

Begin by *listening*

A colouring book for survivors
and supporters.

Toronto
Metropolitan
University

Consent
Comes
First

Consent Comes First Office of Sexual Violence Support and Education Project Team

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Begin by *listening*

Begin by listening - a Colouring Book for People Affected by Sexual Violence is an initiative of Consent Comes First, Office of Sexual Violence Support and Education at Toronto Metropolitan University in Toronto, Canada. Feel free to print and share the colouring book. Post your coloured images on social media with the hashtag #ConsentComesFirst.

We are glad you are here. This book is dedicated to YOU.

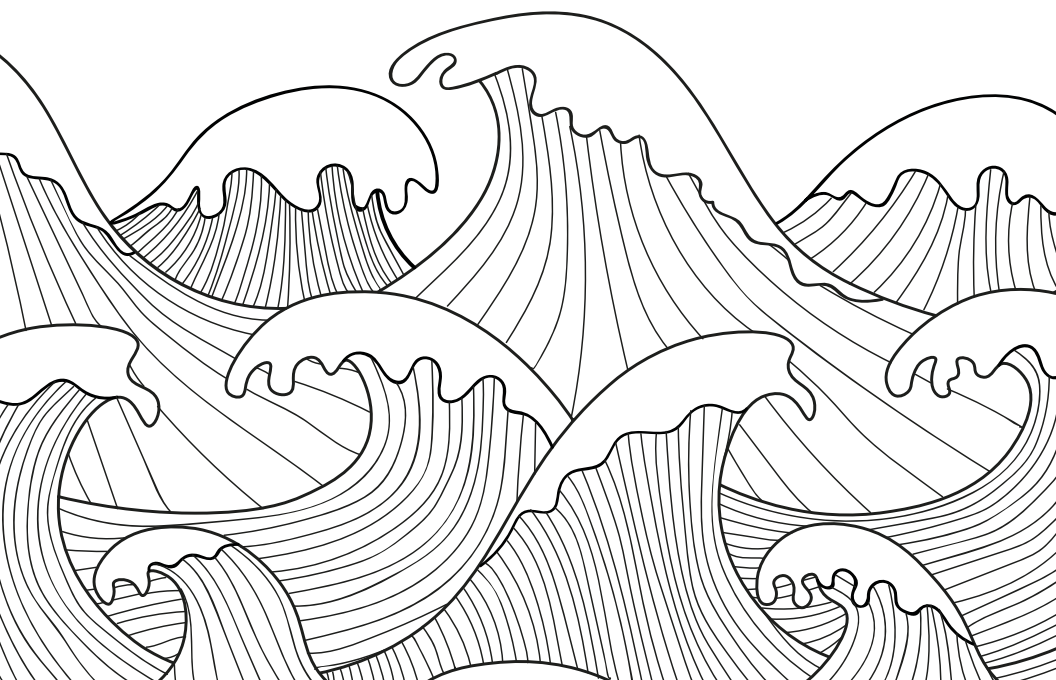
There is no right way to heal from sexual violence. It is not linear. Some days you might feel okay and others you may not. The best thing you can do is begin by listening to your heart, body and mind - listen to what you need at this moment.

This is a choose-your-own-adventure-book. Fill the pages with colour, journal when it feels right and skip pages that are too much. You are writing a new story.

This colouring book is also an invitation to respond with care when someone discloses. The most important thing you can do as an ally is to listen. A compassionate response creates an opening for someone to feel heard, respected and to build trust.

Need support? You are not alone. Check out our list of resources torontomu.ca/sexual-violence/resources

Five things to
remember



Things to do when I feel rotten:

I give myself permission to have all the feelings. I can take a break, nap, eat food, drink water, rest...

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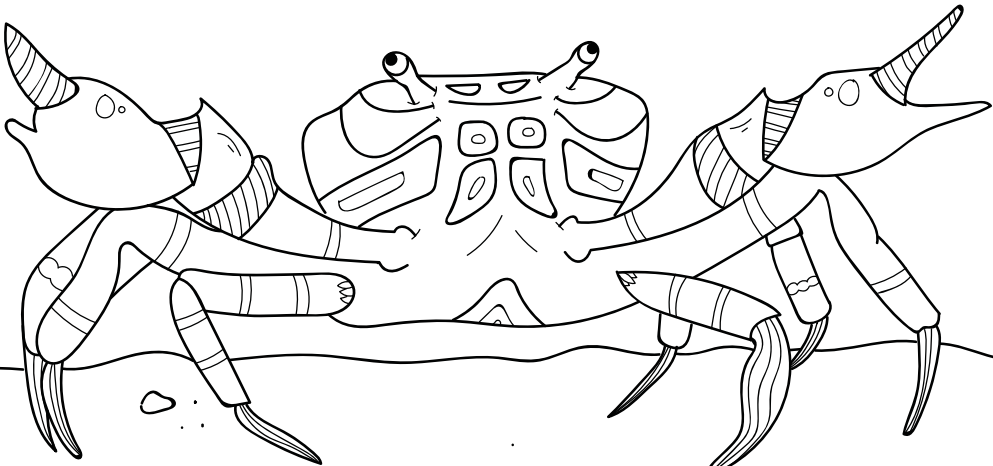
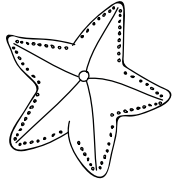
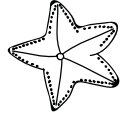
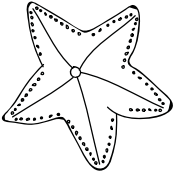
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Self - Care

Take a deep breath.

it's
OKAY
to not be
OKAY



Being a survivor is not all I am,
it is something that I was subjected to. I am
writing new stories about my life right now.

