

CONSENT IS
golden

MY HEALING MY CHOICE

a colouring book





you are not alone

The *My Healing, My Choice* colouring book was created for survivors and those that care for them.

This colouring book was created collaboratively through the Consent is Golden program and the Sexual Violence Response Team.

We want you to print these pages and share them.

Remember to tag @Consentisgolden when you post your coloured pages online!

We created this colouring book to act as a reminder that each person reacts differently to gendered and sexual violence and there is no right or wrong way to cope with, or to feel about, your experience. We hope you are able to connect with the colouring pages and self-care tips that feel good for you and move past the ones that don't.

Your healing. Your choice.

"Caring for myself resists everything I've been taught about not being worthy enough."

- Methods of Self Care

Self-care is about taking care of ourselves - physically, mentally, emotionally, and spiritually. It is about (re)learning how to be gentle with ourselves and how to attend to our needs. Self-care is crucial for our survival, wellbeing, and growth, especially after experiencing harm. You deserve radical care and love. Remember that, like healing, self care is a non-linear practice. What you need will change and grow at different times and in reaction to different things.

We're glad you found this colouring book. It was created for you!

We believe you. You are not alone.

You can reach out to us:

Email svinfo@wlu.ca

Follow us on social media @Consentisgolden

Find out more information through our website

students.wlu.ca/wellness-and-recreation/gendered-violence-prevention-and-support

This colouring book is dedicated to all of the survivors who have trusted us with their stories.

Thank you.

We also thank our Consent Comes First Office colleagues at Ryerson University for giving us the idea to create a colouring book for survivors. We appreciate you!

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a colouring book by



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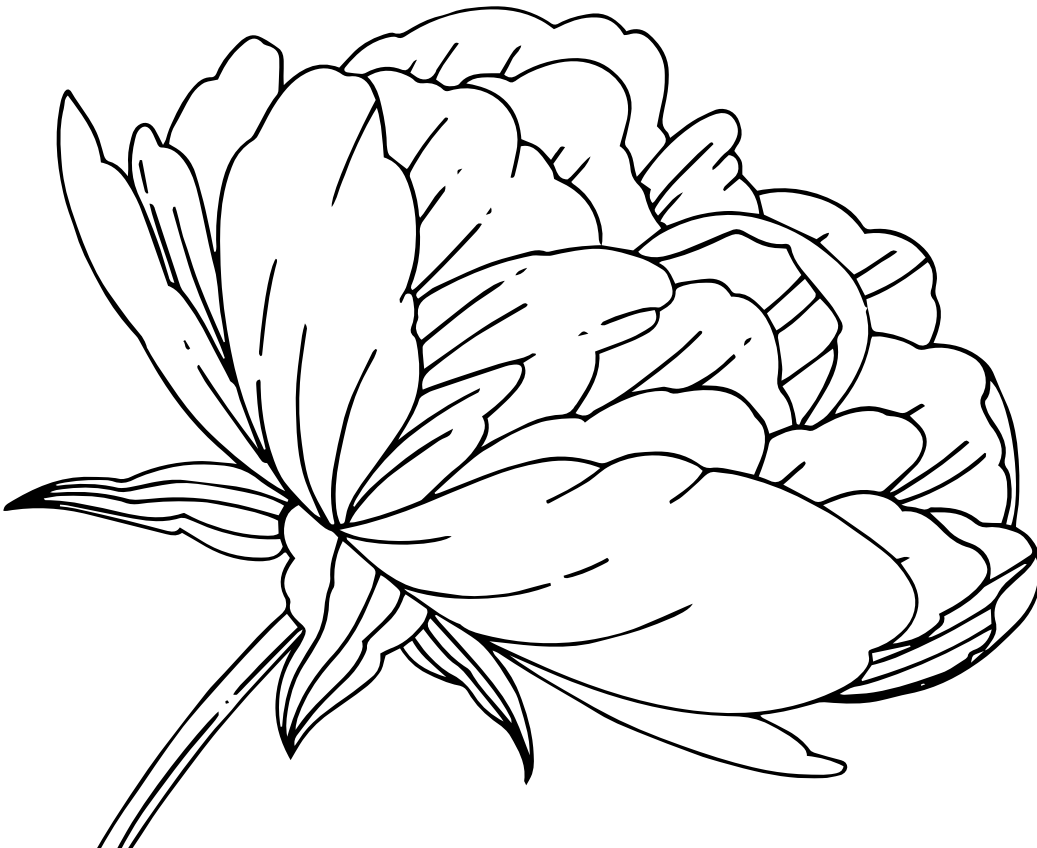
24 HOUR SEXUAL ASSAULT CRISIS AND SUPPORT LINES
WATERLOO: 519.741.8633
BRANTFORD: 519.751.3471

*what are 3 things that bring
lightness into your life?*

1.

2.

3.

