

# INTERNATIONAL STUDENT HANDBOOK

Information and resources on  
sexualized violence and consent.

IN COLLABORATION WITH



KAMLOOPS SEXUAL ASSAULT  
COUNSELLING CENTRE



THOMPSON  
RIVERS  
UNIVERSITY

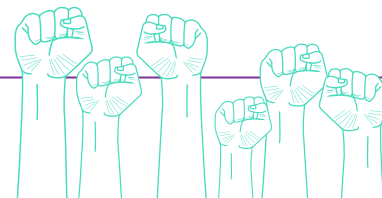


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# DEFINITIONS



## What is gender-based violence?

According to the United Nations, gender based violence refers to: harmful acts directed at an individual or a group of individuals based on their gender. It is rooted in gender inequality, the abuse of power and harmful norms. The term is primarily used to underscore the fact that structural, gender-based power differentials place women and girls at risk for multiple forms of violence. While women and girls suffer disproportionately from GBV, men and boys can also be targeted. The term is also sometimes used to describe targeted violence against 2SLGBTQIA+ populations, when referencing violence related to norms of masculinity/femininity and/or gender norms (n.d.).

## What is sexualized violence?

According to TRU's Sexualized Violence policy, sexualized violence is an overarching term that encompasses any sexual act or act targeting a person's sexuality, gender identity or gender expression, whether the act is physical or psychological in nature, that is committed, threatened or attempted against a person without the person's consent. Sexualized violence is a form of gender based violence. It takes many forms, including but not limited to:

- (a) sexual assault, which is any form of sexual touching without the individual's consent. This also includes things like condom removal without the other party's consent;
- (b) sexual exploitation of a minor, which occurs when a person who is in a position of trust or authority towards a young person (under 18), who is a person with whom the young person is in a relationship of dependency or who is in a relationship with a young person that is exploitative of the young person, and who
  - i. for a sexual purpose, touches, directly or indirectly, with a part of the body or with an object, any part of the body of the young person; or
  - ii. for a sexual purpose, invites, counsels, or incites a young person to touch, directly or indirectly, with a part of the body or with an object, the body of any person, including the body of the person who so invites, counsels or incites and the body of the young person.

(c) sexual harassment, which is the conduct of a sexual nature by one who knows or ought reasonably to know that the behaviour is unwanted or unwelcome, and which interferes with another person's participation in a University-related activity, or leads to or implies job or academically-related consequences for the person harassed;

(d) stalking, which is engaging in conduct that causes an individual to fear for their physical or psychological safety, such as repeatedly following or communicating through any means with someone, engaging in threatening conduct, or keeping watch over the place where that individual happens to be;

(e) indecent exposure, which is exposing one's body to another individual for a sexual purpose (including unsolicited nudes like "dick pics") or coercing another individual to remove their clothing in order to expose their body, without consent;

(f) voyeurism, which is non-consensual viewing, photographing, or otherwise recording another individual in a location where there is an expectation of privacy and where the viewing, photographing or recording is done for a sexual purpose; and

(g) the distribution of a sexually-explicit photograph or recording of an individual to one or more individuals other than the individual in the photograph or recording without the consent of the individual in the photograph or recording. For example, sharing nudes someone sent with an expectation that only the receiver would view them (Thompson Rivers University, 2020)

### **What is intimate partner violence?**

Intimate partner violence— also called domestic violence, spousal abuse or family violence —is a form of gender-based violence in which a person in a relationship uses emotional, psychological, financial, spiritual, sexual and/or physical violence or threats to harm, intimidate, control or humiliate their partner(s). This includes threats of self-harm and threats against their partner(s)' belongings, pets, friends and family.

### **Gender-based violence can happen to people of any gender**

Gender-based violence can happen to anyone, and although statistically, all forms of gender-based violence are more likely to be perpetrated by men against women, men can also experience gender-based violence and intimate partner violence can and does take place in same sex relationships.

## **A few other definitions**

Gender-based violence, sexual violence, racism, and xenophobia all have to do with the abuse of power and power dynamics. Because of this, some instances of sexual violence may also be instances of racism and xenophobia.

Racism is a belief that one racial group is superior to others and can be openly displayed or more deeply rooted in attitudes and stereotypes.

Xenophobia is the dislike of, or prejudice against, people from other countries (Ontario Human Rights Commission, 2020).

