

# 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.

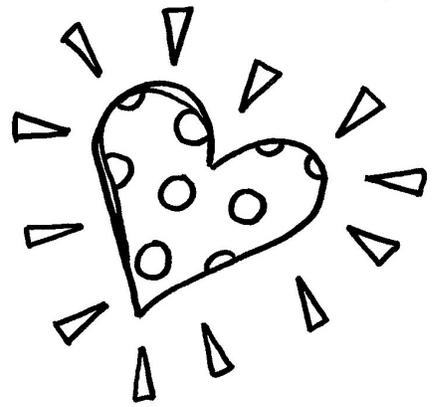
We provide support to all women, cisgender and transgender included, who are survivors of sexualized violence, through our Victim Service Program, our Counselling program, and our Aboriginal Women`s Program.

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.



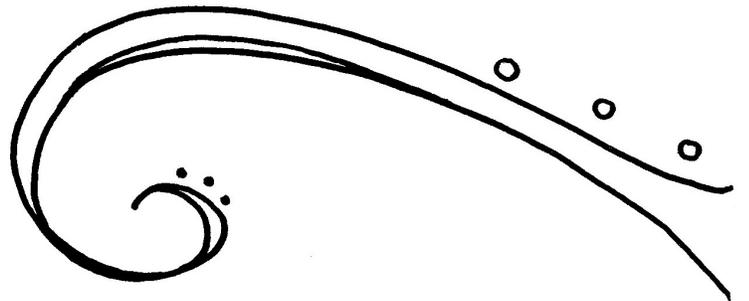
you

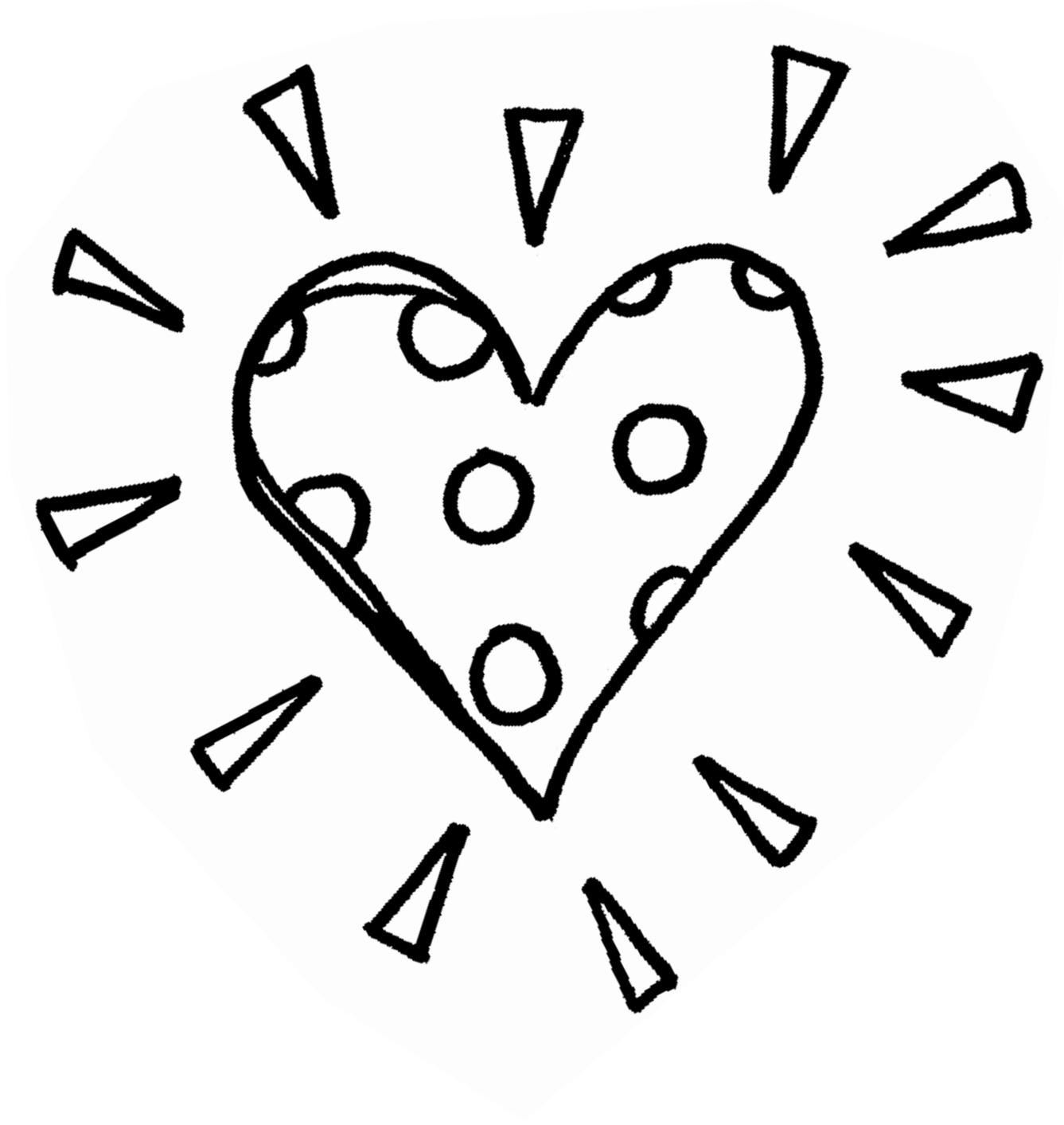


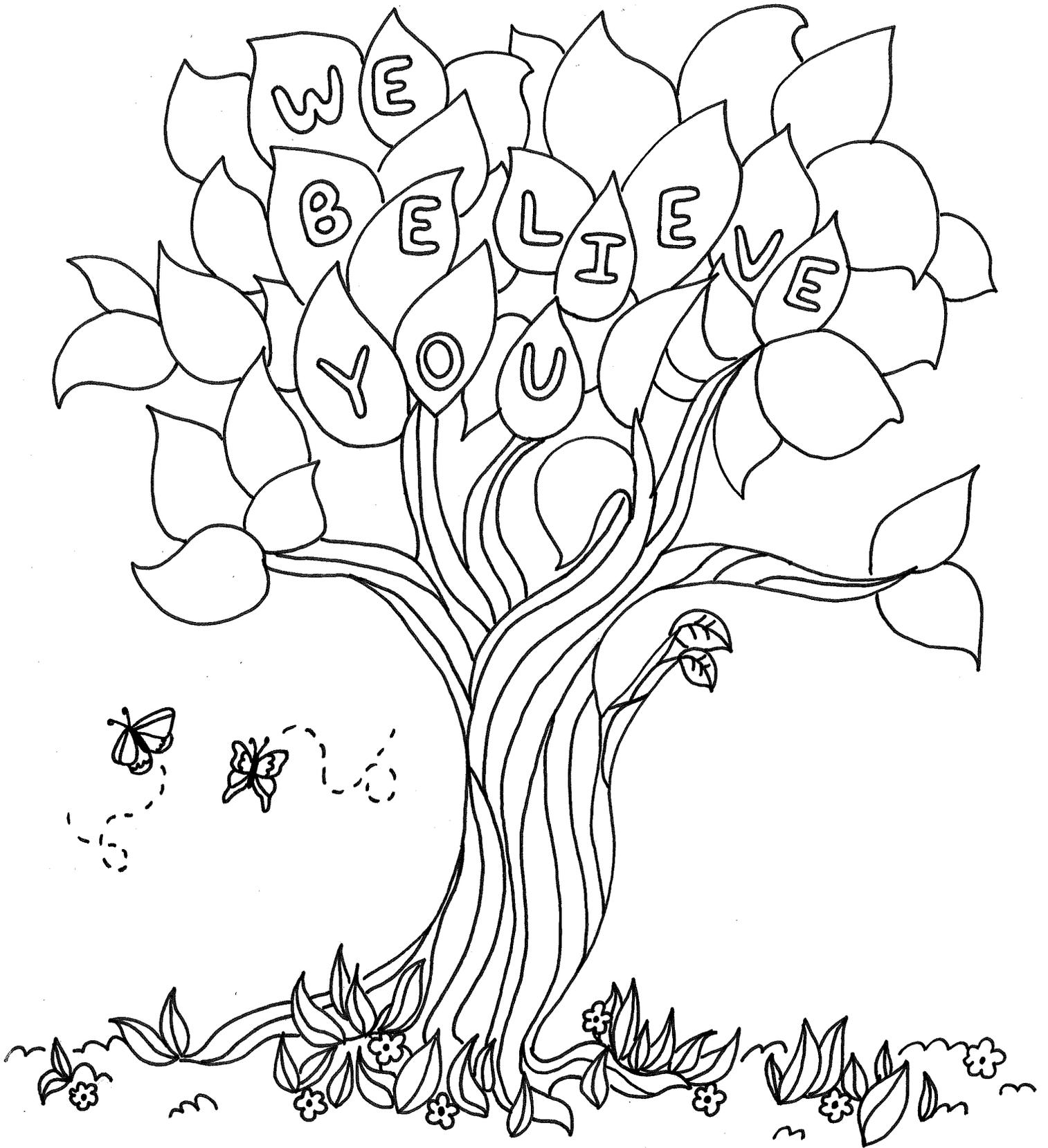
are



love







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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!