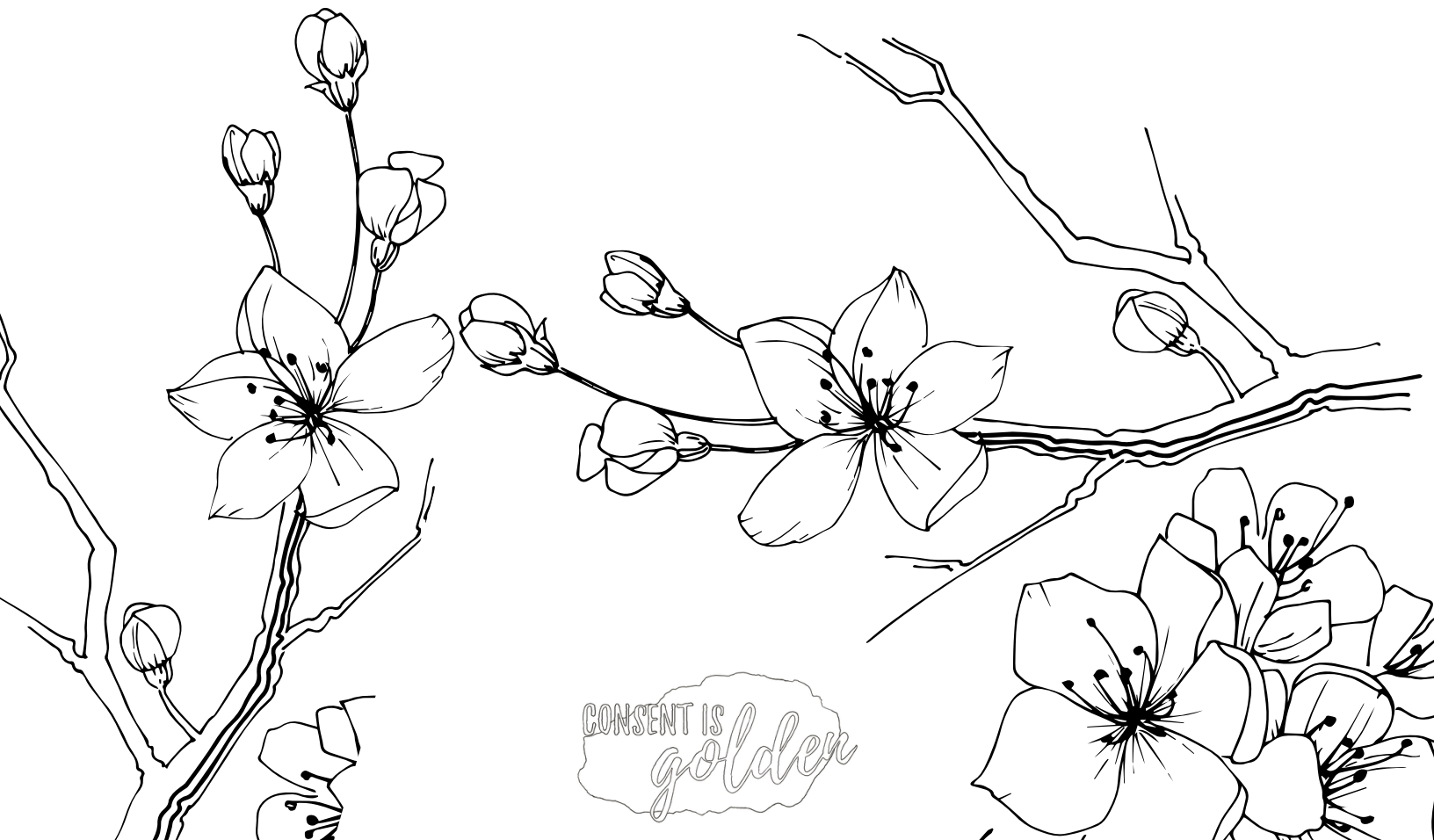




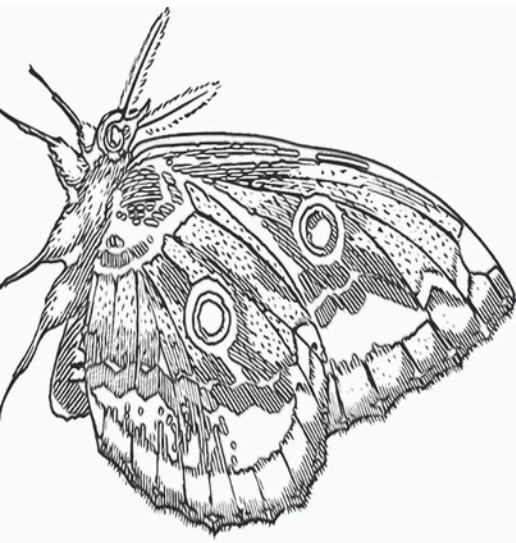
YOU ARE NOT
BROKEN

self care tip - go to the basics

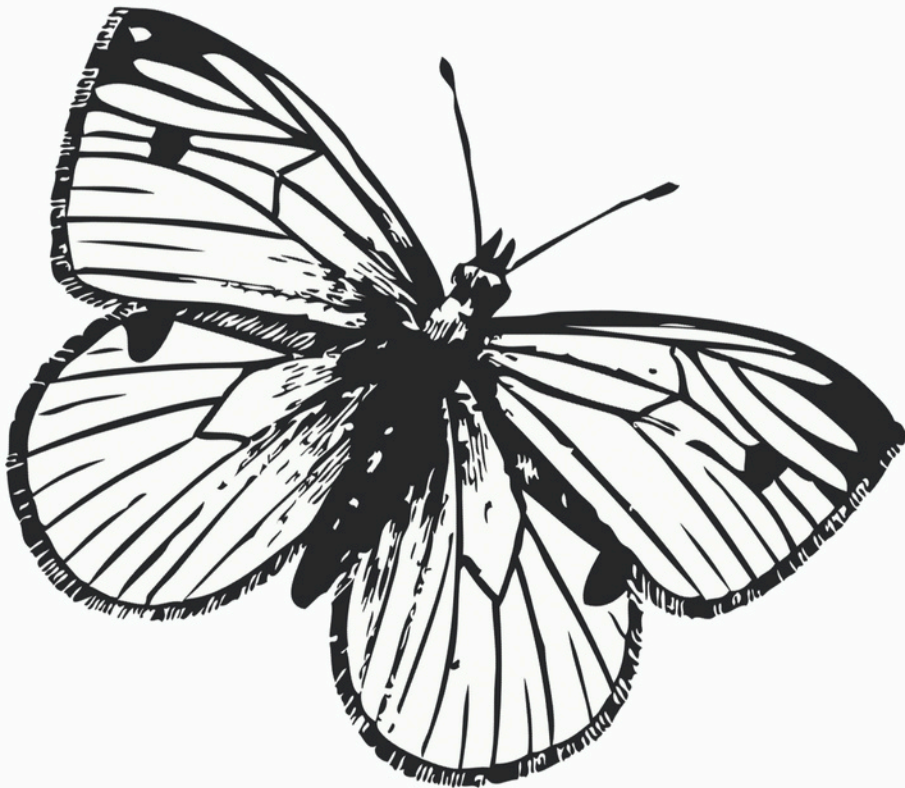
*drink a glass of cold water, brush your teeth, take
a shower, wash your face with cold water, get
dressed, stretch or move your body,
develop a plan to stay consistent with your meds
and supplements, and eat in a
way that energizes your body and supports your
unique digestive system.*



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YOU ARE
ALLOWED
TO CHANGE



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*you know yourself better than
anyone else. list 5 things that you