A Survivor is any individual who has experienced sexual or gender-based violence on or off-campus, whether or not a disclosure, informal complaint or formal complaint has been made. The term survivor is often interchanged with "victim", which is often used as a legal term in the criminal justice system. Some individuals choose to identify with the term victim. An individual may use the term survivor as a way to reclaim power and/or to highlight the strength it took to survive such violence.

A disclosure is separate from a formal report and is when a person shares that they have been subjected to sexualized violence, often for the purpose of accessing support or resources. A survivor may disclose for a number of reasons, such as to receive support or learn about options like reporting.

A report refers to a formal process, such as through TRU's policy, the RCMP, a Human Rights complaint or an anonymous third party report through community-based services. [Reporting an assault](#) can be a difficult, complicated, and personal decision to make.

In TRU's policy, you will notice the term respondent, which refers to the person being accused of causing harm. Sometimes the person who has caused harm is referred to as a perpetrator. A perpetrator is "a person, group, or institution that directly inflicts, supports and condones violence or other abuse against a person or a group of persons. Perpetrators are in a position of real or perceived power, decision-making and/or authority and can thus exert control over their victims" (Courage to Act, 2019).

## **Consent**

Thompson Rivers University's Sexualized Violence Policy (2020) defines consent as: The voluntary agreement to engage in the sexual activity in question and to continue to engage in the activity.

There are five key components of consent. We can use the acronym FRIES to remember them:

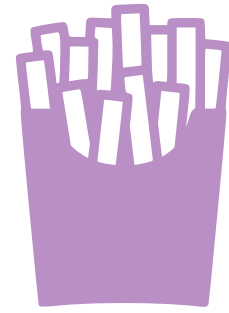
**Freely given:** without coercion, threat, bribe, fraud or manipulation

**Reversible:** we can take it back at ANY time

**Informed:** everyone knows exactly what they're consenting to

**Enthusiastic:** everyone is excited and interested in what is happening without hesitation

**Specific:** consent is attached to a specific activity at a specific time, even if it's been done before.



### **How do we know if we have someone's consent?**

The best way to ensure that someone is giving us genuine consent is to simply ask and pay attention to their response.

Their response includes **words**, **facial expressions** and **body language**. If you notice any hesitation or uncertainty, it's best to stop what you're doing.

#### **Words**

Giving consent through words can appear as "Keep going" "I like that" or "This is great!". Having a conversation with the person about whether they are enjoying what is going on can clearly define whether they consent to the activity or not. Saying "no" can also sound like "I can't right now" "Let's do something else" or even "I'm good, thanks.".

#### **Facial Expression**

When someone is feeling comfortable with us and what's going on, facial expressions may include smiling, appearing relaxed, and making eye contact. Discomfort might look like a forced smile, frowning, avoiding eye contact, or looking sad or scared.

#### **Body Language**

Nonverbal cues that we can look for include smiling, nodding, touching, and reciprocating the shared experience. If someone is not comfortable with what is taking place, it might look like leaning or moving away, avoiding eye contact, tensing their muscles, or fidgeting.

If someone doesn't give you consent or changes their mind, it's your responsibility to accept their response respectfully. It can be uncomfortable or embarrassing, but they have a right to express their boundaries. Hearing a "no" also means that someone feels safe enough to tell you, and this builds trust in your relationship.

## Consent and the law

There are some key pieces of legal information that everyone needs to know about navigating consent:

- Consent cannot be legally given if the person is impaired by drugs or alcohol, asleep or unconscious.
- Consent can also not be given where one party is abusing a position of trust, power or authority (like a professor, coach or caregiver).
- The legal age of consent in Canada is 16 years old with 3 exceptions:
  - 12-13 years old - You can consent with someone less than 2 years older than you
  - 14-15 years old - You can consent with someone less than 5 years older than you
  - 18+ years old - It is not legal for someone over 18 to have contact with someone under 18 when there is a relationship of authority, trust or dependency (West Coast Leaf, 2017)

# IT HAPPENED TO ME



Where do I go for support and resources at my school?

## [TRU Sexualized Violence Prevention and Response](#)

Alongside TRU's policy on Sexualized Violence, there are specific people on campus and in community who can help you navigate your experience. Sexualized Violence Prevention and Response Manager (SVPRM) is available to anyone who has experienced sexualized or intimate partner violence, regardless of whether the experience was recent or in the past, or if they wish to formally report to TRU or the RCMP. Supports are available to all faculty, staff and students, and people of all genders and sexual orientations.

