
We
BELIEVE
Survivors

LEARN ● ACT ● HEAL – Resource Booklet

In solidarity with **ALL SURVIVORS**

The Hockey Canada Trial, and EM's bravery as a survivor, has sparked a powerful movement that is growing louder with every voice raised in support. Conversations about rape culture, injustice, and survivor dignity are taking places across Canada. As we all witness, in action, the pitfalls of our legal system and how it obstructs survivor voices.

This public discourse has inspired the **#WeBelieveSurvivors** campaign, designed to:

- ♥ Affirm belief in survivors
- ♥ Challenges rape myths
- ♥ Support those disclosing harm
- ♥ Provide healing tools for survivors
- ♥ Invite Canadians to act in solidarity

This is a movement of healing, collective power, and belief. Together, we will make it undeniable. Now is the time for communities to show up. Let us respond, not with silence, but with action.

Here's what you can do

LEARN

- Each section will challenge a topic surrounding this trial and all others like it. With the purpose of educating communities on topics like memory, trauma response, and consent.
- Read carefully these messages and share with others what you found.

ACT

- When you see this symbol: 

We are challenging you to **ACT**.

- Share a message of support
- Repost images from our social media kit
- Call on your community to address rape culture and demand survivor centred change.
- Support your local sexual assault centre.
- Share your support using **#WeBelieveSurvivors**

HEAL

- Our **HEAL** pages are daily tools (grounding practices, journal prompts, rest tips, etc.) We encourage you to use these tools and take care of yourself during this trial. Your survival matters. Your healing matters.
- Hold space for friends who may be hurting. Ask: "How can I support you right now?"

Table of Contents

Day 1: We Believe Survivors Campaign (pgs 5-7)

Day 2: Justice is more than a verdict (pgs 8-9)

Day 3: Courtroom rape myths (pgs 10-13)

Day 4: Trauma and memory (pgs 14-18)

Day 5: Rape culture in sports (pgs 19-22)

Day 6: Supporting disclosures (pgs 23-25)

Day 7: Dear Survivor (pgs 26-27)

Day 8: Why survivors don't report (pgs 28-31)

Day 9: Alcohol & consent myths (pgs 32-35)

Day 10: From doubt to belief (pgs 36-37)

Day 11: Parenting & prevention (pgs 38-41)

Day 12: Media bias (pgs 42-44)

Day 13: Community accountability (pgs 45-48)

Day 14: Survivors are more than (pgs 49-52)

We

BELIEVE

Survivors 

because...

- most don't ever come forward, so when they do we show up for them.
- no one would volunteer to be put through the hell of cross-examination for fun.
- their experiences matter, and their future is important too.
- they deserve support. They deserve safety. They deserve care and so do you.
- justice isn't always found in the courtroom.

ACT

DAY 1

BELIEVE
Survivors

If you believe survivors, here's what you can do..

- Use the hashtag **#WeBelieveSurvivors**
- Download the We Believe Survivors social media kit at anovafuture.org/we-believe-survivors - let's flood the timeline so that survivors know they're not alone.



HEAL

DAY 1

AFFIRMATION

My story matters, even if I never tell it.

ACTIVITY

List 3 places or people where you feel safe.

1. _____

2. _____

3. _____

JUSTICE

LEARN - DAY 2

is more than a

VERDICT

ACT



What does justice mean to you?

How do you find justice in an unjust system?

Share your answers using [#WeBelieveSurvivors](#)

HEAL

DAY 2

AFFIRMATION

I define my own justice.

ACTIVITY

Light a candle, turn on a soft light, and sit quietly for 3 minutes.



(unfortunately still common)

RAPE MYTHS

*that survivors face
in the courtroom*



MYTH:

Victim/Survivors are partially responsible for their assault.



TRUTH:

If the rapist hadn't made the choice to rape someone, a rape wouldn't have happened.



MYTH:

If it was actually an assault, the victim would have said no or tried to escape.



TRUTH:

It is extremely common during an assault for the brain to go into "freeze" or even "fawn" mode in order to survive.



That does not equal consent.

LEARN - DAY 3

MYTH:

People frequently lie about sexual assault because they regret having sex or because they're trying to punish an ex/partner.



