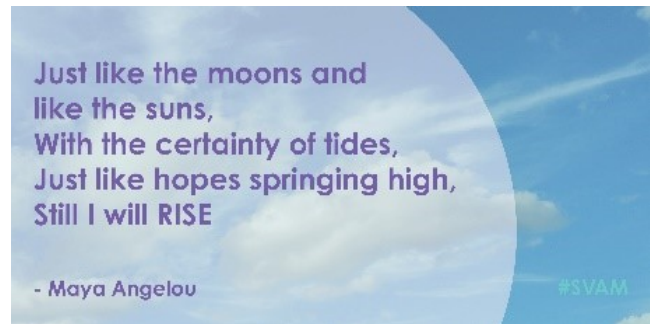


Social Media Messages

Use the messages and images below to support your own social media posts and awareness.



Utilize hashtags in your posts: [#iRespect](#) [#SVAM](#) [#RISE](#) [#CultureofRespect](#)

Follow the Central Alberta Sexual Assault Support Centre on our social media pages: [@CASASCRD](#) (facebook), [@CASASC2](#) (twitter), [@CASAS3](#) (Instagram)

Share messages about Sexual Violence Awareness:

- An estimated 1.8 million Albertans have experienced sexual violence. We are here for you. Call or text 1-866-956-1099, webchat casasc.ca
- Forty-five percent of adult Albertans have experienced some type of sexual abuse. We are here for you. Call or text 1-866-956-1099, webchat casasc.ca
- Sexual violence is a public health issue that causes significant trauma and impacts the physical, mental, emotional and sexual health outcomes of people, communities and societies. (link to government of Alberta. <https://www.alberta.ca/sexual-violence-prevention-government-actions.aspxsite>)
- CASASC has created a FREE resource Package to help schools & community acknowledge May as SVAM. Within this package, you can find age appropriate and grade specific conversation topics, activities, and social action ideas to help develop healthy skills and understanding around violence prevention. Find community resources and more information at <https://casasc.ca/your-2023-guide-to-sexual-violence-awareness-month-2/>
- Together, we as a community can create a #cultureofrespect
- MAY 26 is a SVAM Day of Action, or Respect Day. A day to celebrate all the ways our community uses respect to promote healthy relationships and prevent sexual violence.
- Respect is the foundation for all healthy relationships; for us and others. Respect prompts empathy. Empathy helps us understand what other people's needs are, what they think, and how they feel.
- Empathy makes us less likely to engage in hurtful actions because we can recognize and feel other people's emotions. When we feel the same as other people do, especially hard emotions, we are less likely to use our words or actions to hurt them.
- Empathy can be hard and takes practice, but by recognizing our emotions, the emotions of others, and teaching these skills to ourselves and other people, we can create a #cultureofrespect
- In 2019/2020 a study looking to understand the prevalence of sexual violence in Alberta was conducted. Results showed that forty-five percent (45%) of adult Albertans have experienced some type of sexual abuse. Find more information about the study [HERE](#)



Share messages providing support to those impacted by Sexual Violence:

- CASASC provides a 24 hour sexual violence text & phone help line at 1-866-956-1099 and Webchat at casasc.ca.
- No matter where you are in your healing journey, CASASC is here to help. 24 hour sexual violence text, webchat & phone help line.
- CASASC provides no-cost counselling to individuals aged four and up who have been affected by sexual violence. Referrals are not needed. Call us today for information 1-866-956-1099. We're here to help.
- We Believe You, We Support You, We Care #SVAM #iRespect
- CASASC provides services, at no cost, to ALL central Albertans. We are here to support you and your loved ones. Call (403-340-1124) or email (casasc@casasc.ca) us today to learn more.
- If you are NOT in the Central Alberta region or are unsure where your closest Sexual Assault Centre is, you can learn more from the Association of Alberta Sexual Assault Services website at <https://aasas.ca/>. AASAS is sharing education and awareness opportunities for all the sexual assault centers in Alberta on their social media pages. We encourage you to check out a local event or initiative in your region!
- on hand. An adult may need to help us find contact information for our safety network.

**24 Hour
Text, Webchat
and Phone
Sexual Violence
Help Line**

Text/call
1-866-956-1099
Webchat
casasc.ca

We believe you
We are here for you
You are not alone