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



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...have my back



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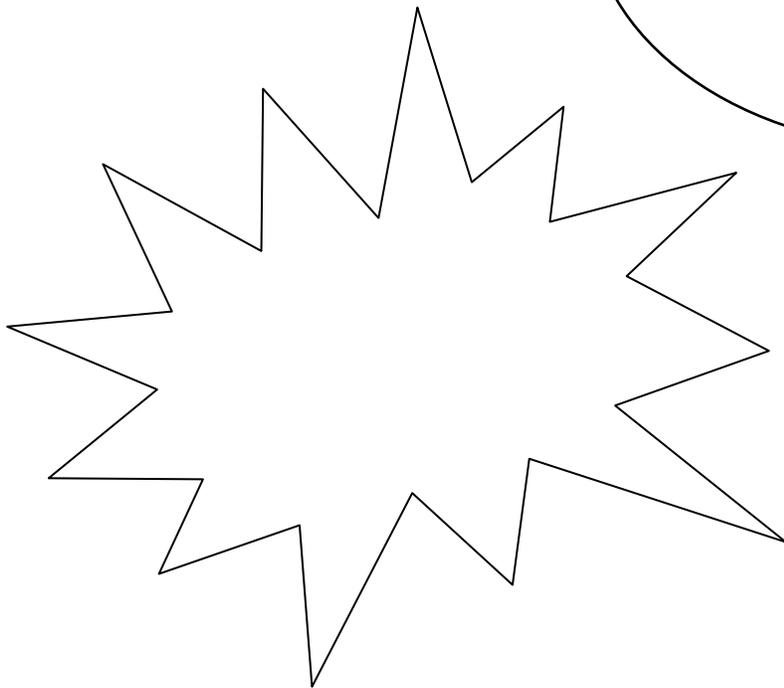
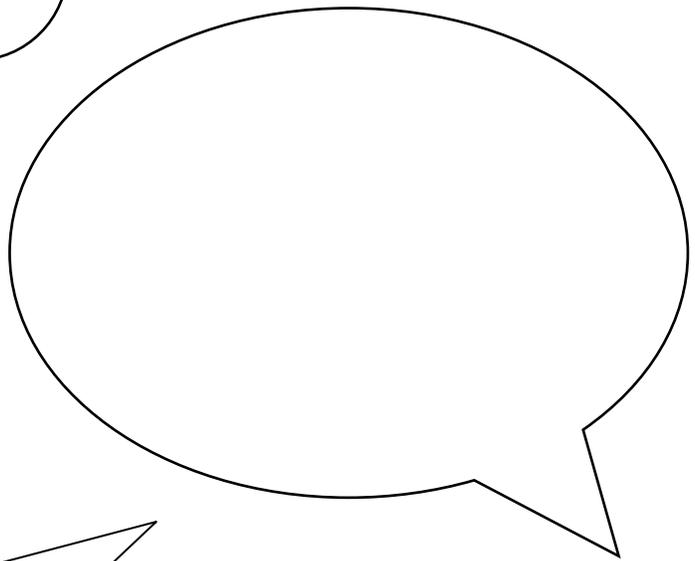
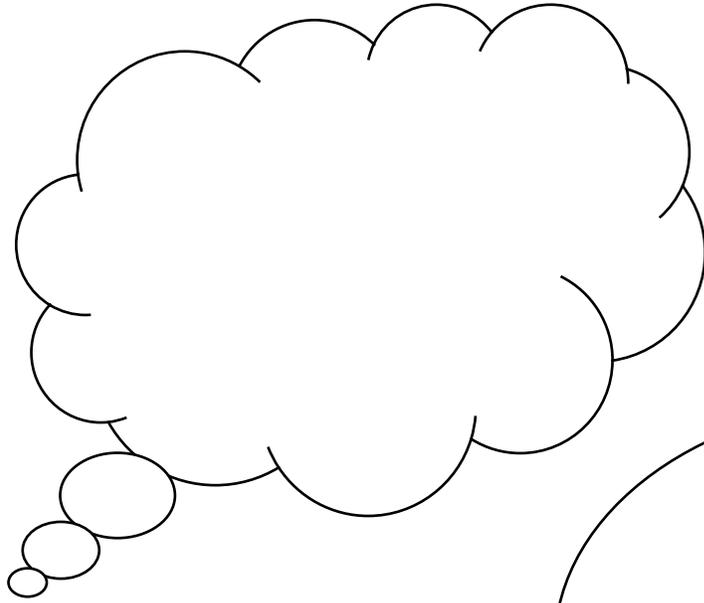
# YOU DESERVE



