



A large sunburst graphic with many thin lines radiating from a central circle, filling the background of the top half of the page.

THE JOURNEY PROJECT

STRENGTHENING JUSTICE SUPPORTS FOR SURVIVORS
IN NEWFOUNDLAND AND LABRADOR





If you are reading this after experiencing any
kind of sexual violence or dating violence,
know that you are not alone.

What happened to you was not your fault,
and there are people you can reach out to
who can support you on your journey.
You are not defined by what has been done
to you. These experiences do not diminish
your worth or your potential.

You are strong, resilient, and capable of
creating a bright future for yourself.

You are strong.
You are worthy.
You are seen.
You are believed.





WORTHY

STRONG

SEEN

BELIEVED



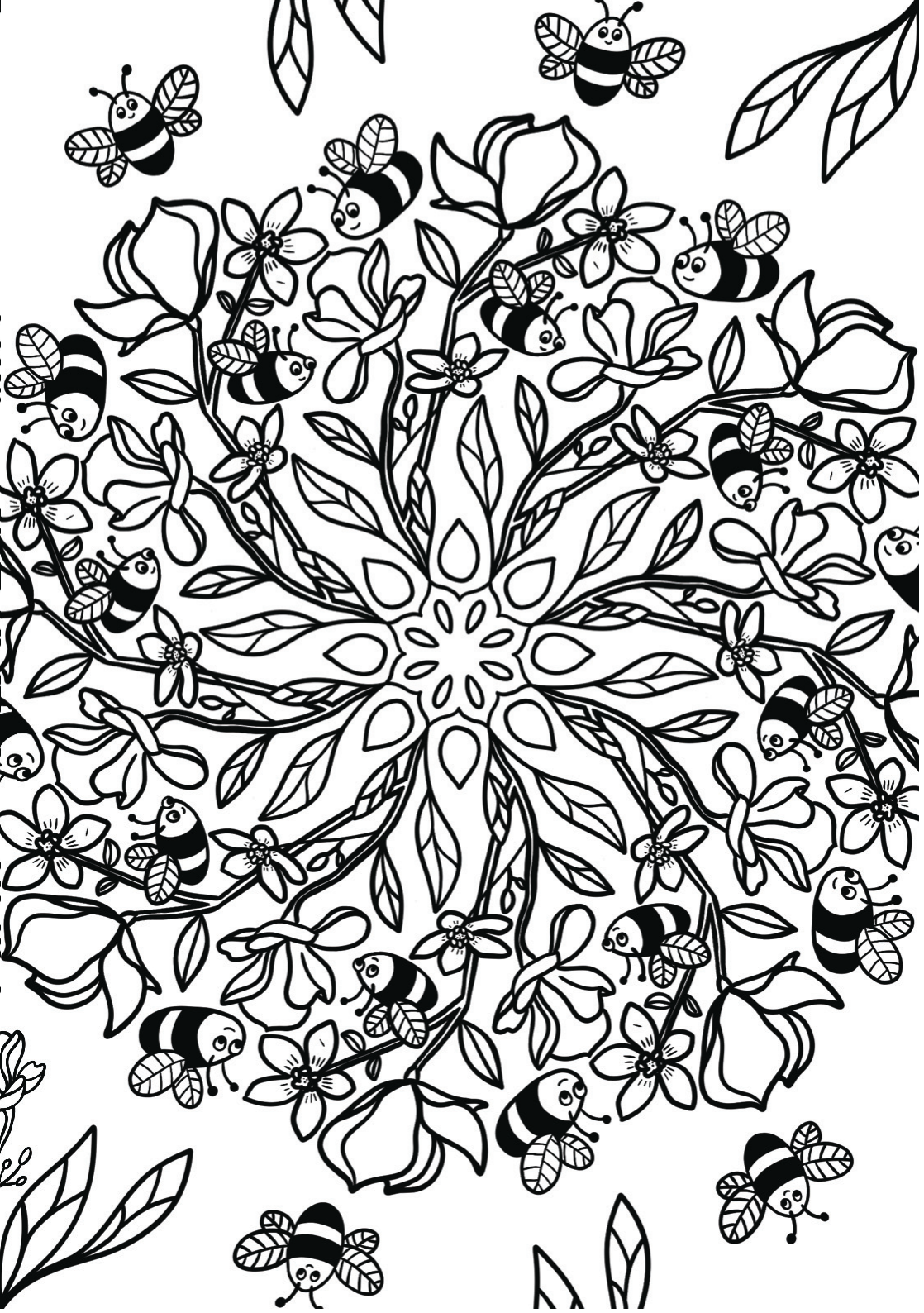
NAVIGATING YOUR JOURNEY, TOGETHER

The Journey Project is here to offer legal support to anyone who has experienced any kind of sexual or dating violence, no matter when or how it happened.

Our caring and understanding team is available to listen to you, offer support, and connect you with helpful resources. We can help you understand your options and provide a safe space for you to share your feelings and experiences.

You do not have to go on this journey alone. You have rights, and we are here to support you in any way that we can.





WHAT IS A RIGHT?

The United Nations Convention on the Rights of the Child is a set of rules that says every young person around the world deserves certain things.