I hope one day to....

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I dream that I can...

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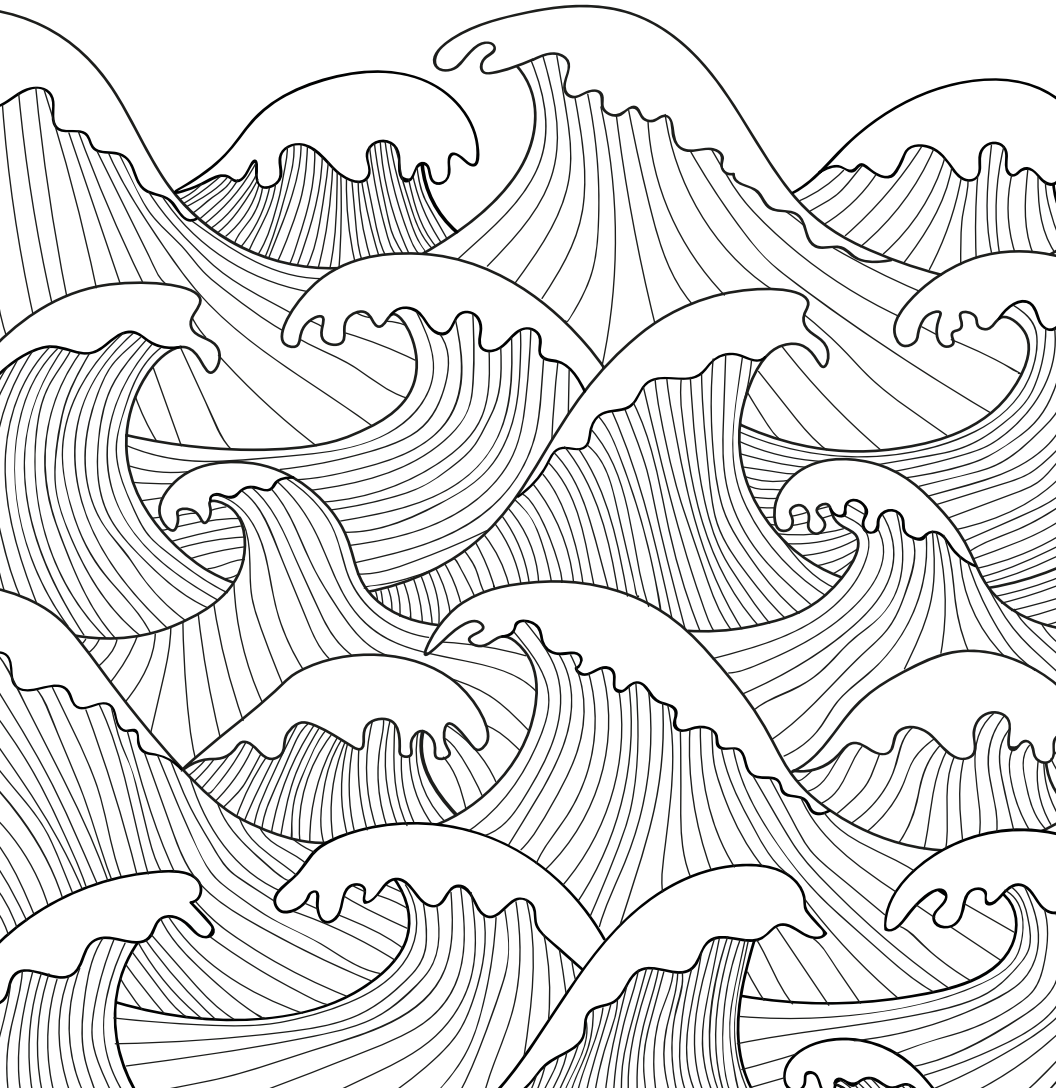
I will...