know you need:*

1.

2.

3.

4.

5.



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I KNOW
WHAT I NEED
MORE THAN
ANYONE ELSE.



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*self care is what you do & what you don't do.
what are some self care actions
that you want to remember to do and the ones
you want to remember to avoid when you are struggling?*

remember

avoid

--	--



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YOUR EXISTANCE MATTERS



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*List the people in your life who
will listen to you, support
or distract you:*

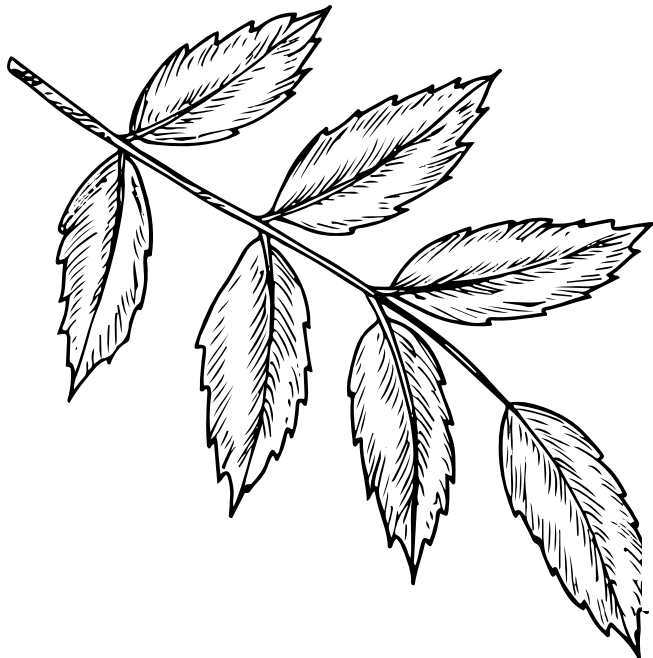
1.

2.

3.

4.

5.