Supports include:

- Emotional support and safety planning
- Academic accommodations and emergency housing
- Information about reporting options
- Support through reporting processes if desired
- Connection to campus and community resources
- Support to those providing care to victim/survivors

## [TRU Counselling](#)

Counselling services provide brief, individual counseling that is focused on finding solutions and taking action steps. They can help with stress, anxiety, depression, grief and other personal issues. Counselling services are offered at both the Kamloops and Williams Lake campuses.

## [TRU Medical Clinic](#)

The Medical Clinic serves registered students who require medical support during their studies in Kamloops. The Clinic provides a full range of medical services. All matters are strictly confidential. Health Services retains medical documentation in a secure and confidential manner.



## **TRU International Student Advisors Office**

International Student Advisors (ISAs) provide personal support and advising for international students both before your arrival in Canada and during your program. TRU students can count on the ISA team for information or assistance with student life in Canada. The ISAs also coordinate housing, orientation, and settlement services.

## **TRU Wellness Centre**

For peer-to-peer support, members of the Student Wellness Ambassador Team (SWAT) will be present in the centre Monday-Friday. They are all Certified Peer Educators and have received over 50 hours of training to prepare them for this role. SWAT Leaders can listen to students' wellness concerns in a kind, open, and approachable way, and can offer support by connecting students with relevant campus and community resources.

## **Community-Based Victim Services (Williams Lake Campus)**

Community-Based Victims Services assists individuals who have experienced or witnessed intimate or family violence, sexualized violence, or abuse. The services include varying support in areas of justice-related services, education, safety planning, emotional support, and referrals. A community-based victim services worker from the Women's Contact Society is available at [penny.stavast@cmha.bc.ca](mailto:penny.stavast@cmha.bc.ca)

### **Do I need any documentation to receive support?**

No, you do not need to have any documents or evidence for you to make a disclosure to receive support or accommodations.

### **Can I receive support for something that happened before I started university?**

Yes, you can receive support for anything that happened before you arrived on this campus or started university. Sometimes it can take a while for a survivor to recognize their experience as an act of gender-based or sexual violence. There is no time limit for when you can seek support or services for something that has happened in the past.

### **How will I be supported if the respondent/perpetrator is a faculty or staff member?**

If you decide to make a formal report to TRU about what happened, the formal processes of the investigation will be dictated in part by the collective agreements struck between professional unions and the University. There are different processes depending on whether the respondent is a member of the TRU Faculty Association (TRUFA), CUPE or an excluded administrator.

Even though formal process might look different, the support from the SVPR office will remain consistent. If you don't want to make a formal report, SVPR supports will be shaped by your preferences and the circumstances.

### **How do I support a friend if they've been affected by gender-based or sexualized violence?**

If someone you know tells you they've experienced sexualized violence, there are a few things to keep in mind:

1. Listen to their story with empathy and thank them for trusting you enough to tell you.
2. Let them know that you believe them.
3. Offer them information about services they can access in community and on-campus like:
  - a. [Sexualized Violence Prevention and Response](#) on campus for resources, accommodations, accompaniment and support
  - b. [Kamloops Sexual Assault Counselling Centre](#) for counselling off-campus or support navigating the legal system
  - c. KSACC's 24-hour crisis line 1-888-972-7478

- a. [Victim LinkBC](#) offers toll-free, confidential, multilingual support by phone 24 hours a day, 7 days a week at 1-800-563-0808 (call or text)
- b. If they're worried about their safety, contact campus security 250-828-5033 or the RCMP (911 for emergencies or 250-828-3000 for non-emergencies).

### How can TRU help if I don't feel safe?

In immediate or emergency circumstances, please call 911 for RCMP assistance or campus security at 250-828-5033.

If you don't have your phone, you can also look for the big yellow Emergency call stations located around campus that allow you to call security or 911.



[SafeWalk services](#) are also available from campus security, for anyone who would like discreet accompaniment while they walk around campus. You can also download the [TRUSAFE](#) app for your mobile device, which provides emergency notifications, access to the Friend Walk feature (which allows you to send your location to a friend for monitoring) and the ability to contact security or report concerns as needed.

If you're worried about someone else's behavior or you think you may be at risk of experiencing harm, you can make a [safety plan](#) with someone from Sexualized Violence Prevention and Response. SVPR can also work alongside any other campus supports you might be working with, like an International Student Advisor, Student Case Manager or Accessibility Advisor. Additionally, SVPR can direct you to community-based services who provide safety planning supports such as [Stopping the Violence Outreach](#) or the [Y Women's Emergency Shelter](#).