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Self - Care

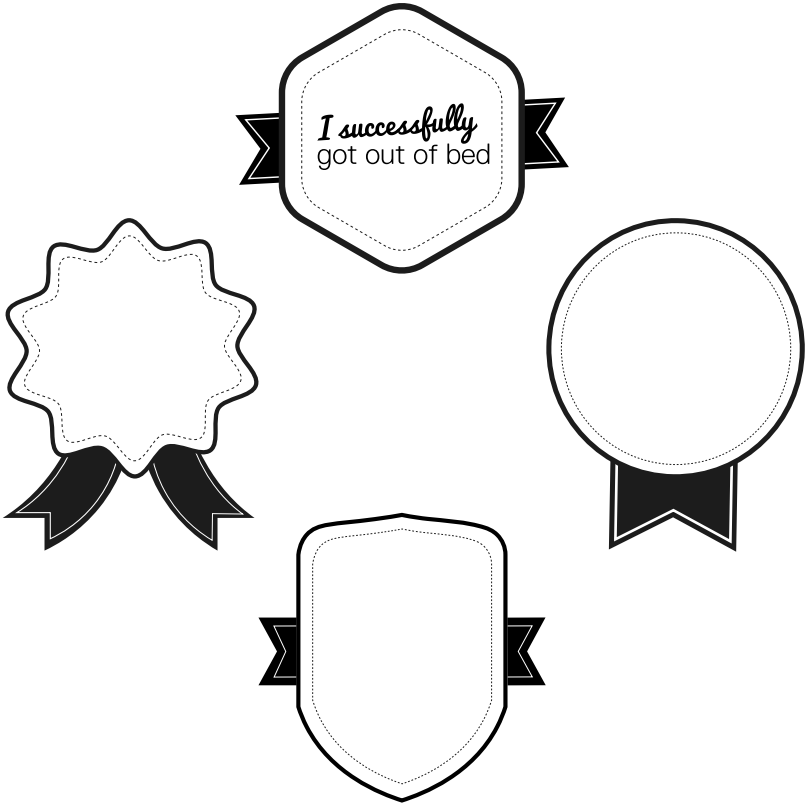
Hydrate: Drink a glass of water.

IM WRITING A
new story



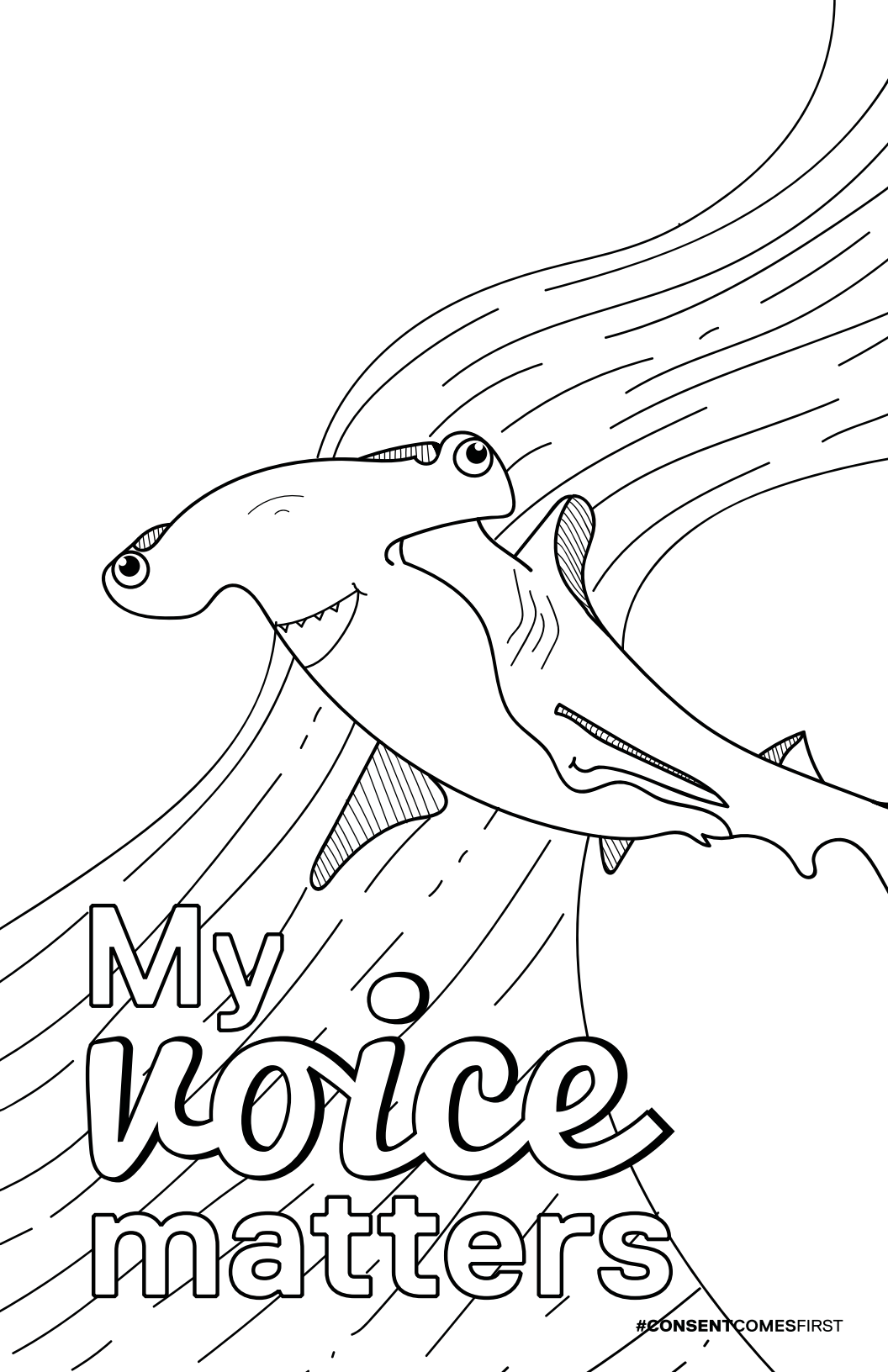
I matter.