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YOU ARE
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self care tip - movement and healing

*dance (even if it's unskilled!), go for a walk or a run,
workout, do yoga, stretch,
run upstairs and downstairs a few times,
put your hands on the wall and try
to push it away as hard as you can, use bilateral
stimulation- like juggling or playing air drums,
or jump- maybe with an imaginary jump rope.*

IT WAS

NEVER

YOUR

FAULT



*list 3 things you are grateful for,
no matter how small:*

1.

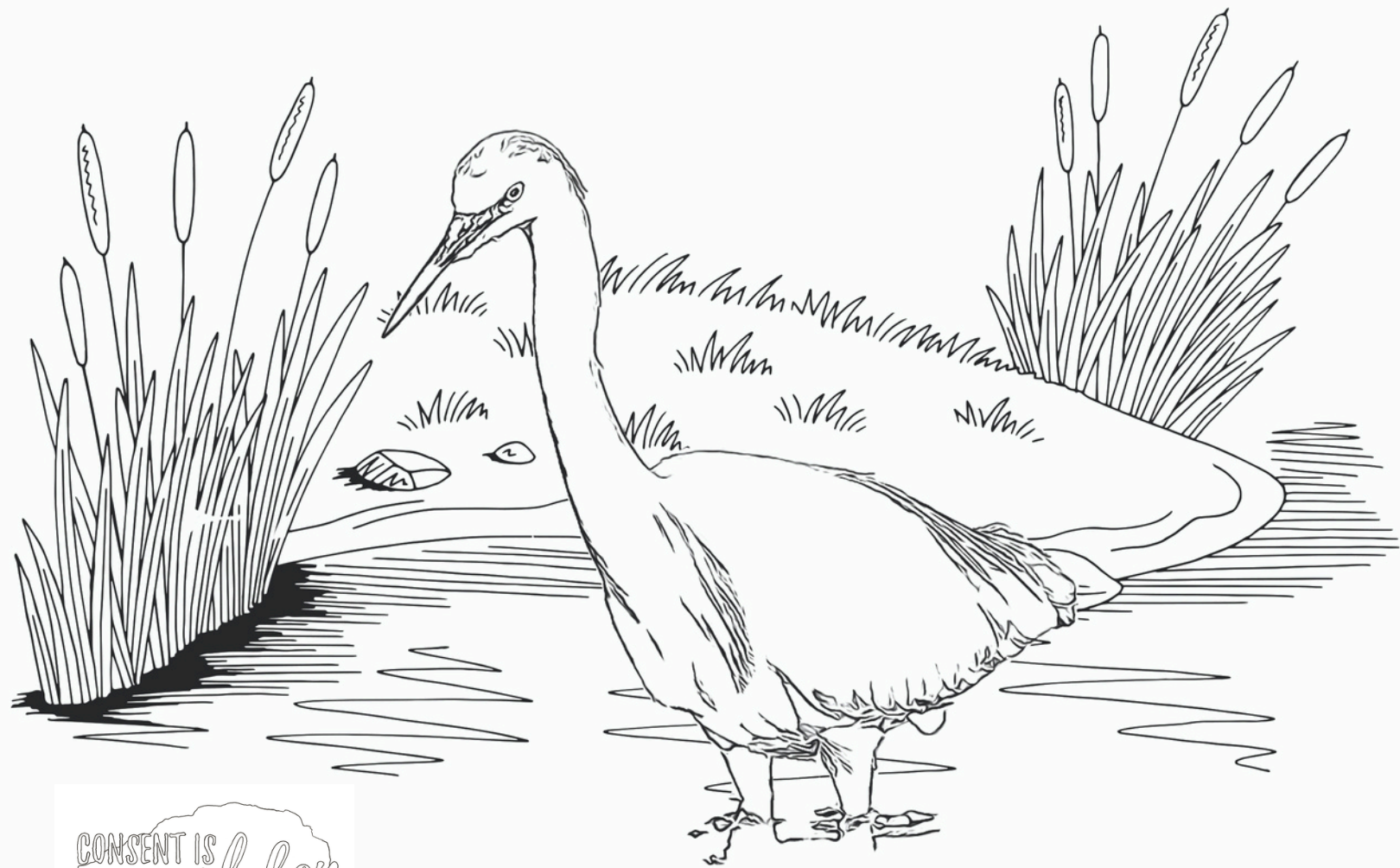
2.

3.