If you are willing to engage in TRU's formal reporting process and your report meets the initial eligibility requirements, interim measures may be established to address safety concerns. They could include things like restricting contact between yourself and the other person/people, or limiting people's access to certain parts of campus (for example). These would be put into place with input and feedback from you and according to the circumstances.

**Do I have to pay to receive support from my school?**

No, you do not have to pay to receive support from TRU. All campus services are free and accessible to students.

**Do I have to formally report to receive support?**

No, you do not have to formally report to receive support. If you choose to disclose an incident of gender-based or sexual violence, you are able to disclose as little or as much information as you are comfortable with, and you will still be able to receive the appropriate resources, support, and accommodations from your school.

# ACADEMIC CONSIDERATIONS AND ACCOMMODATIONS



Experiences of sexualized violence, historical or recent, can impact a person's academic life in various ways. Victims/survivors may experience:

- Difficulty concentrating or remembering pieces of information
- Difficulty tracking time
- Challenges with sleeping—too little or too much
- Nightmares or flashbacks
- Mood swings
- Intense fear about leaving the house, coming to campus or speaking with strangers
- Numbness or detachment from things that normally bring joy or inspire motivation

These behaviours can cause distress all on their own, and also make it difficult to complete schoolwork. Academic accommodations can take many forms, including things like extending deadlines, attending remotely, or altering assignments. What accommodations you are eligible for will depend on the class, the faculty teaching it and other mitigating factors.

## **Support is available.**

TRU's Sexualized Violence Policy states, "Assistance will be provided to Victims/Survivors by working with them to determine the level of support, workplace and/or academic accommodations." It also states that Faculty and Academic Departments have a role to "Cooperate to the extent possible with Students or their advocates seeking academic accommodation following an incident of Sexual Violence". SVPR staff can support you while you navigate your academic challenges in a way that doesn't identify you as a victim/survivor to your classmates or professors. SVPR staff may collaborate with staff from TRU World, Student Affairs, Advising or Accessibility in order to meet your need.

Please note: An accommodation such as withdrawing from a course or semester could impact your study permit. Make sure to consult with an ISA who is a Regulated International Student Immigration Advisor (RISIA) or a Regulated Canadian Immigration Consultant (RCIC) certified. They can provide you with the most current Immigration Refugee Citizenship Canada (IRCC) information.

For more information about information about Academic Accommodations, check out [this resource](#).

## **How might accommodations affect my work and study permits?**

There is no effect to having an academic accommodation on your work or study permit.

## **Will my work permit be effected if I can no longer work or have to take time off school?**

No, International Student Advisors can help you apply for an extension. Students extend for many reasons. There are [weekly workshops](#) that students can virtually attend to learn how to extend their study permit.

If you have questions regarding your situation or work permits in general, you can reach out to connect with an Immigration Advisor at [risia@tru.ca](mailto:risia@tru.ca). An ISA can also help bridge the gap if you are not comfortable sharing the entire story with the RISIA immigration ISA. Your ISA can speak to their colleague and ask questions on your behalf. You are not required to share anything with your ISA or the immigration ISA. However, leaves of absence should be discussed with your ISA and a RISIA team member as it will have an impact when you go to apply for PGWP.

## **Will my work permit be affected if I take extensions or do not finish my program as originally planned?**

No, your work permit will not be affected.



# HEALTH AND WELLNESS SUPPORT AND RESOURCES

## What sexual health resources do I have access to on campus?

### TRU Medical Clinic

Located in Old Main 1461, open Monday- Friday 9 am- 3 pm.

The clinic offers a variety of sexual health resources and services including insertion of IUD's, birth control education and prescribing, STI screening and treatment, and pregnancy testing.

### TRU Wellness Centre

Located in Old Main 1479, open Monday- Friday with varying hours. The centre offers resources on safer sex, information on types of birth control methods, STIs, healthy relationships, and 2SLGBTQIA+ health.

### Sexualized Violence Prevention and Response

Located in Old Main 1486, open Monday- Friday with varying hours. This service offers resources on safer sex, sexualized violence and abuse, consent, and healthy relationships.

Want more information on what emergency contraceptives are and what they do? Visit [HealthLink BC](#) or [Options for Sexual Health](#).

## Where can I find emergency contraceptives?

Emergency contraceptives are medications, or implements like the copper IUD, that can prevent a pregnancy after unprotected sex, in the event of a failure of contraception (example you used a condom but it broke), or sexual assault.