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What are 3 good things you deserve?



Self  
care  
revolutionary  
action



DJK



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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.

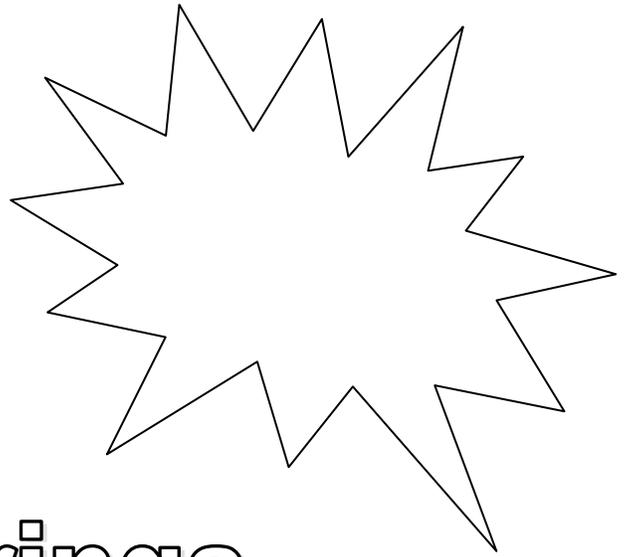
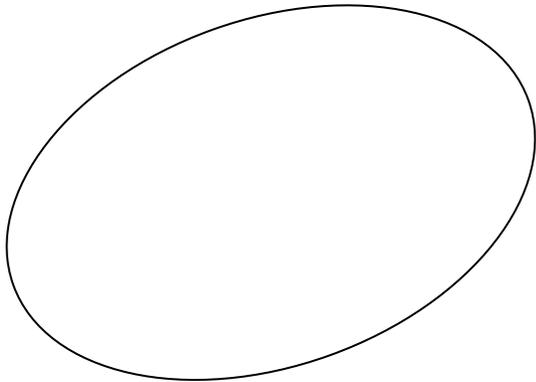
3.