Fill in the badges below with things to celebrate, love and cherish about me.



Self - Care

Hold something that calms me i.e. a pet, stone, ball.



My
voice
matters

#CONSENTCOMESFIRST

I am an expert on my experience.

Four things I trust about myself are:

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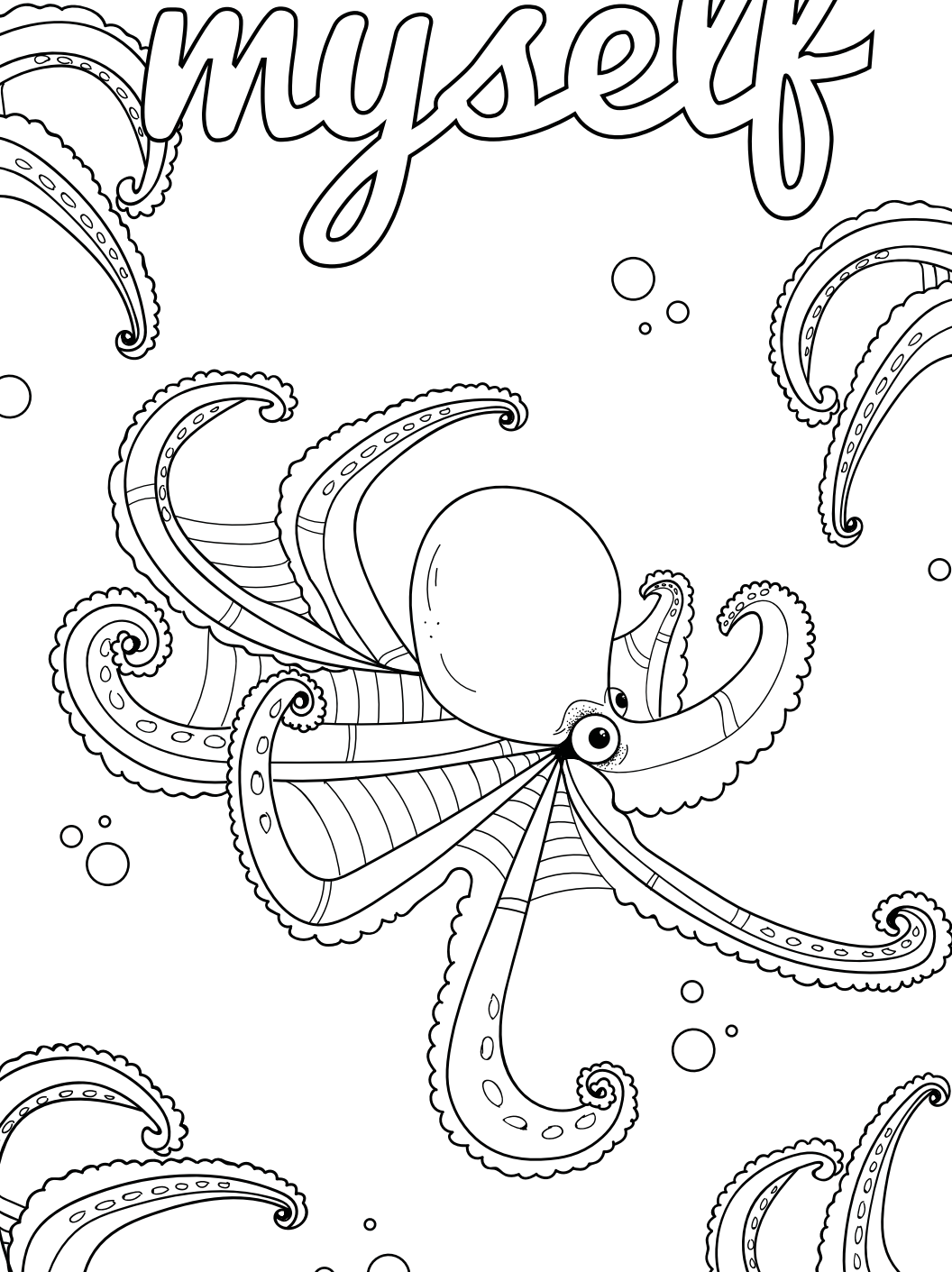
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Self - Care

Move: stretch, wiggle, dance.

#CONSENTCOMESFIRST

I TRUST
myself



I have the right to be heard,
to love, to tell my story, to wear what I want.
My rights include...