Emergency contraceptive pills (also known as Plan B or Morning After Pills) are available over the counter at pharmacies in British Columbia.

Another option for emergency contraception is a copper IUD which will need to be inserted by a health professional in a clinic. If you have a family doctor you can book an appointment, or go to a women's health clinic.

## Medical Clinics that provide emergency contraceptives

Clinic	Location	Appointment Booking
<a href="#">TRU Medical Clinic</a>	Old Main 1461- Lower Level	<a href="#">Email</a> Call 250-314-2256
<a href="#">Orchards Walk Medical Clinic</a>	102-3200 Valleyview Dr.	<a href="#">Book online</a> Call 778-765-3218
<a href="#">Kinetic Energy- Women's Clinic</a>	450 Lansdowne St. (Suite 206)	Call 250-828-6637

## Where do I go if I need medical attention?

Clinic	Appointment Type	Hours of Operation
<a href="#">TRU Medical Clinic</a>	In- person (by appointment)	Monday- Thursday 9 am- 3 pm by appointment
<a href="#">Kinetic Energy</a>	Same day appointments	Monday- Friday Starting at 7 am
<a href="#">iMedicine</a>	Virtual appointments	Monday- Friday 9 am - 12 pm (McGill) 9 am- 3 pm (Valleyview)
<a href="#">Walk In Virtual Clinic</a>	Virtual appointments	24/7
<a href="#">Urgent Primary Care Clinic &amp; Learning Centre</a>	Same day appointment booked over the phone	Monday- Sunday 10 am- 10 pm
Royal Inland Hospital Emergency Department	Walk-In	24/7



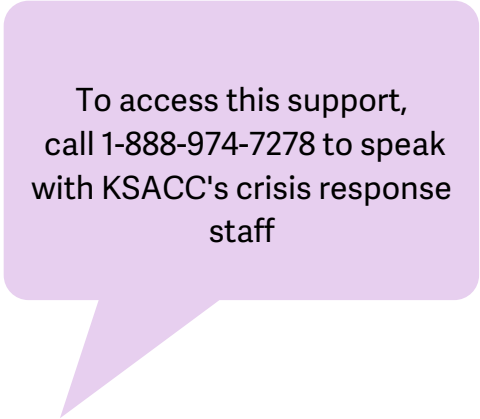
## Royal Inland Hospital

Kamloops Sexual Assault Counselling Center (KSACC) has crisis response staff on call 24/7 to accompany anyone who goes to the Emergency Room at Royal Inland Hospital for medical attention after a sexual assault. Options at the hospital include:

- Full forensic medical exam (best option if you might want to press charges against your perpetrator)
- Medical exam without evidence collection
- STI and pregnancy testing

Crisis response workers can provide:

- Emotional support
- Information on options available
- Referrals for community-based victim's services
- Referrals for counselling
- Safety planning



To access this support,  
call 1-888-974-7278 to speak  
with KSACC's crisis response  
staff

## Health insurance and coverage

### Guard Me

All international students are registered with GuardMe for the first three months. The cost is \$60/month and students pay for that in their initial tuition payment to TRU. They are billed after the add/drop date each semester.

Coverage begins:

Summer semester - April, May, June

Fall Semester - August, September, October

Winter Semester - December, January, February

Email: [customercare@guard.me](mailto:customercare@guard.me)

Telephone: 1-877-873-8447

See a mobile doctor [www.guard.me/mobiledoctor](http://www.guard.me/mobiledoctor)

During Orientation students are encouraged to register for MSP, so their coverage with MSP will begin in month four. Fall students are automatically registered with TRUSU health and dental benefits. Winter and Summer students need to opt in and choose to pay the \$248.00 (not pro-rated) but highly encouraged to obtain as medical appointments in Canada are very different from student's home countries and the cost is higher without insurance.

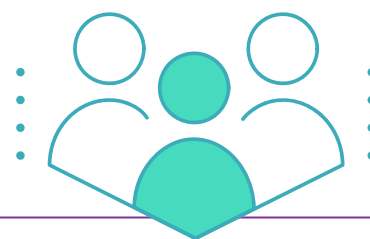
The following services will be provided to student if utilized after the effective policy start date:

- STI testing
- Birth control
- Emergency contraception
- Abortion
- PrEP and PEP
- HPV vaccine

**If I go to the hospital, will they tell my school?**

If you go to the hospital, they will not tell TRU. Hospitals in Canada are bound by privacy legislation that ensures patient confidentiality. Healthcare privacy and protection laws across the country differ depending on the province; however, all maintain general regard for patient confidentiality. To find out more about each province or territory's healthcare privacy legislation, visit this [resource](#).

