



Colouring Resistance

**A colouring and activity book
for healing from
sexualized violence**



WAVAW
rape crisis centre

**Welcome to:
Colouring Resistance:
A colouring and activity book
for healing from sexualized violence**

This book was created with love and care by WAVAW Rape Crisis Centre for survivors of sexual assault and abuse.

This book has pages for colouring and activities created with the hope that it can be a resource for survivors in their healing journeys from sexualized violence.

The messages, images, and activities we created are grounded in our belief that every woman has the right to choose her own path to healing and justice.

Please feel free to use this colouring and activity book in ways that speak to you and your own healing journey.



WAVAW is a feminist rape crisis centre located in Vancouver BC, unceded territory of the Musqueam, Tsleil-Waututh, and Squamish Nations.

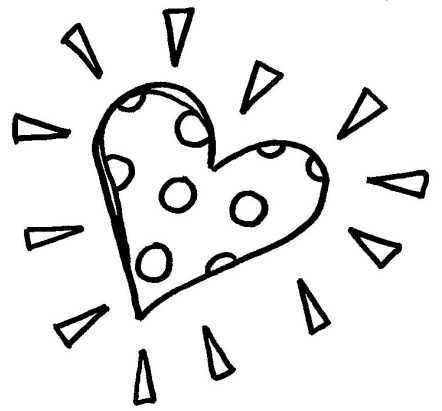
We provide support to all women, cisgender and transgender included, who are survivors of sexualized violence, through our Victim Service Program, our Counselling program, and our Aboriginal Women`s Program.

We believe that all women deserve to live in a society free from violence, and with our Educational Outreach programs, we work to shift our society to make that a reality.

WAVAW`s crisis line is available for information and emotional support 24-hours a day at 604-255-6344 or Toll Free 1-877-392-7583.



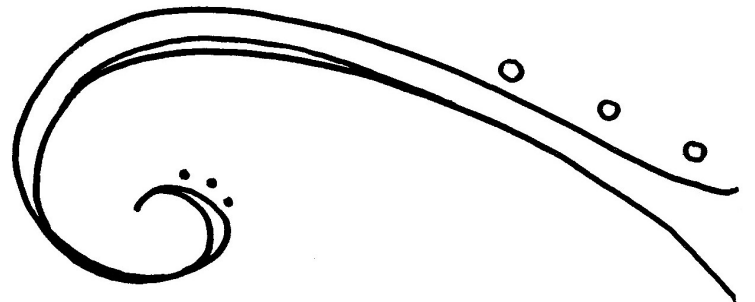
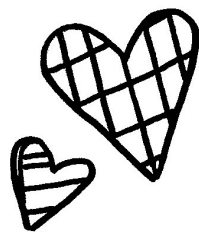
you