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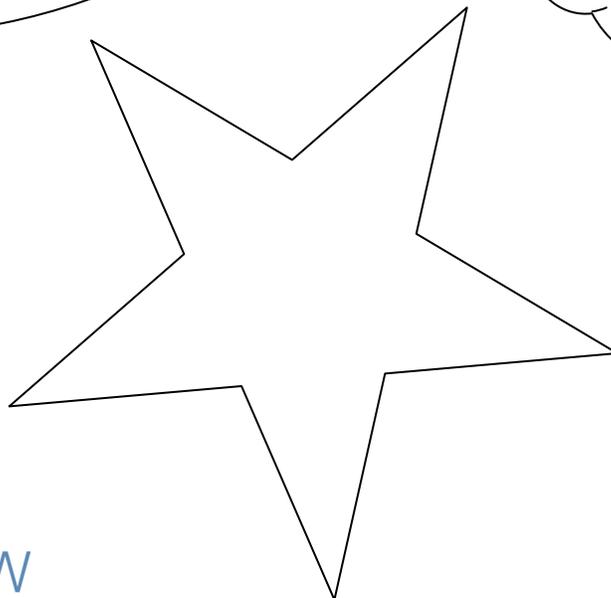
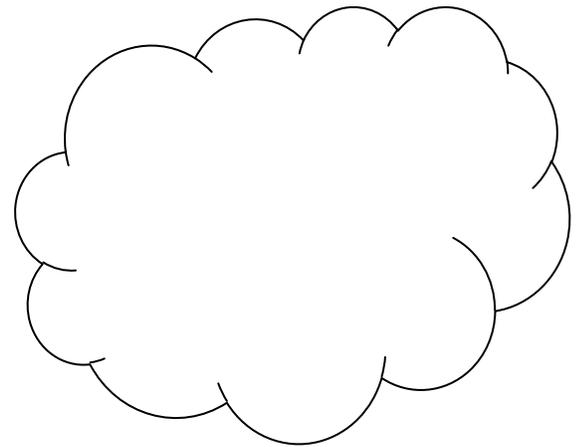
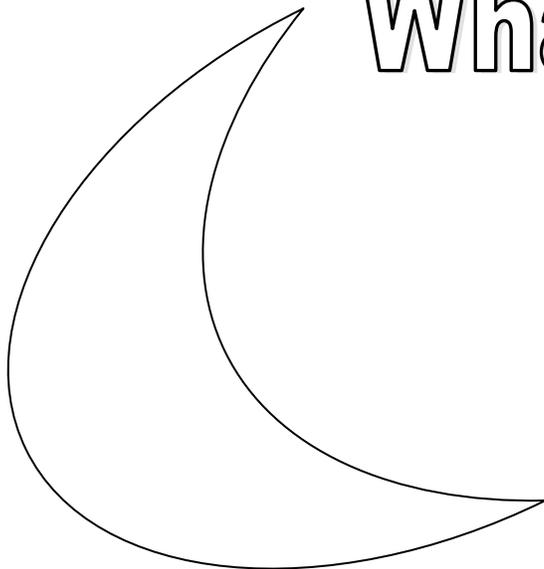
Fill in the shapes with people, places, things, & activities  
that bring you a sense of joy



What brings

me

joy?