These include things like being able to go to school, getting medical help when you need it, and being safe and protected from things like being hurt by someone else.

In Canada, this means that communities are responsible for making sure that children and youth are protected from things like sexual abuse and dating violence.

If someone does hurt you in this way, you have the right to get help and support so that you can move forward.







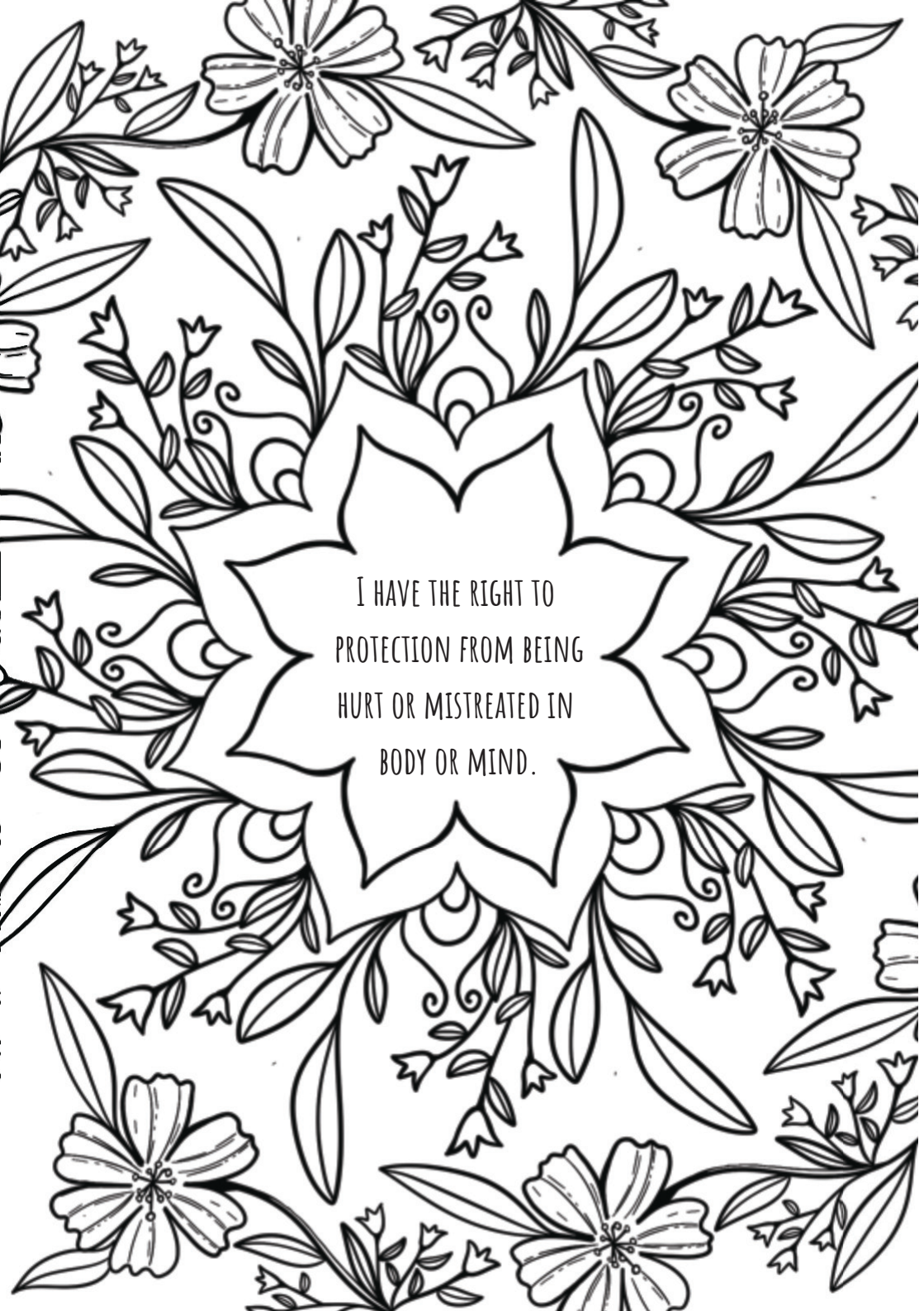
You have the right to protection from being hurt
or mistreated in body or mind.

Every young person has the right to be safe
from harm and to be treated with dignity, care,
and respect.

This means that no one has the right to hurt or
mistreat you, whether it's physical, emotional, or
mental, and that you should be able to grow up
in a safe and healthy environment.

United Nations Rights of the Child #19





I HAVE THE RIGHT TO
PROTECTION FROM BEING
HURT OR MISTREATED IN
BODY OR MIND.