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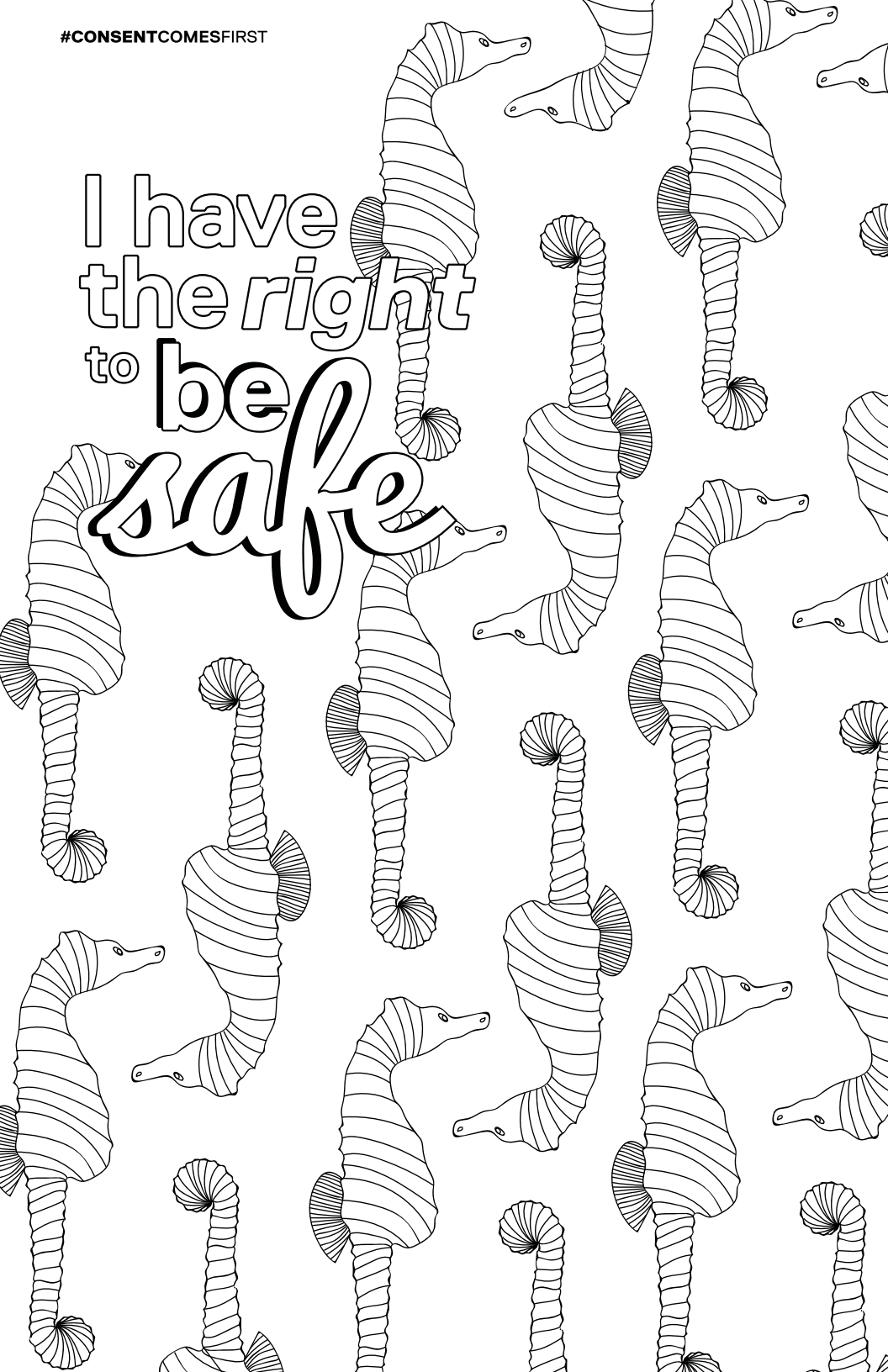
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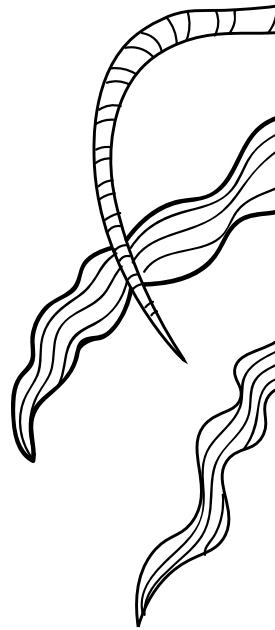
Self - Care