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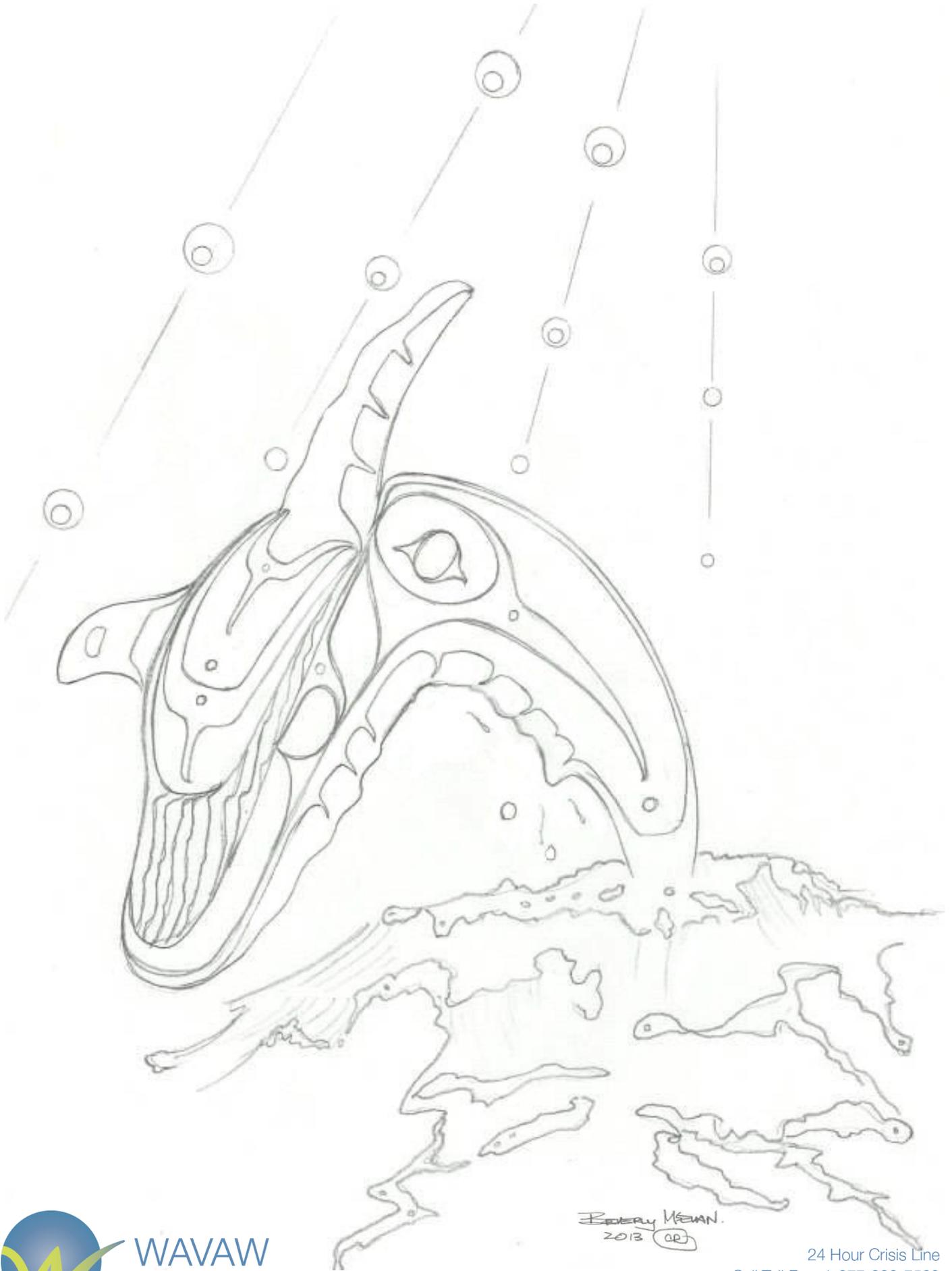
Healing is possible because...

...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...



Barry Mann.  
2013 (AP)



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You  
are  
enough



*Sexualized violence is never a survivor's fault.*



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it is  
NOT  
my  
FAULT

We are never to blame for the violence we experience

# Healing is not Linear



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

For some survivors, healing may mean...