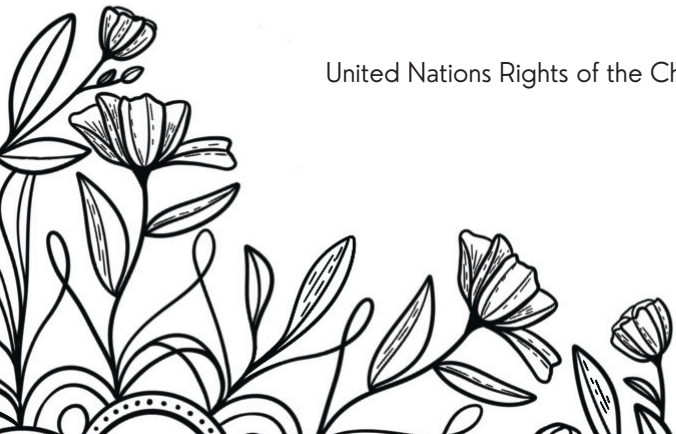
You have the right to be helped if you have been hurt, neglected, or badly treated.


As a young person, you have the right to get help if you have experienced any form of sexual or dating violence. This means that if someone hurts you, you don't have to keep it a secret or deal with it on your own.

You can talk to a trusted adult, like a teacher, counselor, or family member, who can help you get the support you need to feel safe and protected.

You do not have to go through this alone. There are people who care about you and want to help

United Nations Rights of the Child #39



A black and white line drawing of a floral wreath. The wreath is composed of various flowers, including tulips and daisies, and long, flowing leaves. In the center of the wreath is a heart-shaped frame with a decorative border of small dots. Inside the frame, the text "I HAVE THE RIGHT TO HELP IF I HAVE BEEN HURT, NEGLECTED, OR BADLY TREATED." is written in a simple, sans-serif font.

I HAVE THE RIGHT TO
HELP IF I HAVE BEEN
HURT, NEGLECTED, OR
BADLY TREATED.



You have the right to use your voice and
have it heard.


As a young person, you have the right to
give your opinions on things that affect you.
Adults should listen to you and take you
seriously.

The Journey Project provides legal support
to young people and their trusted adults who
have experienced any form of sexual or
dating violence.

We work with lawyers and other legal
professionals to help young people
understand their rights and how the law
works.

United Nations Rights of the Child #12





I HAVE THE RIGHT TO
USE MY VOICE AND
HAVE IT HEARD.

WE ALL PROCESS TRAUMA IN OUR OWN WAY

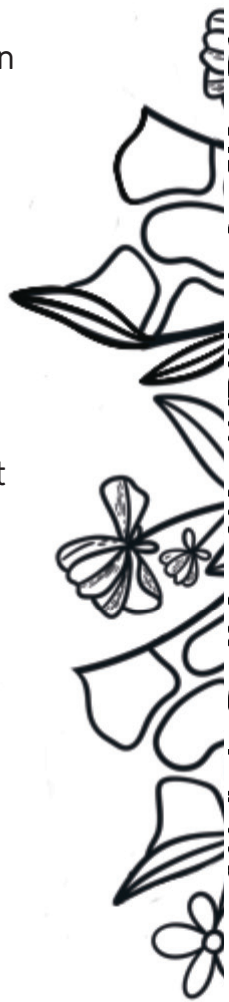
Know that you are worthy, seen, and valued in
our community.

Everyone's experiences and needs are
different - and that's okay.

You may have experienced things that
someone else hasn't, and that is why it's
important to have a place where you can get
the help and support you need.

The Journey Project understands that
everyone's journey is unique. We won't
pressure you to take any particular path that
you don't have to.

We offer a variety of services and resources
so that you and the adults you trust can find
the help that works best for you







SELF CARE

Self-care is an important part of healing after experiencing sexual or dating violence, and it's important to find a path that works best for you.

Thoughts: Write in a journal. Practice mindful exercises that make you feel grounded.

Sensory: Find a comfortable and safe space. Use calming scents or sounds. Use a fidget tool or engage in activities that feel soothing and calming to you.

Movement: Go for a walk or run. Practice yoga. Dance like no one is watching. Engage in any form of movement that feels safe and comfortable to you.

Emotions: Express your emotions through art or music.

Engage in any activity that helps you feel more grounded and connected to yourself.







You are strong and capable of thriving.

If someone has hurt you, it is not your fault.

You have the right to be helped. You have the right to be treated with respect and dignity.

Always remember that you are worthy of respect, care and safety, and that there are people and resources available to help you along the way.

Keep going, keep growing, and keep shining.

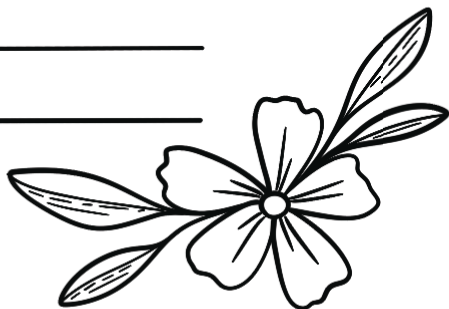
Your journey matters - reach out when you are ready.



If you had been hurt, who could you talk to?

List them here:





You could also reach out to the Kids Help Phone by
calling 1-800-668-6868 or texting 686868
[kidshelpphone.ca](https://www.kidshelpphone.ca)

If you have experienced sexual abuse or dating violence and
need legal support, reach out to The Journey Project by
calling 1-833-722-2805, texting 1-709-986-2801, or
emailing support@journeyprojectnl.com

www.journeyproject.ca