TRUTH:

False reports of sexual assault are incredibly rare. The likelihood of a false report making it all the way to court is next to none.



MYTH:

A victim/survivor's memory is most accurate immediately after the assault, and fades over time.



TRUTH:

Experiencing trauma interrupts the normal memory consolidation process, and it is not uncommon for more details of the assault to come back to survivors as time passes.



MYTH:

Not remembering every detail of an experience makes you an unreliable witness.



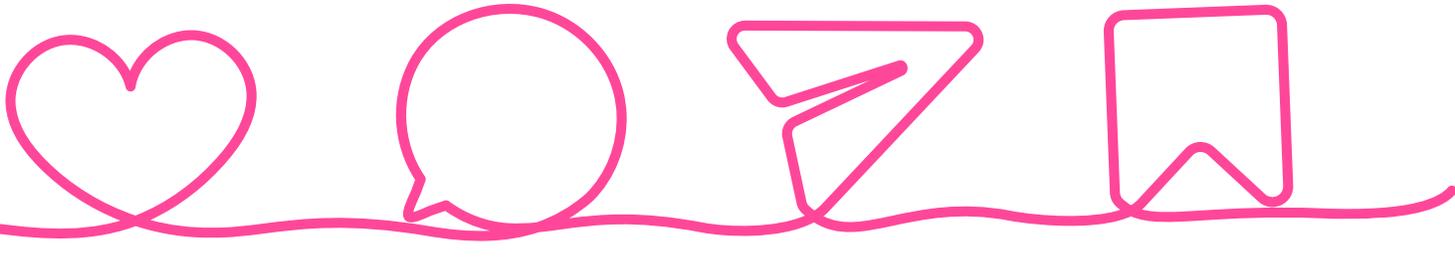
TRUTH:

When someone has experienced a trauma, they will not remember every detail in chronological order. That doesn't mean the parts they DO remember are any less accurate or truthful.



ACT

DAY 3



What are some other myths you've heard?

What do you wish more people understood about testifying?

Share your answers using [#WeBelieveSurvivors](#)



HEAL

DAY 3

AFFIRMATION

I never have to prove my pain.

ACTIVITY

Cross out myths you've internalized on paper, write truths instead.

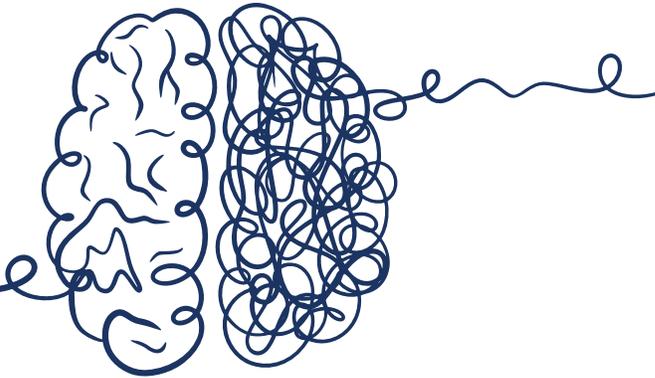
MYTH:

TRUTH:

Why does

LEARN - DAY 4

TRAUMA *impact* **MEMORY** ?



TRAUMA is a response to an intensely distressing experience that overwhelms a person's nervous system and ability to cope, leaving them feeling helpless, fearful, terrified and/or disconnected. It can affect thoughts, emotions and physical health and wellbeing.



SEXUAL ASSAULT

doesn't just affect the body.

It profoundly impacts how our brain forms, processes, stores and recalls traumatic experiences.

Memory and recall does not function like a tape recorder that can be played on command. Sexual trauma memories are encoded in the brain differently than everyday memories.



THE HIPPOCAMPUS is responsible for putting memories in chronological order and for forming new explicit (everyday) memories that can be consciously recalled and described.

THE AMYGDALA creates implicit (emotional) memories by processing emotional responses and assigning significance.

TRAUMA blocks explicit processing and heightens implicit processing.