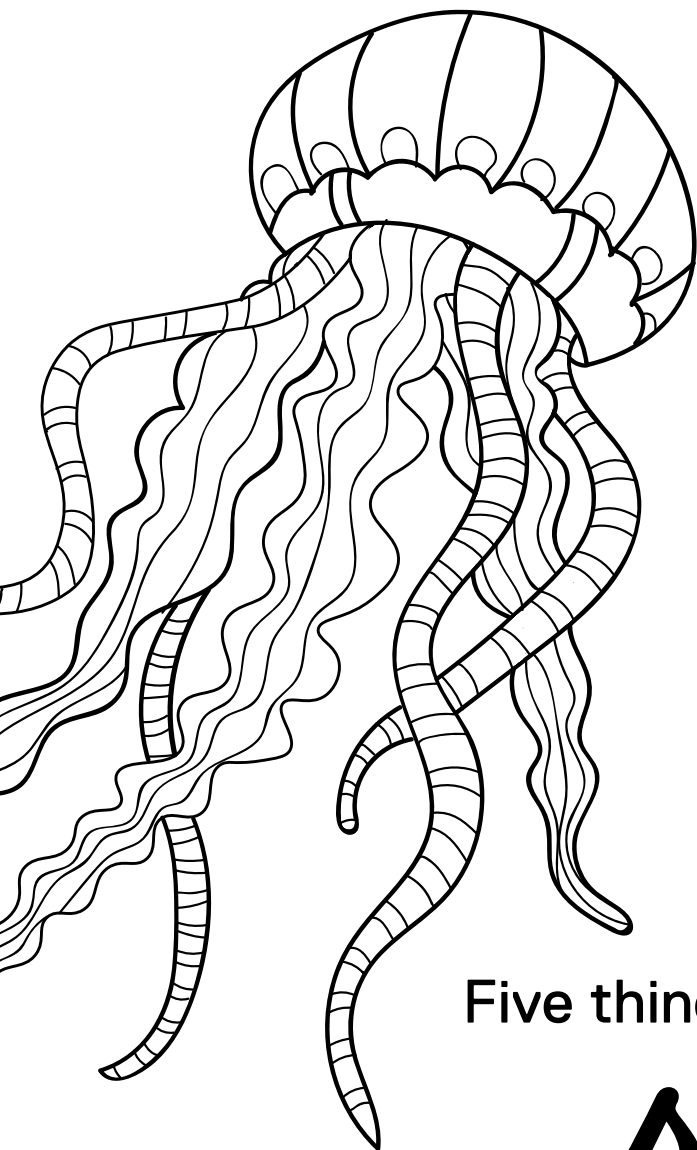
Make my bed.

#CONSENTCOMESFIRST

I have
the *right*
to be
safe







Five things to

say

I deserve to be seen, heard and believed.

Things I need to hear when I share what happened...

.....
.....
.....

People I want to tell: *Sometimes the first person we need to disclose to is ourselves

.....
.....
.....

How I want to be supported:

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.....
.....
.....

Self - Care

Say out loud my name, age, today's date.



I believe
you

*Too often we are shamed
and blamed for abuse.*

People can make us feel like it's our fault or we are making a big deal out of nothing. Sometimes in the moment it's hard to say anything back. Below are statements I wish I could say to people who blame me.

For example:

- What were you wearing? My choice of dress is not a yes.
- Why did you go on a date with them? It's not my fault; it's the perpetrator's.

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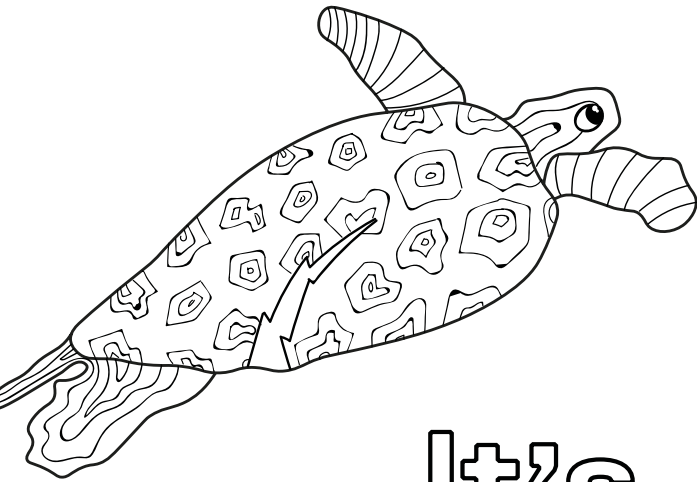
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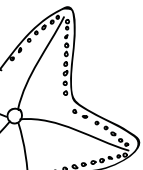
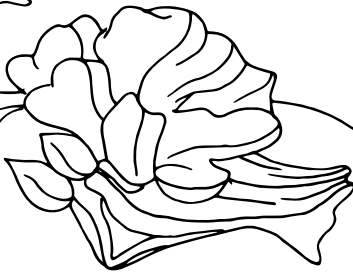
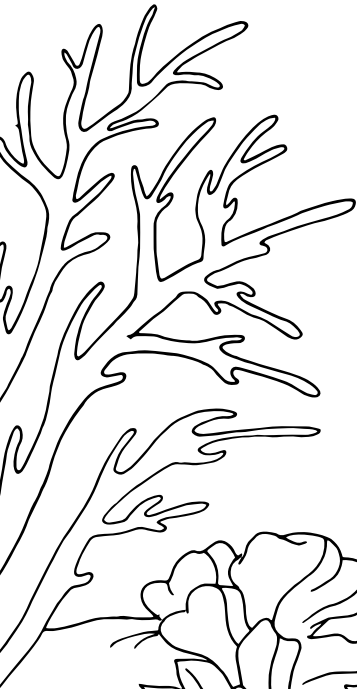
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Self - Care

Splash water on my face or
run my hands under the faucet.



It's
not
your
fault



My boundaries...

are a force field that can protect me. They can act as an alarm system when my emotional and physical space isn't being respected.

Some of my boundaries are:

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.....