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YOUR
CIRCUMSTANCE
DOES NOT DEFINE



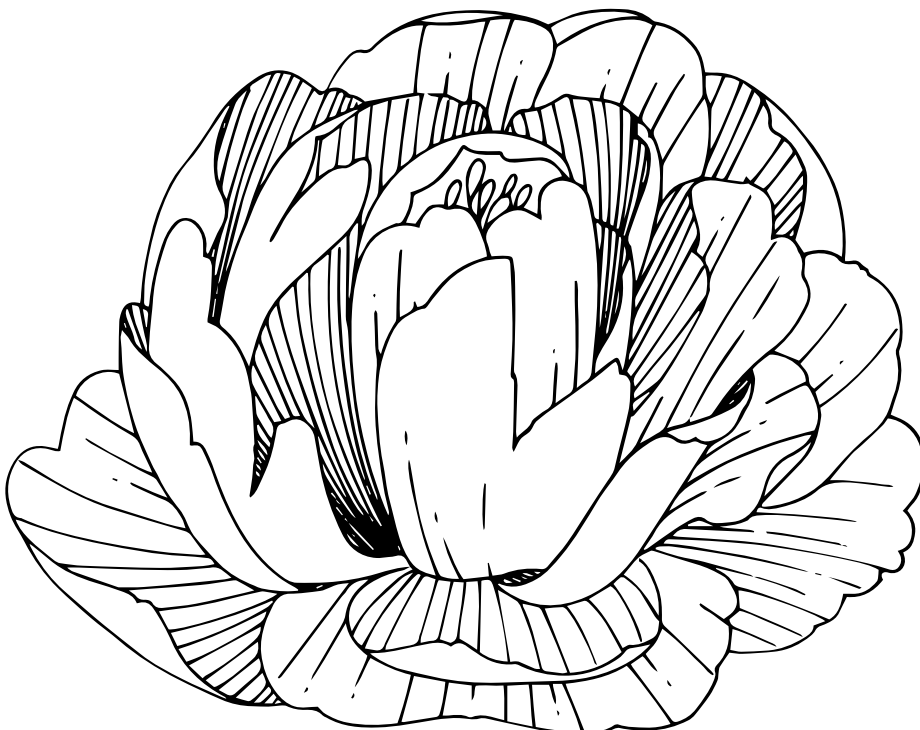
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YOUR WORTH



self care tip - use water

*have a sip of cold water,
submerge your face in cold water,
splash water on your face,
suck on an ice cube,
or put a cold wet wash cloth on
your arms and face.*