*less likely
to remember

WHO
WHAT
WHEN
WHERE
HOW

SMELL
SOUND
TASTE
TOUCH
FEELING

← *more likely
to remember

*not including other influences like drugs or alcohol which can also impact what is remembered



ACT

DAY 4

Your trauma is still

REAL

even if your memory is

MESSY



Share a message: "I believe survivors even when memory is messy"

Let's flood the timeline so that survivors know they're not alone

Share using **#WeBelieveSurvivors**

HEAL

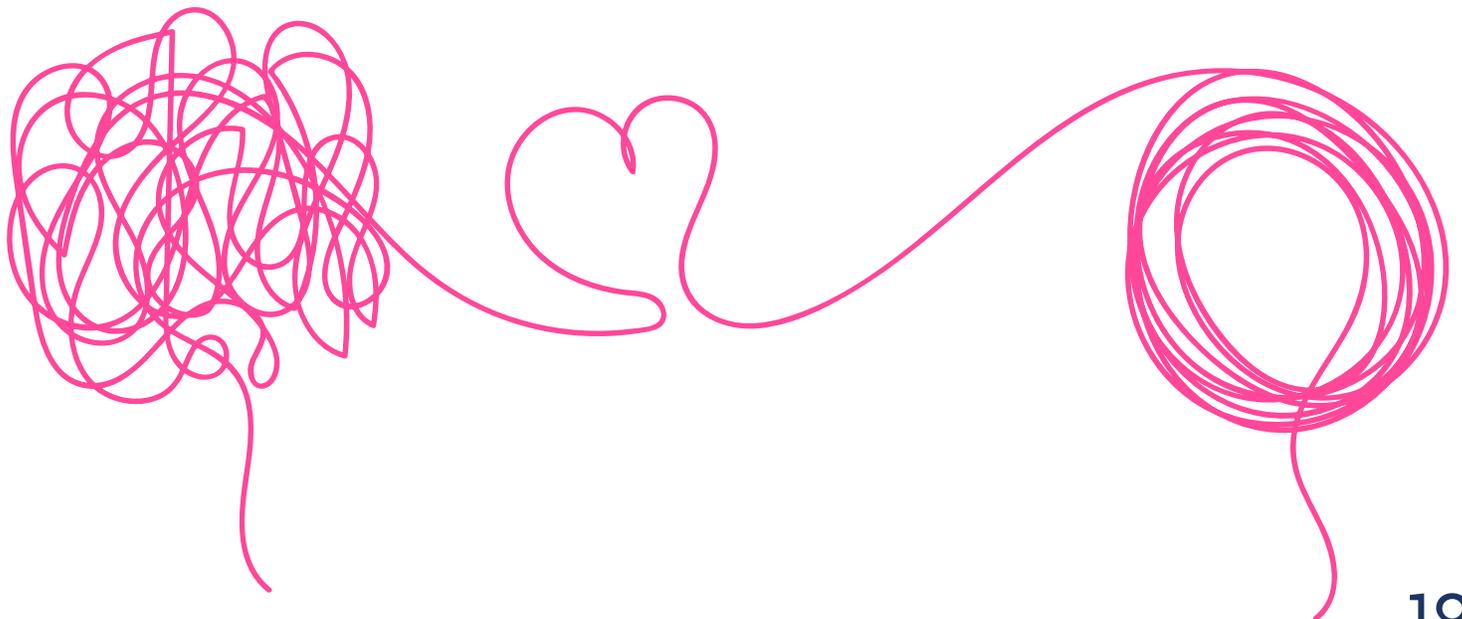
DAY 4

AFFIRMATION

My mind protects me in the best way it can.

ACTIVITY

Drink a warm drink slowly while focusing on comfort.



Consent

~~RAPE~~
CULTURE
IN SPORTS



Rape culture hurts athletes too. *Everyone* deserves to know that their body belongs to them, and that their worth is not determined by their performance.

LEARN - DAY 5

Consent culture is not about punishing men or cancelling sports. It's about creating team environments that support bodily autonomy, healing, growth, and healthy competition.

Consent culture centres the humanity of us all: men, women, girls, boys, nonbinary, two spirit, and genderqueers of all varieties. We are all imperfect, messy, growing humans who deserve care, support, compassion, and respect.

ACCOUNTABILITY
= *Care*

Accountability is care work.

Holding a person or system accountable is a way of saying:

- You are important to me.
- This isn't working.
- I believe in your capacity be better.
- Let's figure out how to repair.