When someone doesn't respect my boundaries I can:

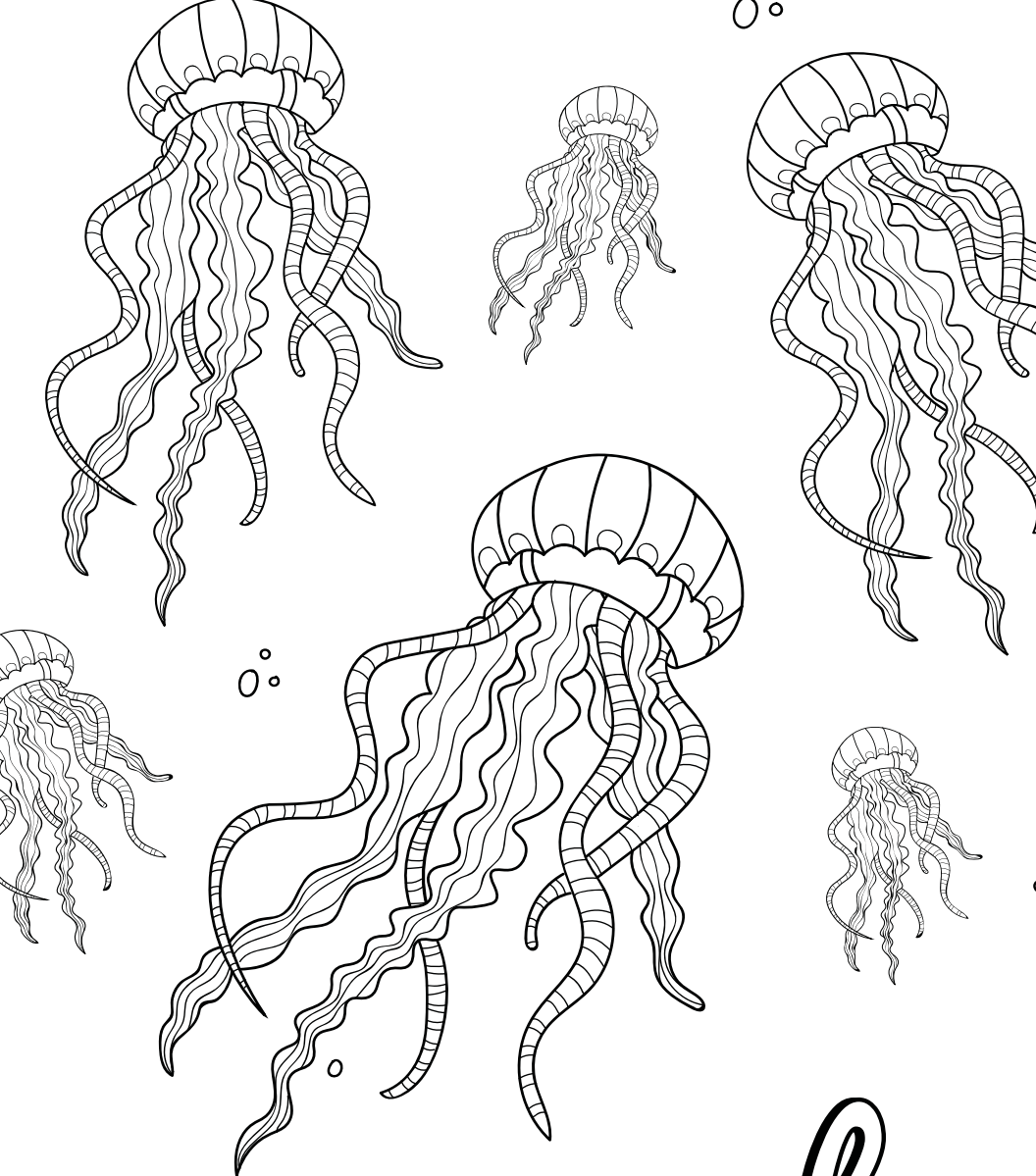
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Boundaries I want work on:

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Self - Care

Open a window. If I can, go outside.



consent
COMES FIRST

Below is a list of *people I can connect with* when I feel sad, isolated or need compassion. (They could be ancestors, writers, friends, chosen family members, celebrities.)

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They inspire me by...

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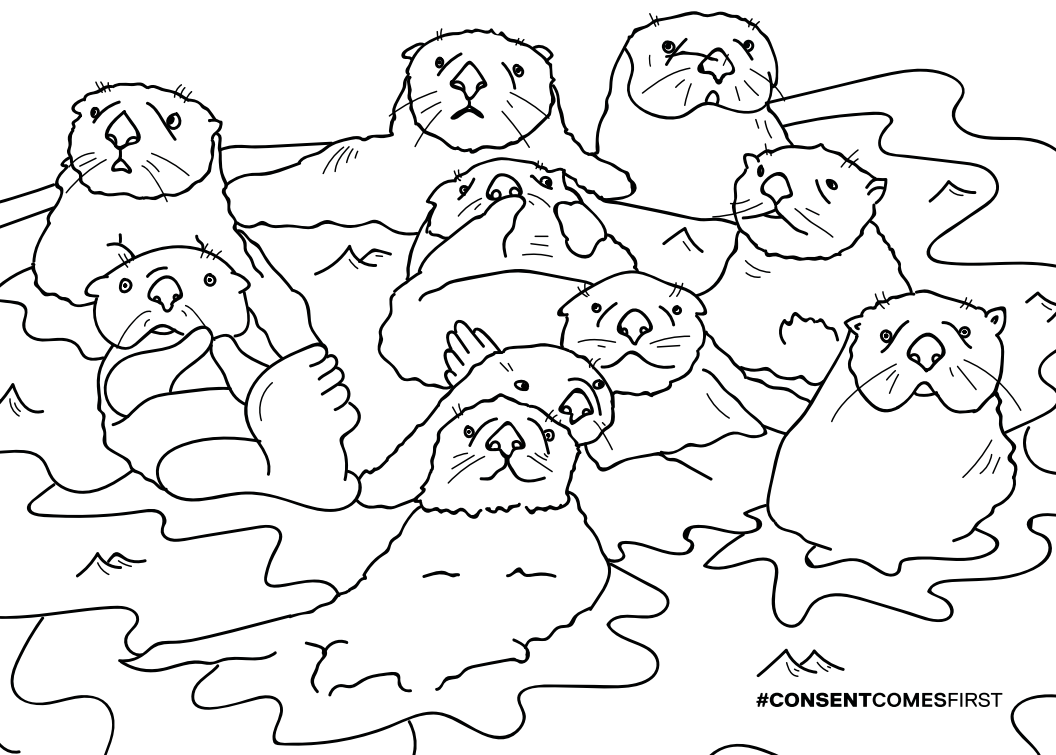
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Self - Care