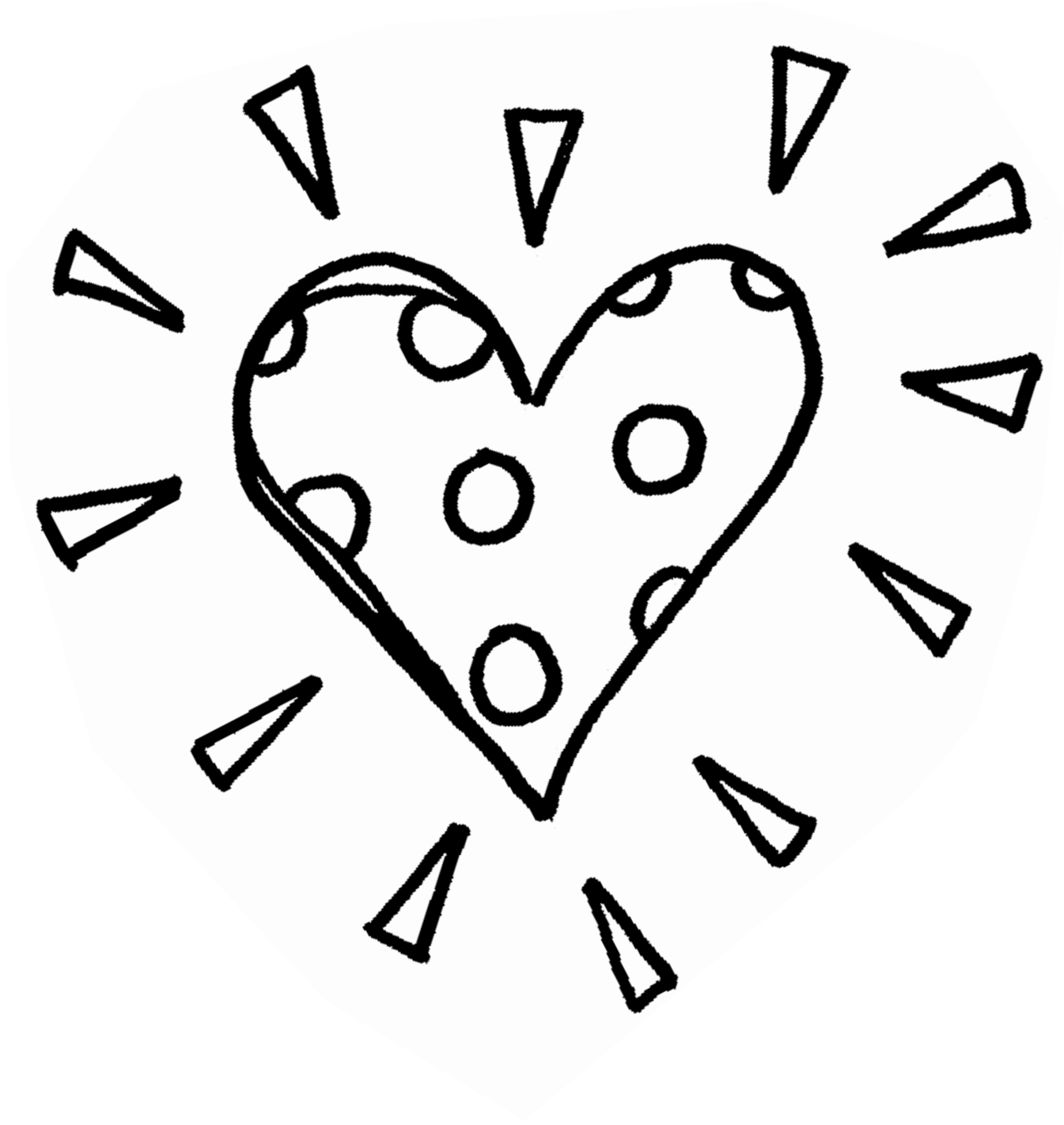


are



loved







WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

In our society,
survivors are often not believed
when they talk about
the sexualized violence
they have experienced.

That is not okay.

We believe you.

WAVAW



has
your
back!



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

fill in the blanks with people, creatures,
communities, groups etc. that have your back