ACT

DAY 5

ATHLETES

deserve care too



What does accountability look like for you?

What would it mean to have a consent culture in sports?



Share your answers using [#WeBelieveSurvivors](#)

HEAL

DAY 5

AFFIRMATION

I deserve spaces free from harm.

ACTIVITY

Watch or read something joyful about women or queer athletes.

Our favourites

Unrivaled - An innovative 3v3 professional women's basketball league founded by two current U.S. Olympians, Napheesa Collier and Breanna Stewart.

She Runs the World - is the electrifying story of Allyson Felix, the most decorated Olympic track and field athlete in history, who risked everything to fight for what she knew was right.

SEE HER BE HER - is a new feature-length documentary about women's baseball around the globe. The film is directed and produced by acclaimed sports photographer Jean Fruth and produced by Jeff Idelson, former president of the National Baseball Hall of Fame & Museum.

Athlete Is Agender - True Stories of LGBTQ+ People in Sports

Make It Count - My Fight to Become the First Transgender Olympic Runner
by Cece Tefler

What can I even say?

How to Support a Disclosure

More Supportive

I believe you

That wasn't your fault

I'm so sorry that happened to you

What do you need right now?
How can I help?

At least it wasn't

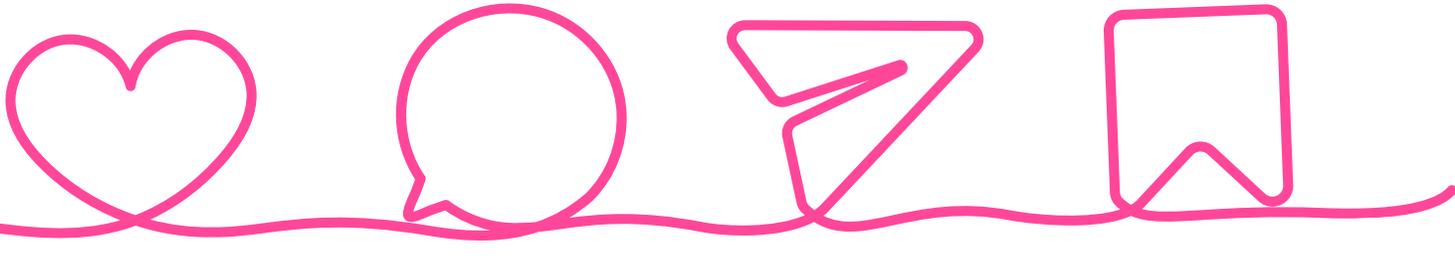
But they're so nice!

OMG I can't believe that!

Less Supportive

ACT

DAY 6



What responses do you find more or less supportive?

What do you wish someone said to you after you disclosed?

Share your answers using [#WeBelieveSurvivors](#)



HEAL

DAY 6

AFFIRMATION

It's okay to receive support. It's okay to receive care.

ACTIVITY

Text someone who makes you feel safe (or just write the message and save it).

Dear Supporter,

LEARN - DAY 7


Your honesty is valued and we believe you

 Reply 


What happened to you was not your fault. You deserve to feel safe and supported, Always.

 Reply 


There are so many of you and your voices and stories are powerful.

 Reply 


The system might be built to silence you, but we hear you and we believe you.

 Reply 


Joke's on them: you're powerful and capable. And you've got us believing you. 

 Reply 


You are not alone. There is a community that sees you, believes you, & walks with you.

 Reply 


It's not your fault. Doesn't matter the time, place, circumstance. It's not your fault

 Reply 


There are people out there who will support you!

 Reply 

ACT



Share these messages & tell us why you always believe survivors

HEAL

DAY 7

AFFIRMATION

I am not alone in this. Others walk beside me.

ACTIVITY

Make a playlist of music that reminds you of your strength.