# OFF-CAMPUS SUPPORTS



## Where can I find support online?

Organization	Contact	Type of Support
Kamloops Sexual Assault Counselling Centre (KSACC)	<a href="#">Website</a> <a href="#">Instagram</a>	Information about programming, counselling, navigating the legal system, and frequently asked questions.
Kamloops YMCA- YWCA Violence Against Women Intervention & Support Services	<a href="#">Website</a>	Information about programming and services available to self-identifying women and children who are experiencing or have experienced violence.
VictimLink BC	<a href="#">Website</a> <a href="#">Email</a> Telephone: 1-800-563-0808	Information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

## Can I access virtual counselling services if I am currently not in Canada?

TRU Counselling offers virtual counselling to any campus-registered student. Open Learning students are not able to access virtual counselling at this time. If you have any questions about whether or not you're eligible for counselling at TRU, please connect with Student Services at [studentservices@tru.ca](mailto:studentservices@tru.ca).

[Here2Talk](#) offers free counselling to post-secondary students in British Columbia. For those accessing outside Canada, international calling charges may apply, dial: +1-604-642-5212.

## Where do I go for support in my community?

Organization	Contact	Type of Support
Kamloops Sexual Assault Counselling Centre (KSACC)	<a href="#">Website</a> Local 24/7 crisis line (English only) 1-888-974-7278	Free, client-centered support services to victims of sexual assault, child sexualized abuse, domestic violence and sexual harassment.
Safe Spaces	<a href="#">Website</a> Call or text 250-371-3086	Free supports and information for LGBTQIAP2S+ (lesbian, gay, bisexual, transgender, queer, intersex, asexual, pansexual and Two Spirit) youth (ages 12-26) and their allies to meet and receive education and support.
YMCA-YWCA Violence Against Women Intervention and Support Services	<a href="#">Website</a> Call 250-374-6162 Text 250-682-7931	Free support, information and referrals for self-identifying women and children experiencing violence. Emergency shelter, Stopping the Violence Outreach Services and PEACE program.
Kamloops & District Elizabeth Fry	<a href="#">Website</a> Call 250-374-2119	Free support including rent bank which provides small loans at no interest for short term assistance with rent or utilities. Second stage housing and housing support. Legal clinic (see “where can I ask a legal question or get legal aid” section below).
Kamloops Immigrant Services	<a href="#">Website</a> Call 778-470-6101	Kamloops Immigrant Services provides many programs and support services to help clients increase their knowledge of life in Canada, make informed decisions and successfully integrate in their communities.

## Where can I find services and support in other languages?

Depending on your school and the province you are in, various services and supports may be available in other languages. For example, the [Language Interpreter Services \(LIS\)](#) program of the [Ministry of Citizenship and Immigration](#) funds organizations across Ontario to provide services to communicate with their clients who have limited English or French language skills and are victims of domestic violence, sexual violence, as well as those who have been exploited through human trafficking. To find an organization near you that provides interpreter services for victims of sexual violence, visit the LIS agencies website.

**VictimLink BC** is a multilingual services available 24/7 through calling or texting 1-800-563-0808 or by [email](#). Information and referral services to victims of a crime and crisis response to victims of sexualized violence. Offered in 150 languages. Visit the [website](#) for more information.

**Mosaic BC** [website](#) offers a variety of multilingual resources, interpretation and translation services. They offer access to over 300 professional or certified translators with over 80 languages to choose from.

**Ending Violence BC** provides a number of resources centered around safety of immigrant, refugee, and non-status women. These resources and others can be found on the [website](#).

If you choose to go through the justice system with your case, **Canada's Charter of Rights and Freedoms** guarantees the right to the assistance of translation and interpreter services.

**Kamloops Immigrant Services** offers support in over 20 languages within interpretation and translation services. For a full list of the languages offered and services provided, please visit the [website](#).