...have my back



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

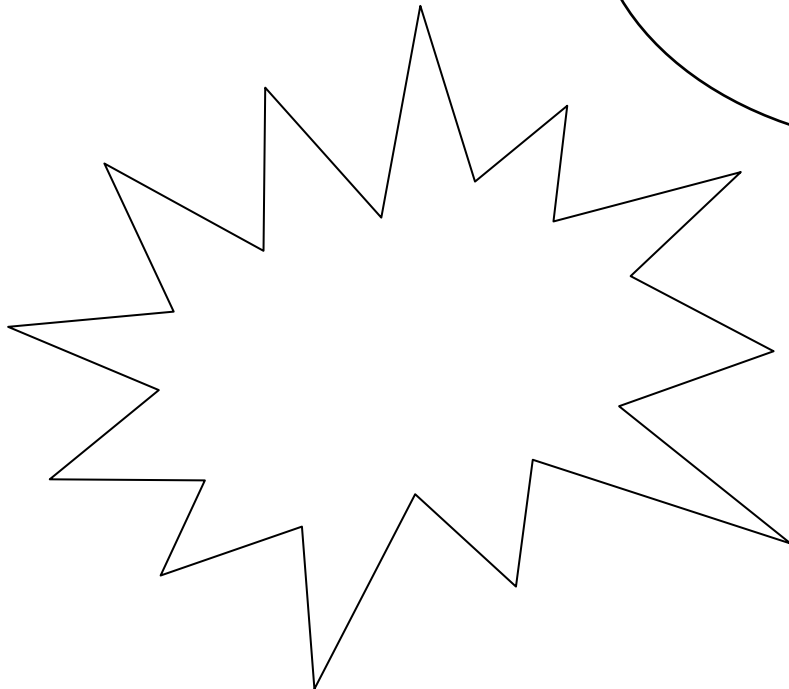
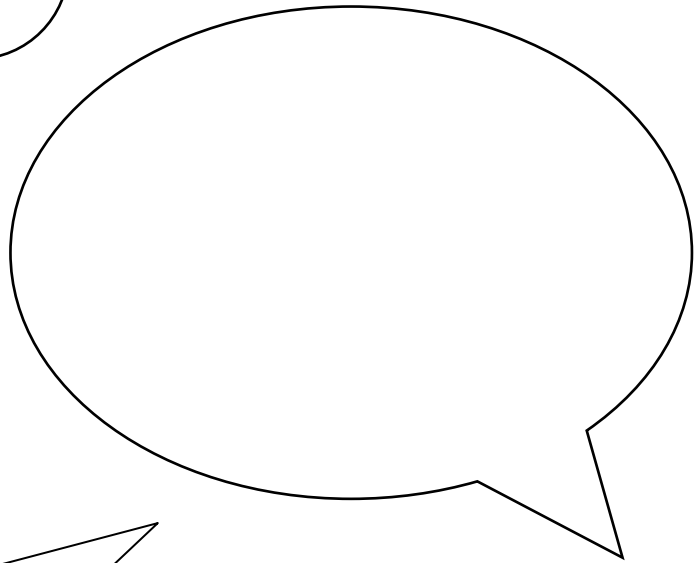
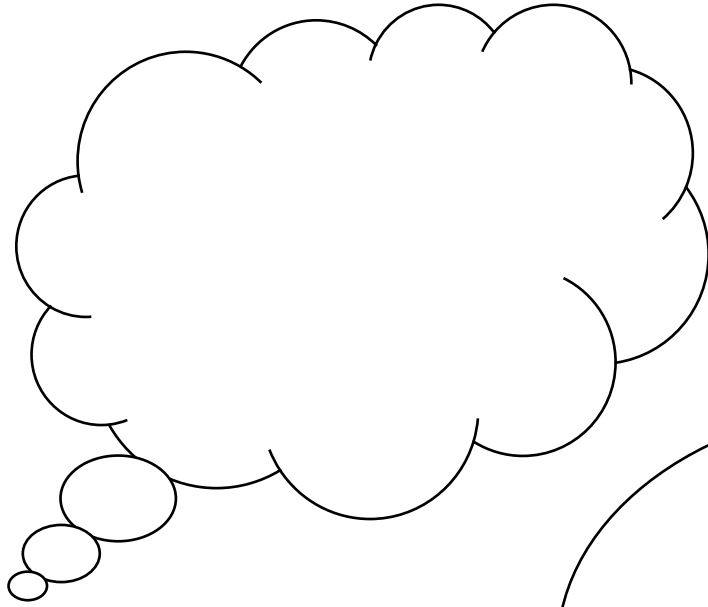
YOU DESERVE



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

What are 3 good things you deserve?



Self
care
revolutionary
action



DJK



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

Caring for ourselves can look like many different things.

It can be anything that we do to take care of our emotional, physical, mental, and spiritual well-being (and beyond)

It can include things like having a cup of tea or going for a walk.

It can also include things like speaking up in communities or engaging in ceremony.

3 things I do or want to do to care for myself are...

1.

2.

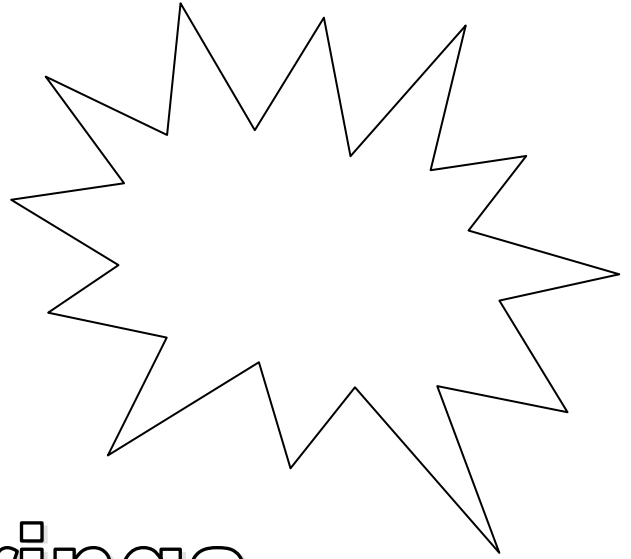
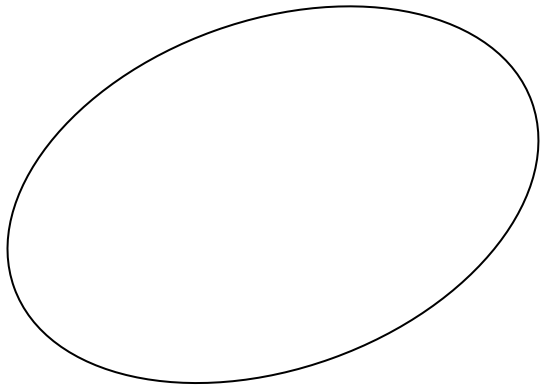
3.