Barriers to Police Reporting

1. Fear of not being believed
2. Not having any evidence except your word
3. Not wanting to be eviscerated by defense lawyers
4. Feeling ashamed, not wanting to talk about it with a total stranger
5. Knowing that you could go through all the trauma of a court case and the rapist still walks away free

It's not as simple as

just reporting it

and it is **NOT** a survivor's responsibility to

"prevent it from happening to someone else"

Out of every **1000**
Sexual Assaults:

60 ARE REPORTED TO POLICE

22 HAVE CHARGES LAID

13 ARE PROSECUTED

6 ARE FOUND GUILTY

3 ARE SENTENCED TO JAIL

997 RAPISTS WALK AWAY FREE

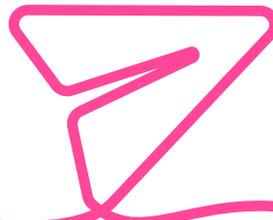
Source: Statistics Canada; Cotter, A., 2024, "Criminal justice outcomes of sexual assault in Canada, 2015 to 2019"

ACT

DAY 8



Share other reasons that survivors don't report



What do you want to see changed with the legal system?

Share your answers using [#WeBelieveSurvivors](#)

HEAL

DAY 8

A F F I R M A T I O N

*My reasons are real.
My choices are valid.*

A C T I V I T Y

Create a "No Explanation Needed" list of boundaries.

- ---
- ---
- ---

Alcohol

LEARN - DAY 9



Consent

Consent is

being sober enough to understand what's going on AND actively saying yes WHILE feeling like you *could* safely say no if you wanted.

It's not that everyone involved has to be 100% sober, it's just that everyone needs to be sober *enough* to understand their options and make informed choices.

Not Consent

- accepting a drink
- flirting while drunk
- saying yes before drinking, and then getting drunk
- buying someone a lot of drinks in the hopes they'll be easier once they've loosened up
- initiating when you're too drunk to know what's going on
- when you're both drunk

What about if we're both drunk?

There's not always a clear cut answer, but just because alcohol is involved doesn't automatically make it sexual assault.

If you put two drunk people in a room and *neither* of them want to have sex, then sex won't happen.

If they *both* want to have sex, it could be fine or it might not be-- and it's likely hard to tell in the moment. Different people respond to alcohol differently, and two people are rarely "equally" drunk. It's not that it's inherently nonconsensual, it's just that there's a much higher risk for harm.

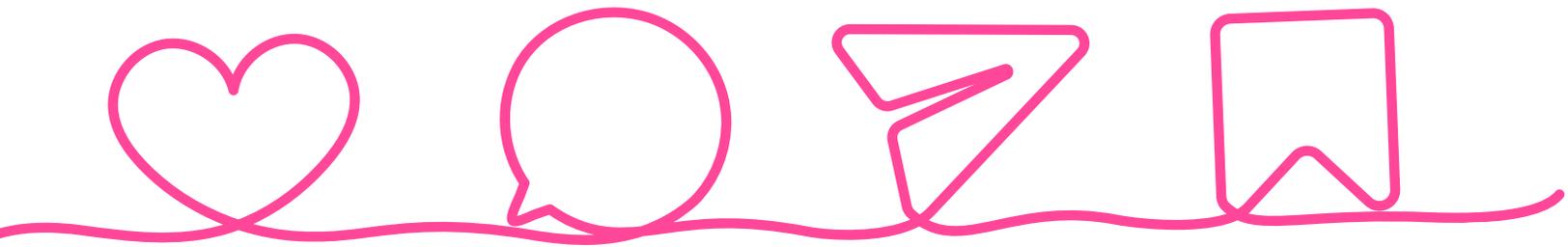
Think of it this way...

If there are two drunk people in a car and they get pulled over, the cop isn't going to let the driver off the hook just because the passenger is drunk too.

**Because being drunk
isn't a crime.
Rape is.**

ACT

DAY 9



How do you know if someone is sober enough to consent?

Share your answers using [#WeBelieveSurvivors](#)



HEAL



DAY 9



AFFIRMATION

What happened was not my fault.

ACTIVITY

Take a walk (inside or outside) without a destination – just for you.



What *rape myths*
did you used to believe?

and what do you *now*
know to be true?



ACT

Tell us what you've learned about
rape myths

“ I used to believe...

“ Now I know...



HEAL



DAY 10

AFFIRMATION

I'm still learning - and that's powerful.

ACTIVITY

Write a kind message to yourself in the mirror or journal.