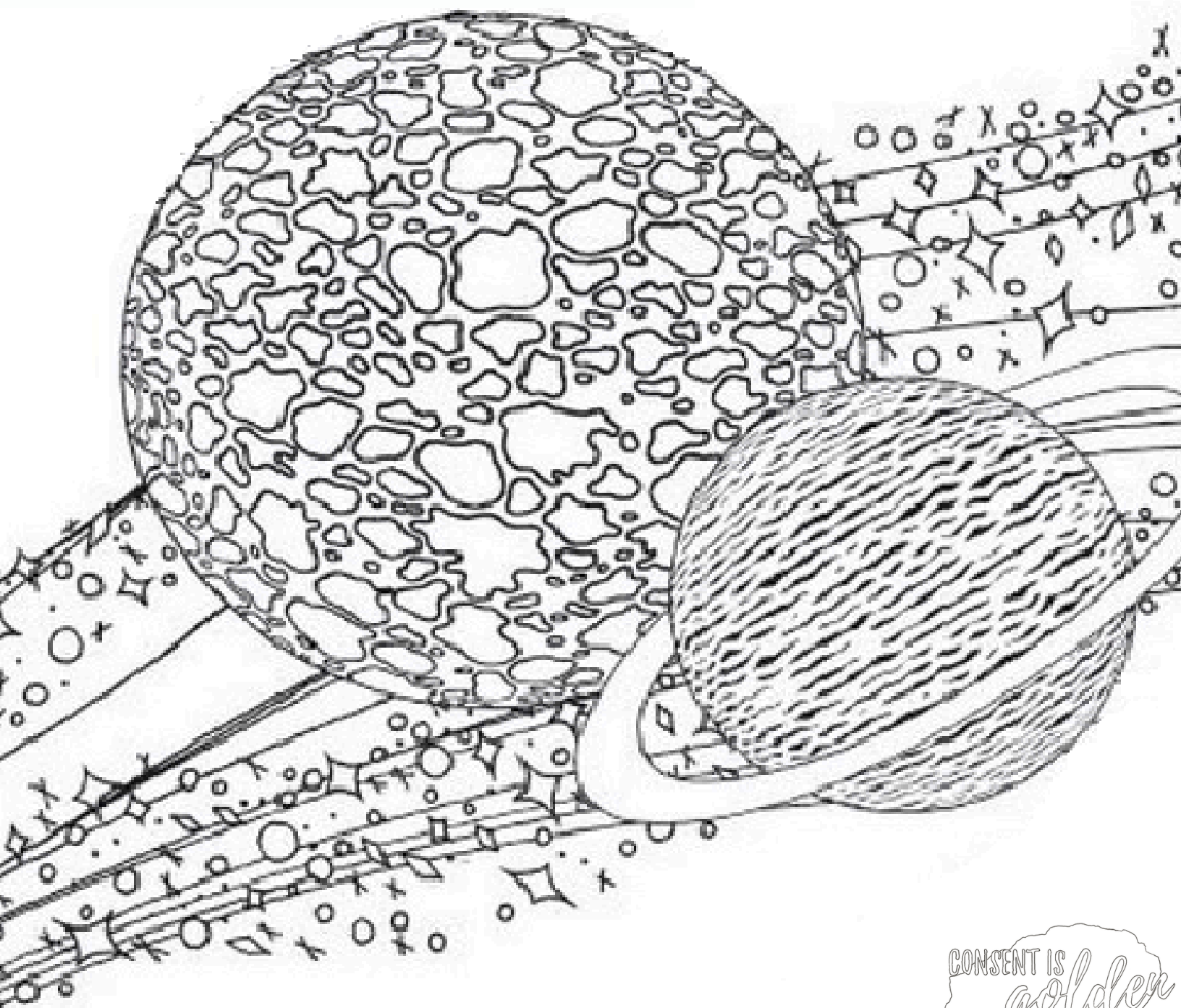


WE BELIEVE SURVIVORS



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YOU ARE
MADE OF
STARDUST



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*make a list of reminders for
when you're feeling down,
isolated or unwell:*

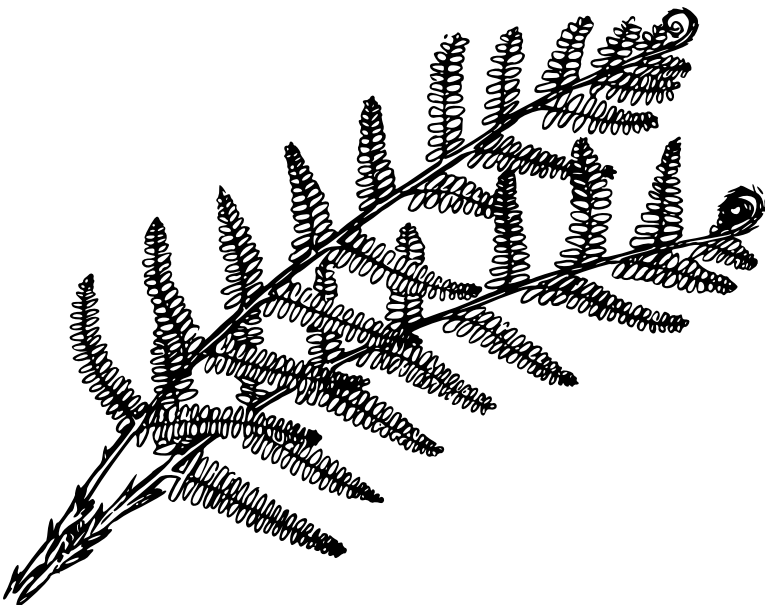
1.

2.

3.

4.

5.



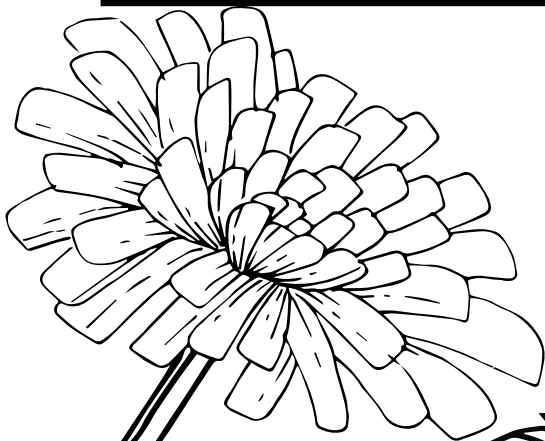


NOT A LINE

self care tip - 4-7-8 breathing

*breathe in through your nose for 4,
hold your breath for 7,
exhale through your mouth for 8.
this helps to regulate your
breathing and your heart rate.*

*the elongated exhale is really
important in breath regulation.*



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self care tip - patting your body

*pat yourself all over,
to point out to yourself where your edges are.*

*sense into the feeling of having edges,
the place where you end
and the rest of the world begins.*