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

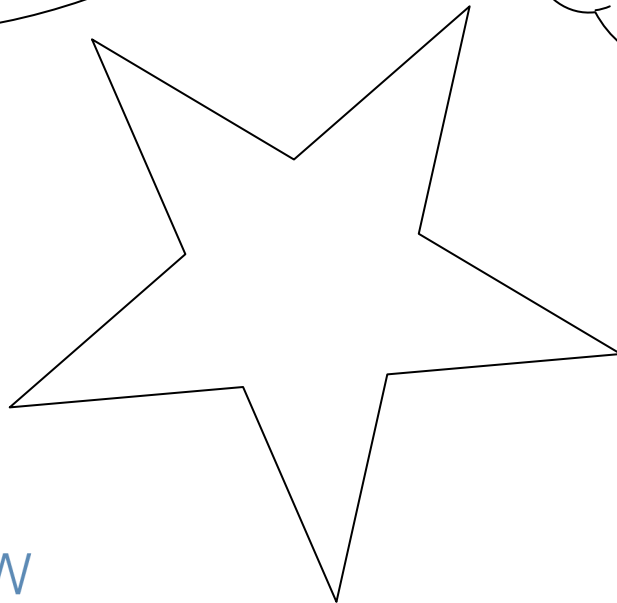
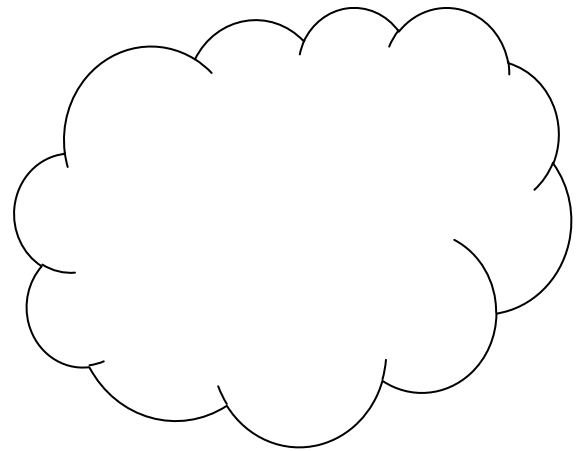
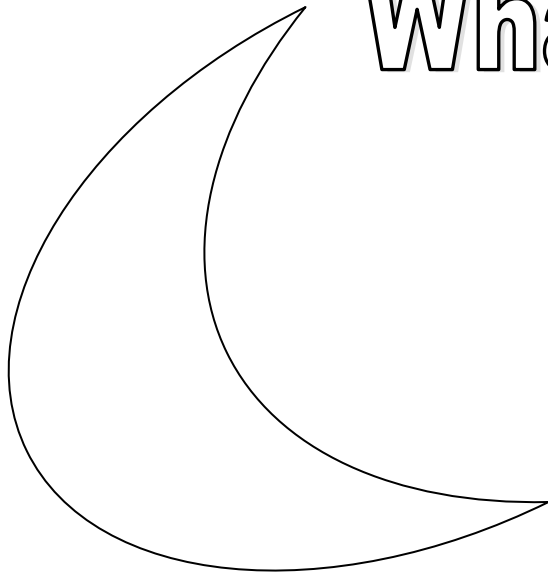
Fill in the shapes with people, places, things, & activities
that bring you a sense of joy



What brings

me

joy?





WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

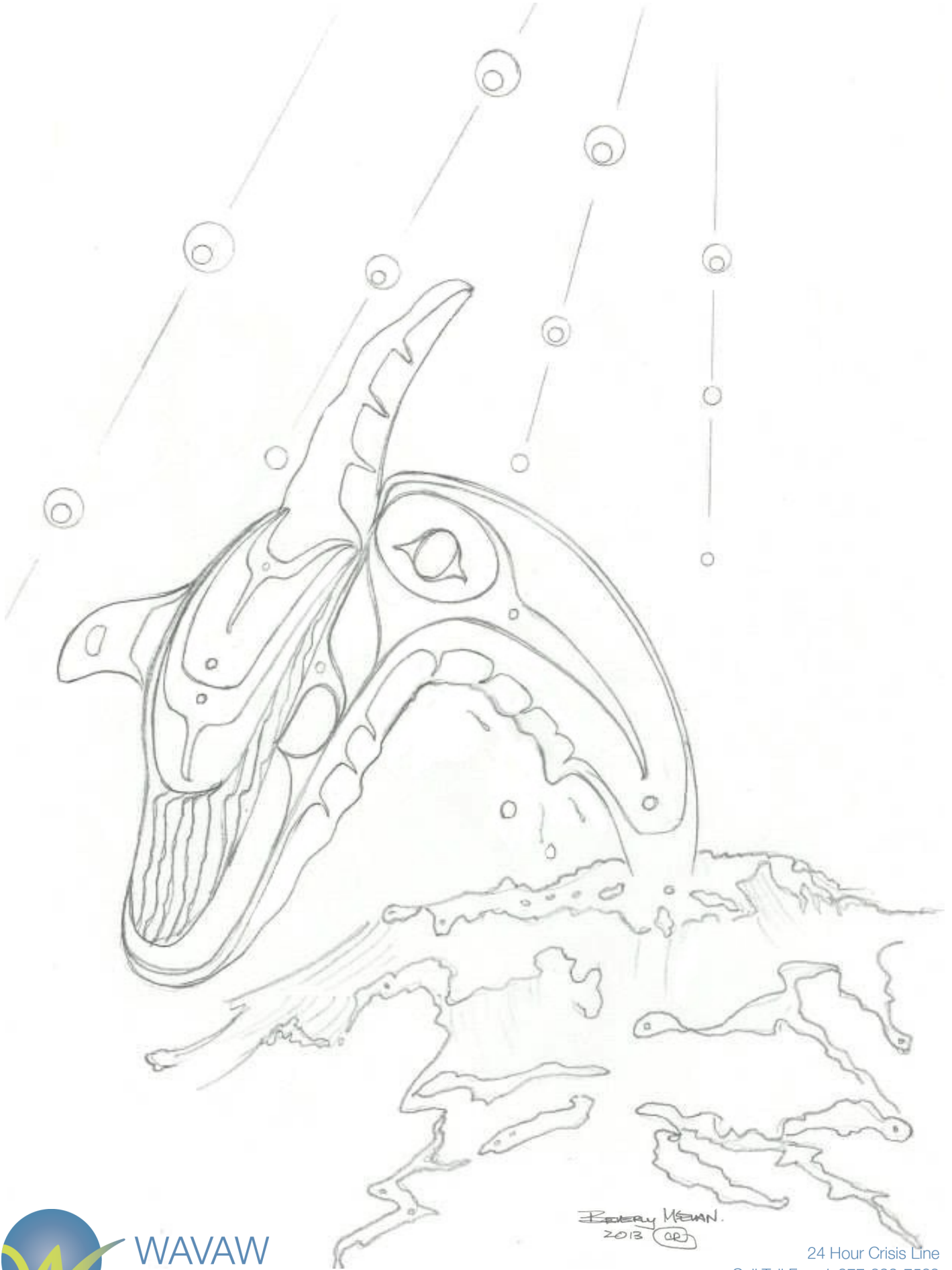
Healing is possible because...

...survivors are strong, powerful, and resourceful

...you are not what happened to you

...you deserve joy, hope, and love

Some space for my thoughts on healing...



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

You
are
enough



Sexualized violence is never a survivor's fault.



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

it is

NOT

my

FAULT

We are never to blame for the violence we experience



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

Healing is not Linear



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

I have the right to choose
my own path to healing.

For some survivors, healing may mean...