### Where can I ask a legal question or seek legal aid?

Organization	Contact	Type of Support
Elizabeth Fry Legal Clinic	<a href="#">Website</a> Call 250-374-2119	Free legal services for those who qualify.
Access Pro Bono	<a href="#">Website</a> Call 1-877-762-6664	Free 30-minute legal consultations on any matter.
Legal Services Society (Legal Aid)	<a href="#">Website</a>	Online pathways to navigate legal issues including separation, missed mortgage payments and safety planning in situations of domestic violence.
Legal Aid Phone Services	<a href="#">Website</a> Call 1-866-577-2525	Directory of phone numbers for various legal aid services. Interpretation available for most services.
KSACC Community Based Victim Services	<a href="#">Website</a> <a href="#">Email</a> Call 250-372-0179	CBVS can help you navigate the legal system if you are pressing charges against the perpetrator.
TRU Community Legal Clinic	<a href="#">Website</a> Call 778-471-8490	The service is free and to be accepted for ongoing representation, clients must meet low-income financial eligibility requirements.



# I WANT TO MAKE A REPORT

## Where do I start?

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### **What are my reporting options?**

A report is a formal statement to your school and/ or to the police about the incident of gender-based or sexual violence. A formal report may lead to an investigation.

If you would like to make a report, it can be done with your school or with the police. It is your choice whether or not you choose to report an incident of gender based or sexual violence.

### **How do I make a report at my school?**

Making a formal report to TRU about an experience of sexualized violence means that you would like the university to act upon your report. Remember: a disclosure is just sharing your story to access support or information. You can make a report by contacting [Sexualized Violence Prevention and Response Manager](#) at 250-828-5023 or [svpr@tru.ca](mailto:svpr@tru.ca). They can provide information and support you through the process if you desire. You are welcome to make an appointment with the SVPRM to find out more about them and their role. You don't need to disclose your own experience to ask questions.

Once a report is submitted, a review is conducted to determine whether the incident falls within the scope of TRU's policy, and whether the incident described falls within the policy's definition of "sexualized violence". Information about the scope of the policy can be found on pages 3-4 in the document, found [here](#). If the incident does not fall within the scope of our policy, you can still receive supports through TRU's Sexualized Violence Prevention and Response Manager (SVPRM).

If the incident does fall within our policy, an investigation will be conducted. Those who choose to report may have concerns about their safety, and TRU may implement specific measures to address those concerns during the investigation process. Once the investigation is complete, a report on the investigations findings will be sent to TRU's legal counsel, and to the President of the University. The President determines whether and what sanctions could be applied to those accused or perpetrating harm. A detailed explanation of reports and investigation procedures can be found on pages 6-9 of TRU's policy, which can be found [here](#).

Sit down with a support person or someone from SVPR and give the policy a thorough read through before making a report, so that you have an opportunity to ask questions and gain as much clarity as possible before moving forward. Consider asking a friend to read it as well so that you can compare notes.

### **How do I report to the police?**

**If you are in immediate danger, call 911.**

If you aren't in immediate danger, you can make a report to [local RCMP](#) by calling the non-emergency number at [250-828-3000](#) or going to the local station at [560 Battle Street in Kamloops](#).

There is no time limit on reporting to the RCMP, but the sooner you report a sexual assault, the more likely it is that evidence will be found.

If the assault occurred within the last [7 days](#), you can access a forensic exam at the hospital where evidence will be collected from your body. If you can get an exam before you shower, use the washroom, change your clothes or eat, there is a higher likelihood that evidence can be collected. You can have a support person like a friend or family member, or a [Kamloops Sexual Assault Counselling Centre](#) worker accompany you to the hospital.

Before or after the exam an RCMP member will take a statement asking you details about the assault. Your support person can be with you at the interview as well. The RCMP will decide if there is enough evidence to open an investigation.

You can file an [anonymous third-party report](#) by contacting the [Community Based Victim Services](#) worker at [KSACC](#), which allows you to make a report but not be involved in the legal process. They will help you fill out the paperwork so that there is a record of your assault with the RCMP, but your name won't be attached to it. Please note that third-party reports are not actively investigated by RCMP.

### **I have information or documents relating to an incident of gender-based or sexualized violence. What should I do?**

If you have been affected by gender-based or sexual violence in any way, as a victim/survivor or witness, and are unsure if you would like to make a report, you can save and collect helpful evidence such as the date and time of the incident, text messages, other forms of messages from the perpetrator or screenshots, photos, and videos.

## **Where can I report or receive support if I live in residence?**

If you need support or wish to report you can speak with any staff member. Additionally, access to the front desks are 24/7, which will either have front desk staff, Residence Advisors, or security stationed. During standard office hours (Monday-Friday 8 am- 4 pm) there are managers available in each building, with a minimum of 1 professional Residence Life staff member who is experienced in responding to crises. Available anytime is an on-call manager that you are able to reach out to if you need support or assistance with mental health concerns or sexualized violence disclosures. Residence policy on sexualized violence can be viewed [here](#) on page 9.