*- peter levine,
self holding exercises for sufferers of ptsd*

YOU DESERVE

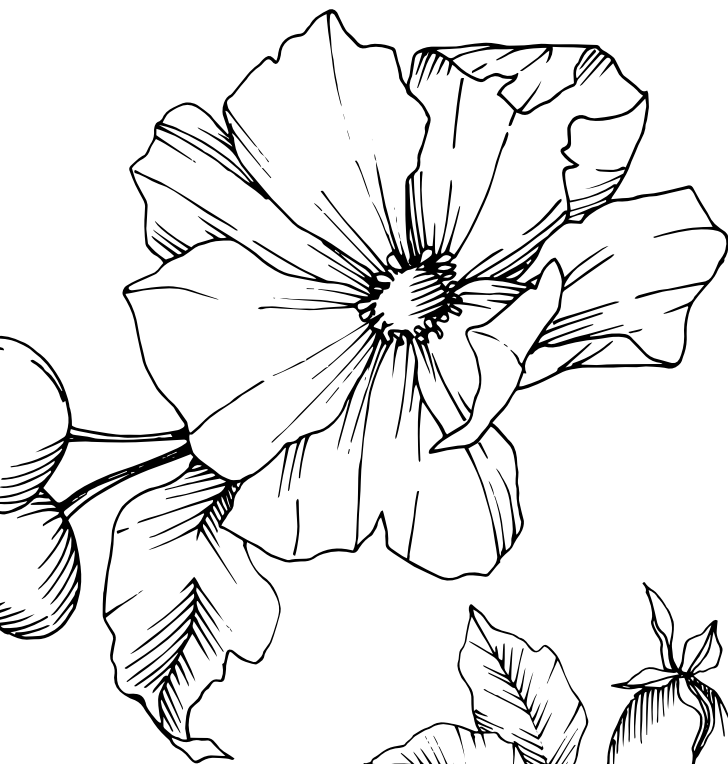
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SUPPORT AND SOLIDARITY

self care tip - connect with nature

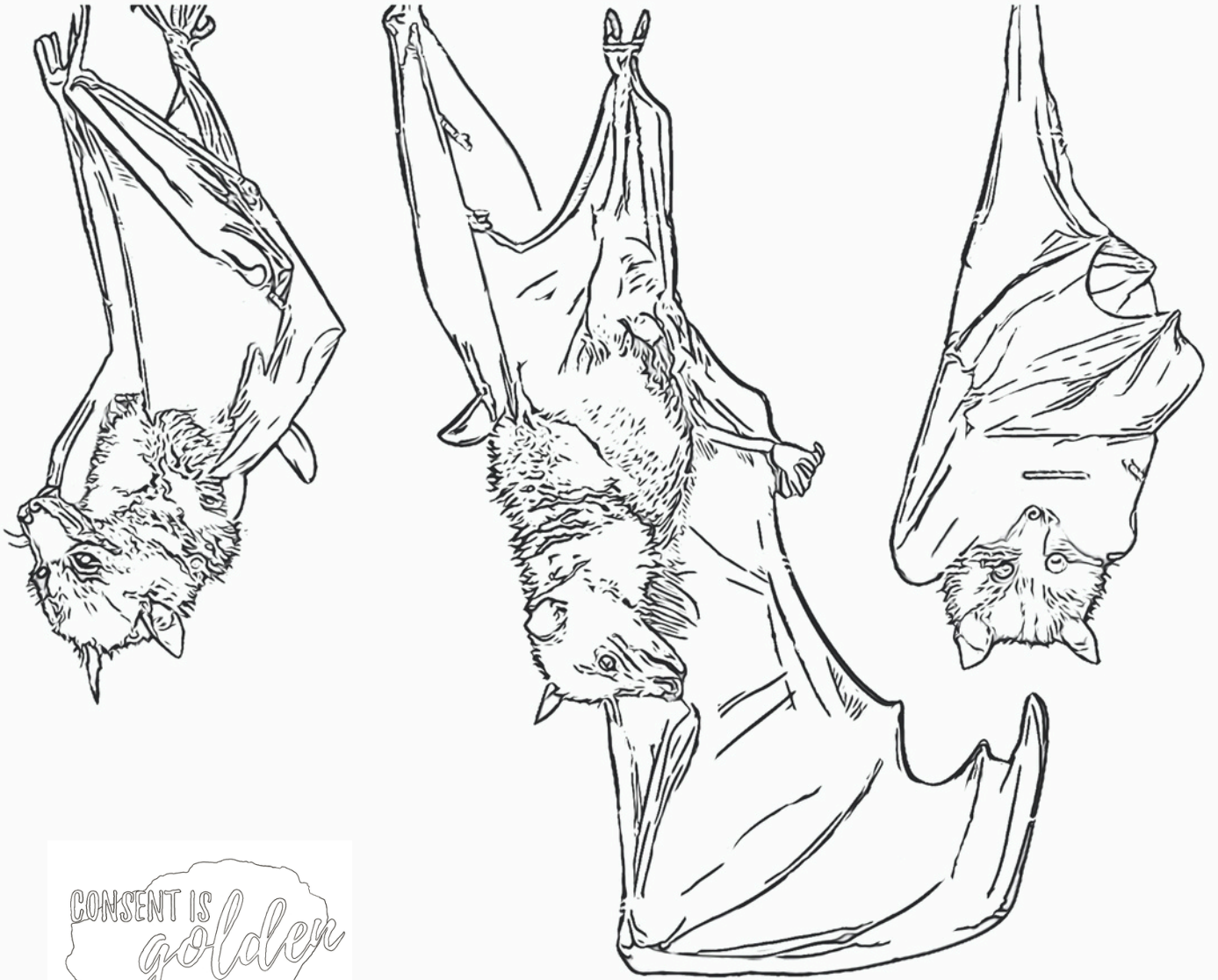
*open a window, listen to the wind or the birds,
go for a walk, put your feet in the dirt,
lay in the grass, hug a tree,
go outside and feel the sun on your skin,
find moving water- listen to it and feel it.*



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YOU ARE
ALLOWED TO REST



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IT'S NOT SOMETHING
YOU HAVE TO EARN

you are so resilient.