"believing in myself"

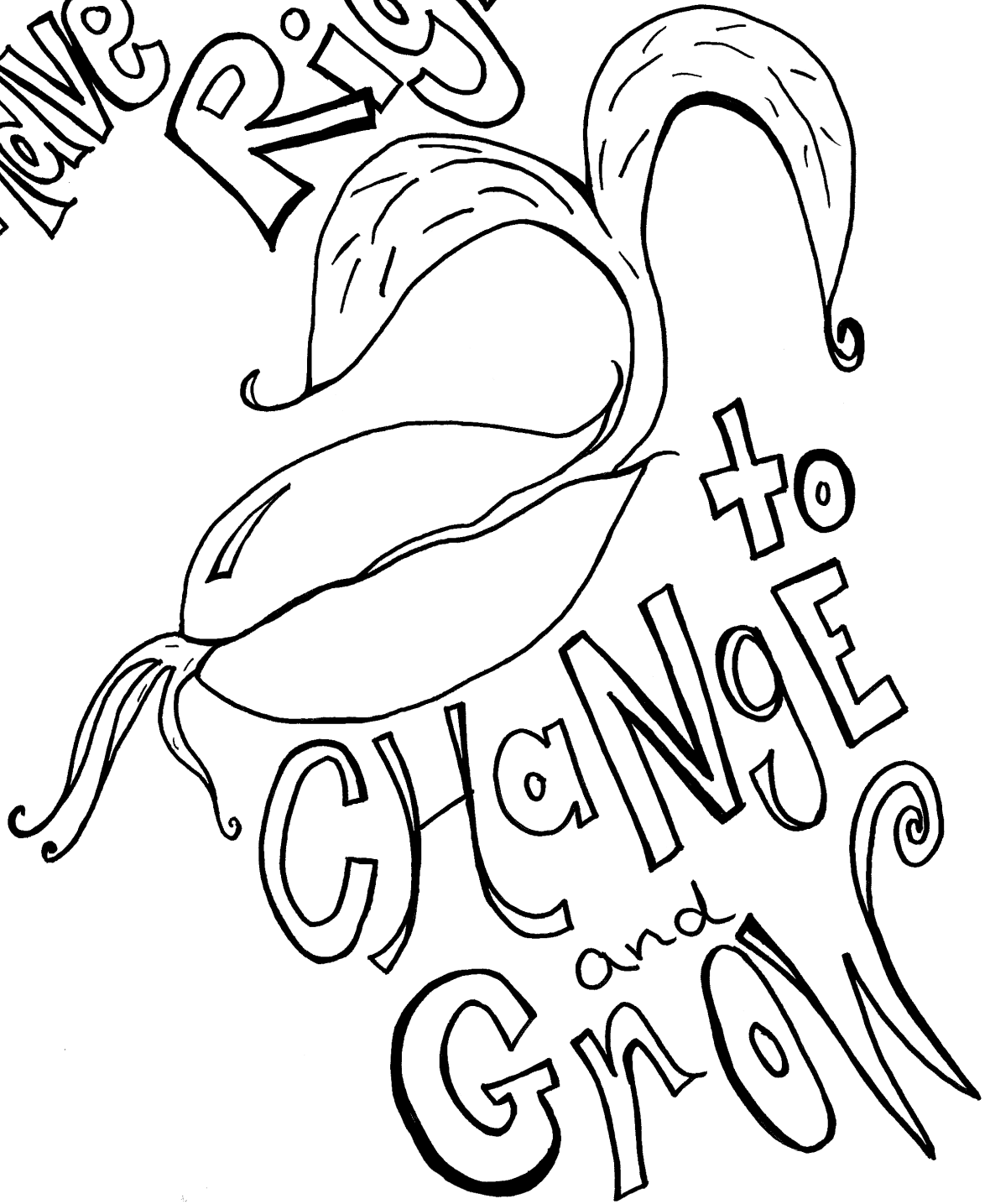
"feeling safer in my own skin"

*"Turning the anger I feel
away from myself, and towards
the broken parts of society"*

"learning about my needs"

Healing to me means....

Have the Right



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

Imagine you had a seed of
something that you want to grow.

What would that seed be?

Now imagine the soil, water, & light
that's needed for that seed to grow
What do you need for your seed to grow?

women



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

I'm a woman,
phenomenally.
Phenomenal woman,
That's me.

-Maya Angelou-

poet, survivor, Phenomenal Woman



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

**“Love is a combination of care,
commitment, knowledge,
responsibility, respect and trust.”**

-bell hooks-

feminist author and social activist

To me, love looks and feels like...



This image is of a young
First Nations woman dancing
in celebration of her coming of age

What are 2 aspects of your life
you would like to celebrate right now?

it can be something like participating in ceremony,
or noticing you are setting boundaries,
or that, today, you are breathing

1.

