURE:

- 1) I believe you/I am sorry this happened to you
- 2) None of this was your fault
- 3) You are not alone
- 4) You are not going crazy, there is no right or wrong way to feel

DND - SMRC- reporting/resources/information:
1-844-750-1648

TRAUMA INFORMED CONSIDERATIONS FOR THEM:

- 1) Safety
- 2) Be transparent
- 3) Peer Support
- 4) Collaborate
- 5) Empowerment/Voice and Choice
- 6) Cultural, Historical, Gender Issues
- 7) Offenders groom witnesses as well as victims.
Realize you only know what someone shows you.

FOR YOU:

- 1) Secondary Stress
- 2) Exercise and Good Nutrition
- 3) Self-care
- 4) Connect and Reach out
- 5) Buddy System

The Front-Line Workshop is the only survivor created, Veteran-owned, proven training course approved/endorsed by the Chief Professional Conduct and Culture (CPCC) of the Canadian Armed Forces.

Survivor Perspectives Consulting Group is continuing to offer flexible training solutions, and consultations to combat sexual misconduct in uniform. Ready to support, ready to lead.



SURVIVOR PERSPECTIVES
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