One of the best ways to
is to raise
PREVENT RAPE
CONSENT LITERATE KIDS



- ▶ **A LEADER**
- ▶ **A PROBLEM SOLVER**
- ▶ **SOMEONE WHO STANDS UP TO BULLIES**

Think about the kind of adult you want your child(ren) to grow into.

Now think about what kids who exhibit those traits are often called.

BOSSY
DISOBEDIENT
RUDE

See the problem?

LEARN - DAY 11

Setting boundaries for yourself and receiving the boundaries of others are skills that not only need to be taught, but need to be experienced.

That means that we need to listen when kids say NO, and we need to hold space for them to feel their disappointment/sadness/anger when WE say no.

LISTENING WHEN A KID SAYS NO TEACHES THEM THAT:

- their feelings matter
- their body belongs to them
- people are allowed to disagree
- your love for them is unconditional

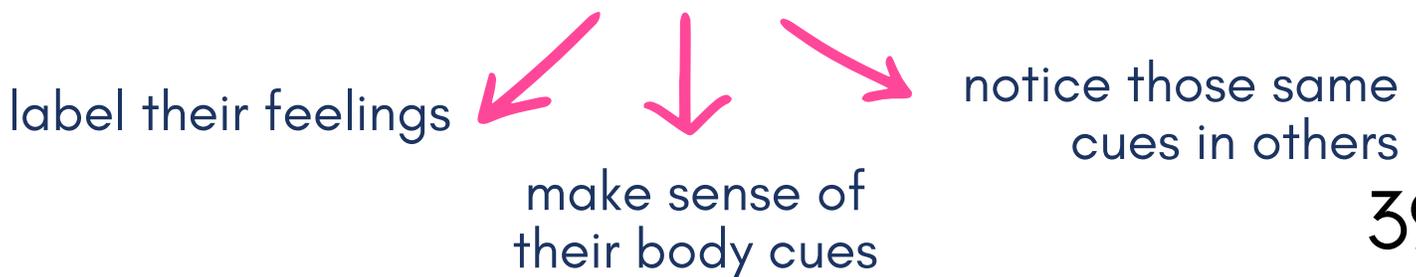
HOLDING SPACE FOR BIG FEELINGS WHEN YOU SAY NO TEACHES THEM THAT:

- their feelings still matter, and
- your body belongs to you
- people are allowed to disagree
- your love for them is unconditional

Consent literacy also involves nonverbal communication. One way to explicitly teach this is

“NOTICING OUT LOUD”

WHAT A CHILD’S BODY LANGUAGE SEEMS TO BE COMMUNICATING HELPS THEM TO



Ultimately, the goal is to raise kids who will turn into teenagers and eventually adults that know how to:

- trust their instincts
- communicate their boundaries
- recognize when their boundaries have been pushed or crossed
- respect the boundaries of others, and
- process their feelings in healthy ways after rejection

ACT

What did you have to learn as an adult that you wish you had been taught?

Share with a parent or educator to share resources!



HEAL

DAY 11

AFFIRMATION

I can break the cycle. One conversation at a time.

ACTIVITY

Do a 5-minute creative activity (draw, doodle, build).



HEADLINES ARE NOT NEUTRAL

On any given day of a trial, there is so much information for journalists to choose from in terms of what to highlight. The average person isn't following every single update, they're likely just seeing the headlines.

Those headlines can either challenge or recreate rape myths. They can perpetuate the narrative of the Crown (based on evidence) or the narrative of the defense (based on speculation). Either way,

HEADLINES SHAPE PUBLIC PERCEPTION.

ACT

DAY 12

☰ TORONTO STAR SALE Only \$1 👤

CANADA

'Do you need a minute?'
NHLer becomes emotional
at Hockey Canada trial

**WHEN A WITNESS
CRIED**



☰ TORONTO STAR SALE Only \$1 👤

NEWS

Hockey Canada
complainant says she took
on 'porn star persona'
because 'it seemed like
that's what they wanted to
see'

**WHEN E.M.
CRIED**



How would you like to
rewrite these headlines?