2.



It's okay

to not feel okay

today

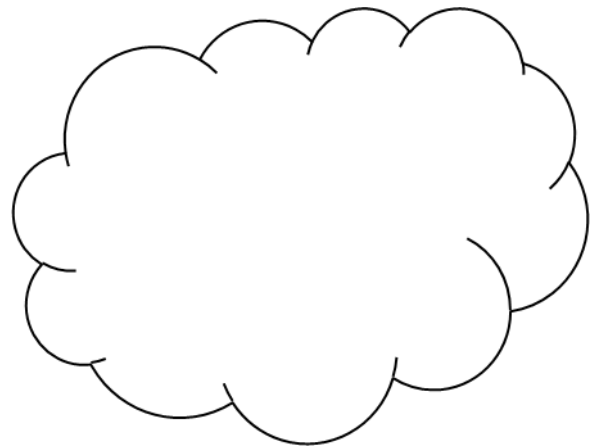
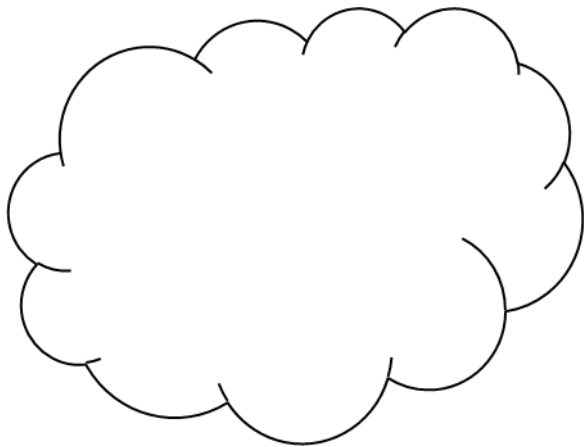
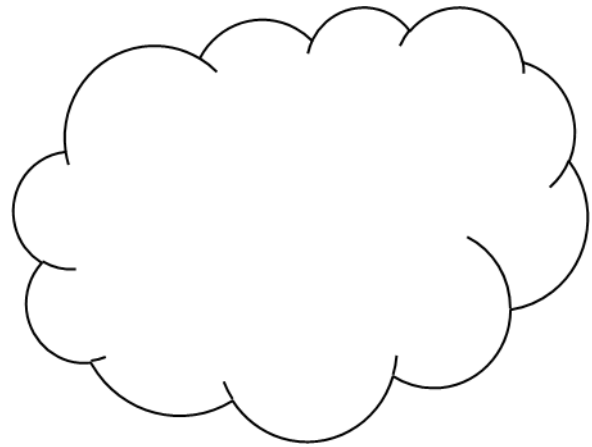
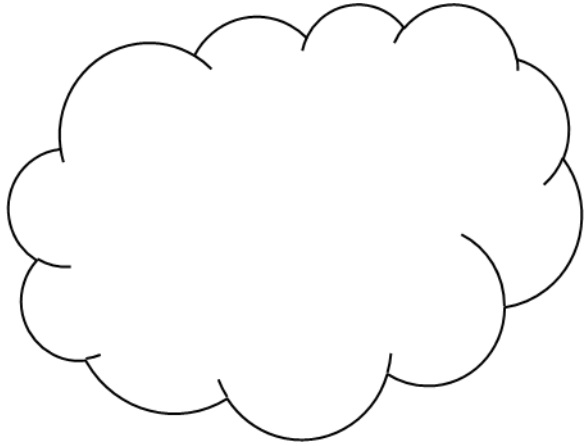


WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

When I am not feeling okay,
what can I turn to for comfort?

(fill in the clouds with activities, people, places, & things)