Create: draw a picture, belt a song, dance.

You are
not
ALONE



#CONSENTCOMESFIRST

I choose when, where and how I heal.

Grounding myself is a way to help me when things get tough. Wherever I am I can use my senses to give myself care.

Five things I see:

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Four things I feel:

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Three things I hear:

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Two things I smell:

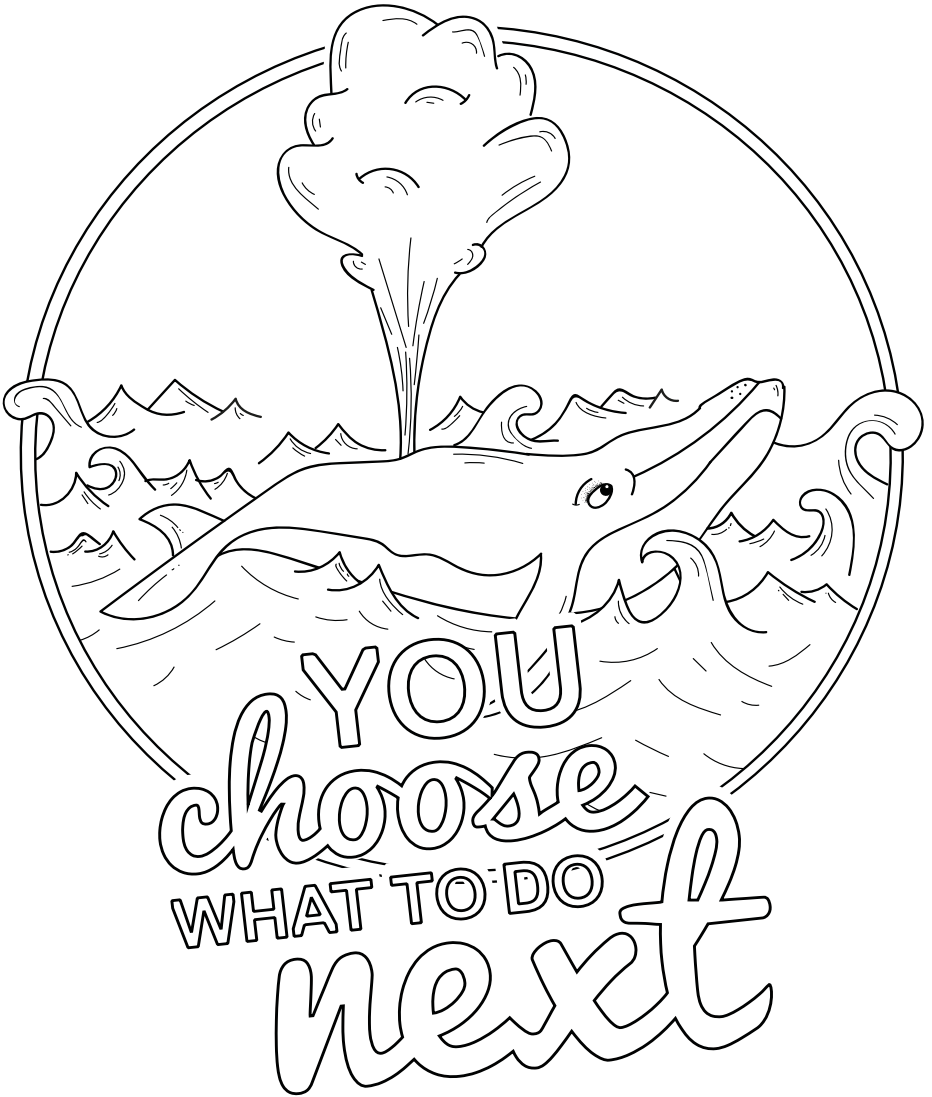
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One thing I taste:

.....

Self - Care

Play a categories game
i.e. name my favorite songs, videogames, cities.





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**Office of Sexual Violence
Support and Education**

E: osvse@torontomu.ca

W: torontomu.ca/sexual-violence