## **If I report to the residence, who will know?**

If you disclose to a residence staff member, they will inform you that they are required to document the situation, but it is your decision to disclose your identity to any of the staff. If you wish to remain anonymous, the staff member will only tell the on-call manager that they received a disclosure and nothing about you or your identity. The manager will be obligated to file a Concern Report, but will remove any information that could identify you. After the report is filed, the disclosure will be shared with the Director of Student Affairs and Sexualized Violence Prevention and Response, without any information that could identify you.

## **Will it show up on my transcript?**

If you choose to report, it will be kept confidential as per the circumstances above and will not show up on your transcript.

## **Will my family, peers, or classmates know?**

If you choose to report, it will be kept confidential as per the circumstances above, and your family will not be notified by your school. Your peers and classmates will also not be notified by your school.

## **Will my Instructors or Teaching Assistants know?**

Your instructors or teaching assistants will not be notified by your school.

## **Will anyone from my home country know if I report to TRU?**

If you choose to report, it will be kept confidential as per the circumstances above. Your school will not be in contact with anyone from your home country, including your home country's government.



## **Will IRCC know?**

No, IRCC will not know if you choose to report.

## **Do I need to report to police to receive support from my school or community?**

You do not need to report to the police to receive support. It is completely up to you whether or not you would like to make a police report unless there is a risk of inflicting harm on yourself or others in the community, or if the situation is involving a minor or someone below the age that is determined by your province. The resources and services available around you will believe and support you regardless of your decision to report to the police, and talk to a staff member from your school's gender-based or sexual violence services or similar service for more information.

Keep in mind that if you do choose to report to the police, once the report has been made, you will be unable to withdraw the report. In some schools, if you report a sexual assault to your campus police, they may be required to notify your regional police as well. The process of reporting to the police can be difficult or unclear, but if you do choose to report, you will be able to receive support from your school's services to support survivors or those impacted by gender-based or sexual violence.

## **If I report to the police and/or go through the Canadian Justice System, will my home country know?**

RCMP are not required to report your experience to anyone in your home country, and neither is anyone in the justice system. It's okay for you to share this concern directly with the police officer or lawyer you work with, and they can outline their legal requirements regarding information sharing.

## **If I am accused or convicted of sexual assault charges, will my home country know?**

While in Canada, authorities do not share information with your home country unless pertinent to an ongoing investigation. This is not a yes or no answer, but one that would require a conversation with RCIC/ RISIA. While in Canada studying, you are bound to the same laws, rules, and regulations as a Canadian citizen. If convicted, there is an impact on your Canadian immigration status.

## **What does Canada's legal system look like?**

You do not need to go through the legal system to receive support.

If you file a report with the RCMP, they will decide if there is enough evidence to open an investigation. If they do an investigation, they will then pass the results on to lawyers who work for the government, known as Crown council. If the person who assaulted you is arrested and charges are laid, you may be called to be a witness at the trial. In Canada, crimes like sexual assault are considered crimes against the country, so the trial would not be you versus the person who assaulted you, but Canada versus the person who assaulted you.

Canada has a democratic legal process that is founded on the presumption of innocence, meaning everyone is innocent until proven guilty. To find out more about Canada's justice system, visit [Discover Canada - The Justice System](#) or [Canada's System of Justice Resource](#).



# Contacts

## **TRU Sexualized Violence Prevention and Response**

OM 1486

[www.tru.ca/sv](http://www.tru.ca/sv)

[svpr@tru.ca](mailto:svpr@tru.ca)

250-828-5023

## **TRU World**

[www.tru.ca/truworld](http://www.tru.ca/truworld)

[isa@tru.ca](mailto:isa@tru.ca)

250-828-5191

## **Kamloops Sexual Assault Counselling Centre**

[www.ksacc.ca](http://www.ksacc.ca)

[ksacc@ksacc.ca](mailto:ksacc@ksacc.ca)


250-372-0179

## **Kamloops Immigrant Services**

[www.immigrantservices.ca](http://www.immigrantservices.ca)

[kis@immigrantservices.ca](mailto:kis@immigrantservices.ca)

778-470-6101



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# Support is here for you.

If you have questions, concerns, or would like to seek support please reach out.

You are not alone.