It's okay if the only thing you did today was breathe



Still
fabulous



WAVAW
rape crisis centre

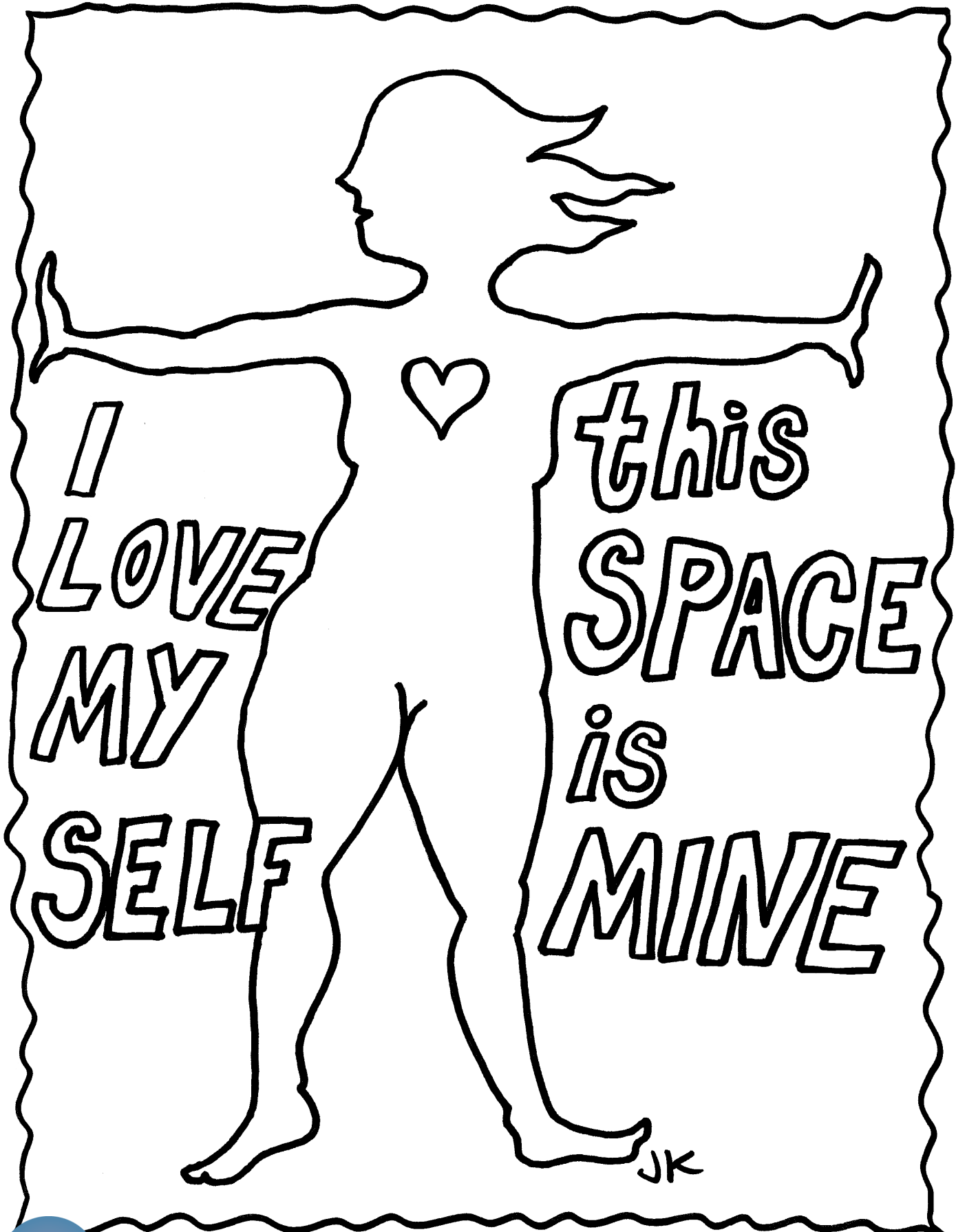
24 Hour Crisis Line
Call Toll Free 1-877-392-7583

3 things I am proud of myself for are...

1.

2.

3.



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

Learning to love ourselves can be a lifelong journey.
A place we can start is by exploring how we enjoy nourishing
ourselves in our lives.

What are some ways I nourish myself?

Physically....

Mentally...

Emotionally....

Spiritually...



In sexual assault work, we honour many forms
of resistance to violence and our violent culture:

sometimes through a thought,
telling someone, breathing,
protecting our minds, bodies, and spirits,
surviving, organizing, writing,
having sex again, making art
(re)learning to love ourselves

Some ways I resist are...



WAVAW
rape crisis centre

24 Hour Crisis Line
Call Toll Free 1-877-392-7583

Feminism believes that
we are more
complex and nuanced
than the boxes we are put in,
AND
that we can break out
of those boxes
to move closer
to our authentic selves



Connect with us!

www.wavaw.ca

www.facebook.com/WAVAWRCC

www.twitter.com/wavawrcc

24-Hour Crisis Line:

604-255-6344

or

Toll-Free: 1-877-392-7583