

## Inclusive Communities Lunch and Learn Webinar Series

### *Addressing Vulnerabilities: Safety Planning for Individuals Exposed to Sexual Violence and Intimate Partner Violence During COVID-19*

#### **So what can you do?**

#### **If you're impacted in any way by Sexual Violence or Intimate Partner Violence:**

- You're encouraged to call 9-1-1 for emergency support, Hope 24/7 at 1-800-810-0180 or SAVIS at 905-875-1555 crisis support.
- Members of the Sheridan Community seeking resources and non-emergency support may email [svrs@sheridancollege.ca](mailto:svrs@sheridancollege.ca)
- Develop a safety plan and key word/phrase or a gesture via virtual communication to signal to someone that you need emergency assistance, without alerting your abuser
- Be gentle with yourself and practice self-care techniques with what you have.

#### **Stay aware and support:**

- If you know someone who may be at risk, make effort to check in with them to ensure that they're safe.

#### **Here are 2 anxiety-reduction techniques:**

##### **Deep Breathing:**

- Slowly inhale, then exhale. It if helps, you can say (or think) "in" and "out" or any two-word affirmation with each breath. Feel each breath filling your lungs and observe how it feels to exhale. Slowly inhale, then exhale. It if helps, you can say (or think) "in" and "out" or any two-word affirmation with each breath. Feel each breath filling your lungs and observe how it feels to exhale.

##### **Cold Water:**

- Focus on the temperature of the water by running your hands under a tap. Feel it on your fingertips, palms, and the back of your hands. Ask yourself - does it feel the same on each part of your hand? Experiment with warm or cool water and notice how each makes you feel.
- Hold a piece of ice. Ask yourself what it feels like and how long it takes before it starts melting. Notice how the overall sensation changes, as the ice melts.