*list 3 times you've proved this to
yourself:*

1.

2.

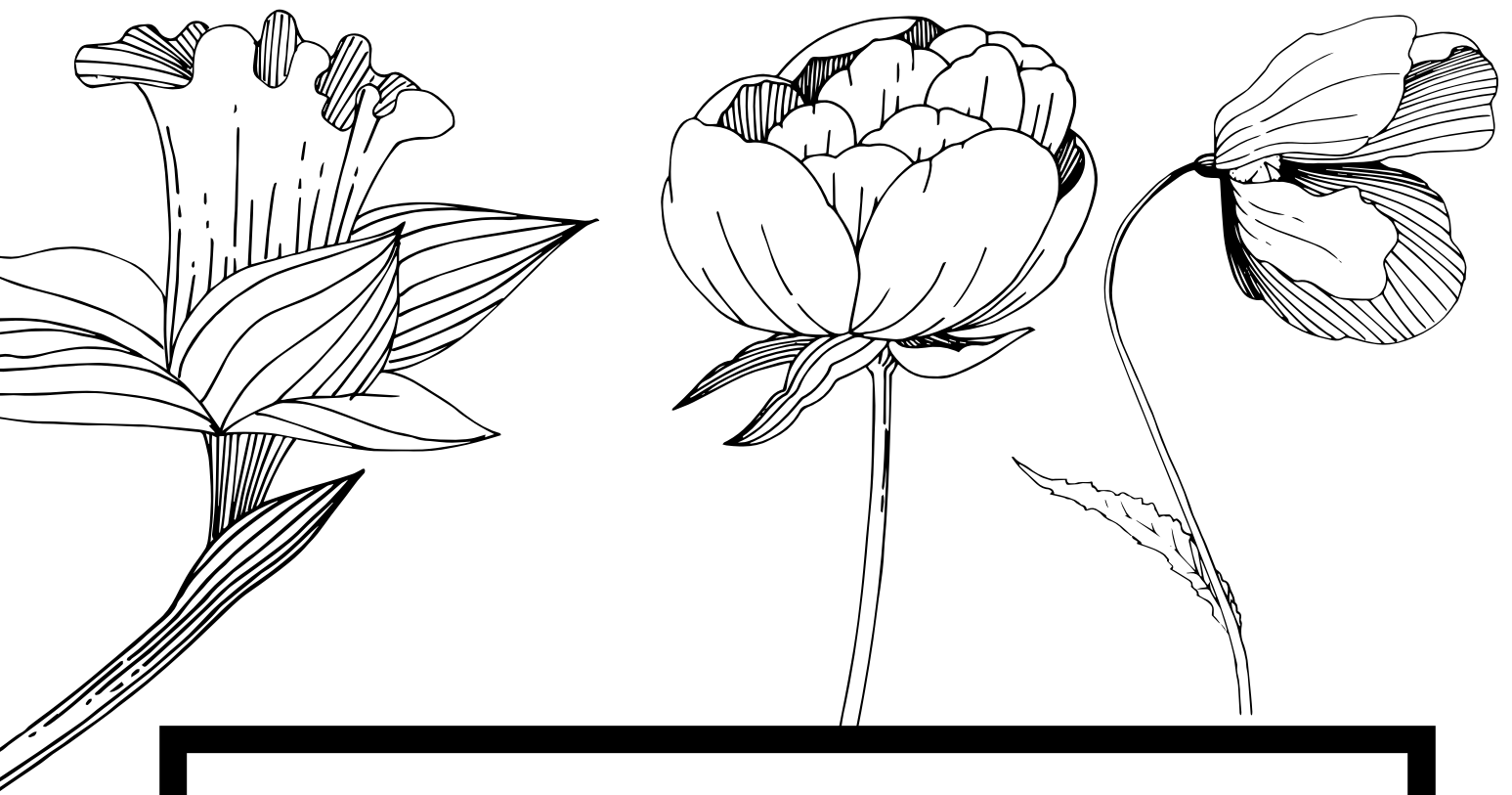
3.



I AM SO RESILIENT



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self care tip - using touch and co-regulation

*hug or sit next to someone who brings you comfort,
cuddle or stroke a pet,
touch nature, put your bare feet in the dirt
or lay in the grass, wrap your hands around
a mug of something warm,
hug yourself or a pillow tightly,
use a weighted blanket or
pile a bunch of blankets on top of you,
take a shower or a bath noticing
how the water feels on your body, or
try tapping techniques*

END RAPE CULTURE



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