Share your answers using [#WeBelieveSurvivors](#)

HEAL

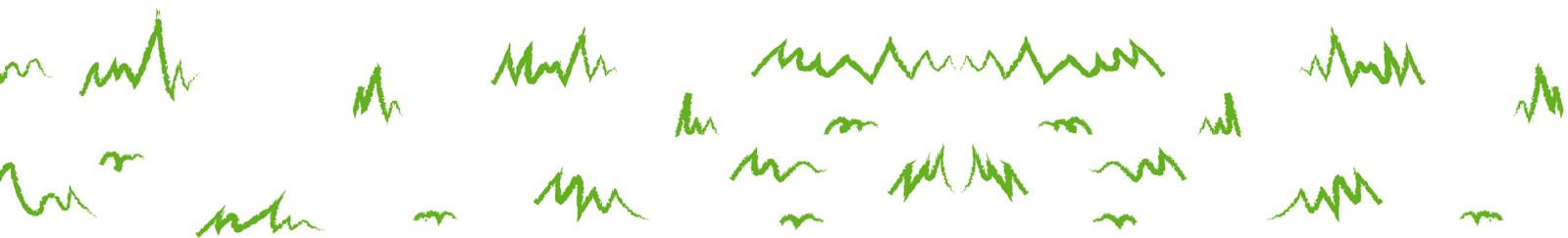
DAY 12

AFFIRMATION

*The media may not see me clearly,
but I see myself clearly.*

ACTIVITY

Unplug from the news for one hour and do something nourishing.



WHAT DOES

Accountability

LOOK LIKE?

Accountability is a *process*

It means acknowledging harm, sitting with the impact of that harm, and then working through a transformation of self and relationship that enables different, healthier behaviour in the future.

Accountability is *care*

Holding someone accountable is a way of saying "you matter to me and this isn't okay."

Holding yourself accountable means saying "I see the hurt I caused and I'm going to do the work so that I don't cause that hurt again."

Accountability acknowledges *the humanity of us all*

We all make mistakes. We are all capable of making terrible choices. We will hurt people in our lives.

and

We can learn how to make different choices in the future. We can sit in the pain we've caused and feel guilt and let that guilt move us to growth.

Accountability can happen *in the absence of who we've harmed*

You do not owe it to the people who have harmed you to stick around for their growth.

If you've caused harm and that person doesn't want you in their life anymore- you can still hold yourself accountable. You can grow for your own benefit, and for the benefit of your community.

ACT

DAY 13

What are your thoughts on non-carceral justice?



What could justice look like if it's not rooted in punishment?



Share your answers using [#WeBelieveSurvivors](#)

HEAL

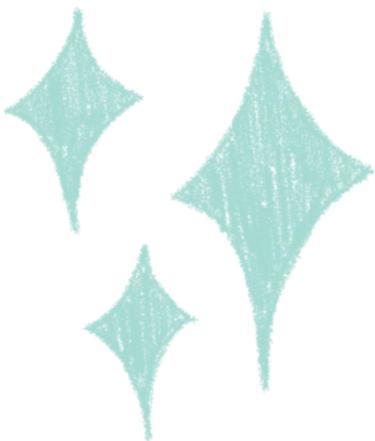
DAY 13

AFFIRMATION

*Accountability is care,
not punishment.*

ACTIVITY

Make a small comfort meal or snack
and eat slowly, without guilt.



THE SCALES OF “JUSTICE”

PROTECT THE
RIGHTS OF
THE ACCUSED



OVER THE
HEALING OF
THE VICTIM

DEFENDANTS ARE FOUND
“NOT GUILTY”
INSTEAD OF “INNOCENT”
BECAUSE VERDICTS
ARE NOT A JUDGEMENT
OF WHAT HAPPENED,
ONLY WHAT CAN BE
PROVEN BEYOND
A REASONABLE DOUBT.

ACT

DAY 14

How do you take care when engaging in social justice?



What reminders do you want to share with others who may be struggling?



Share your answers using [#WeBelieveSurvivors](#)

HEAL

DAY 14

AFFIRMATION

No verdict defines my worth. I choose healing everyday.

ACTIVITY

Write a letter to yourself from your future self – with kindness

Dear Me,

ACT

JOIN US ON VERDICT DAY

In person or online, get ready to show up for survivors.

In London ON we'll be gathering at 80 Dundas St at the **Queen's Ave entrance.**

We encourage you to organize in your community too!

BRING YOUR SIGNS AND VOICES