*"believing in myself"*

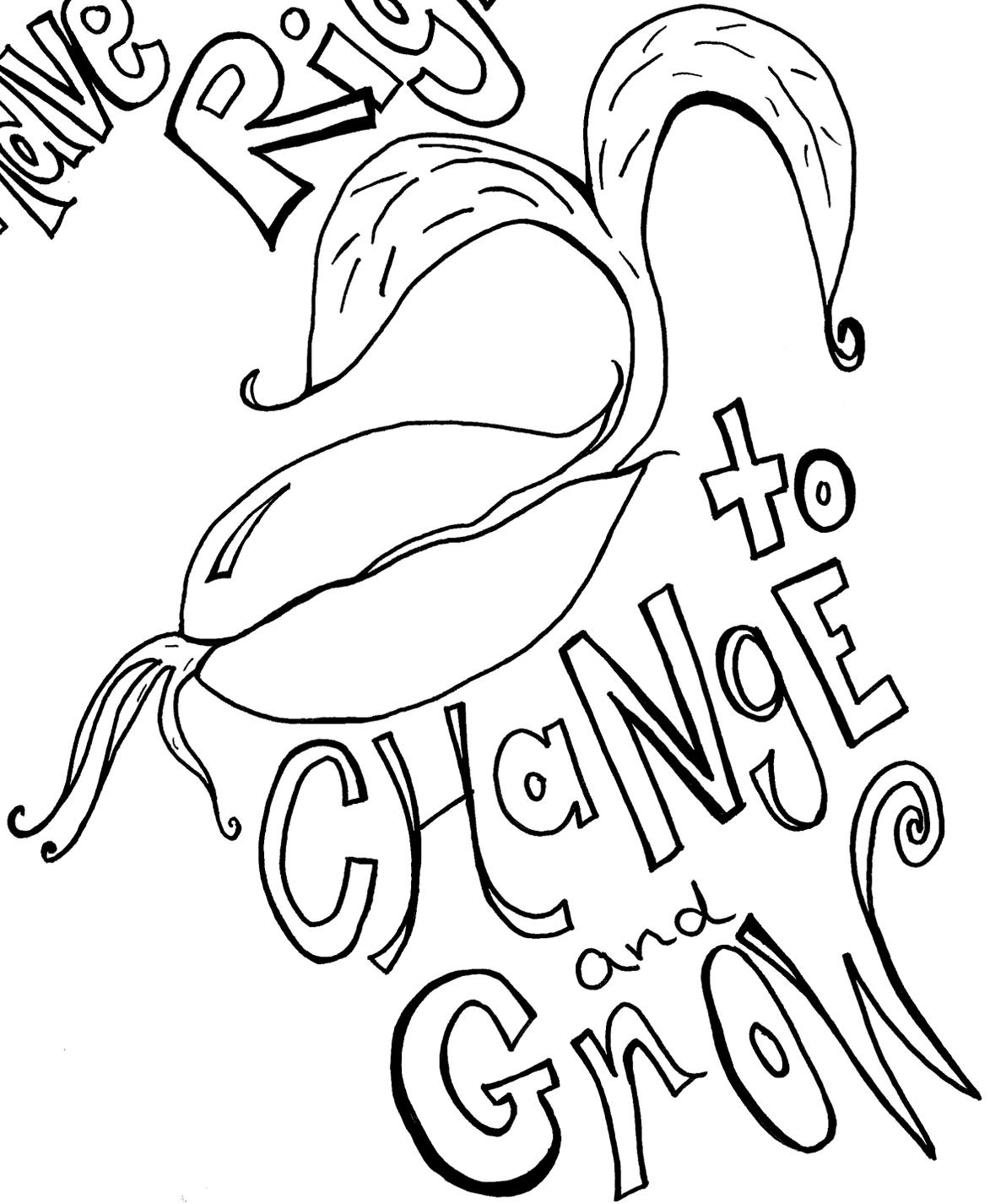
*"feeling safer in my own skin"*

*"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



Change to

GNO

and



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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



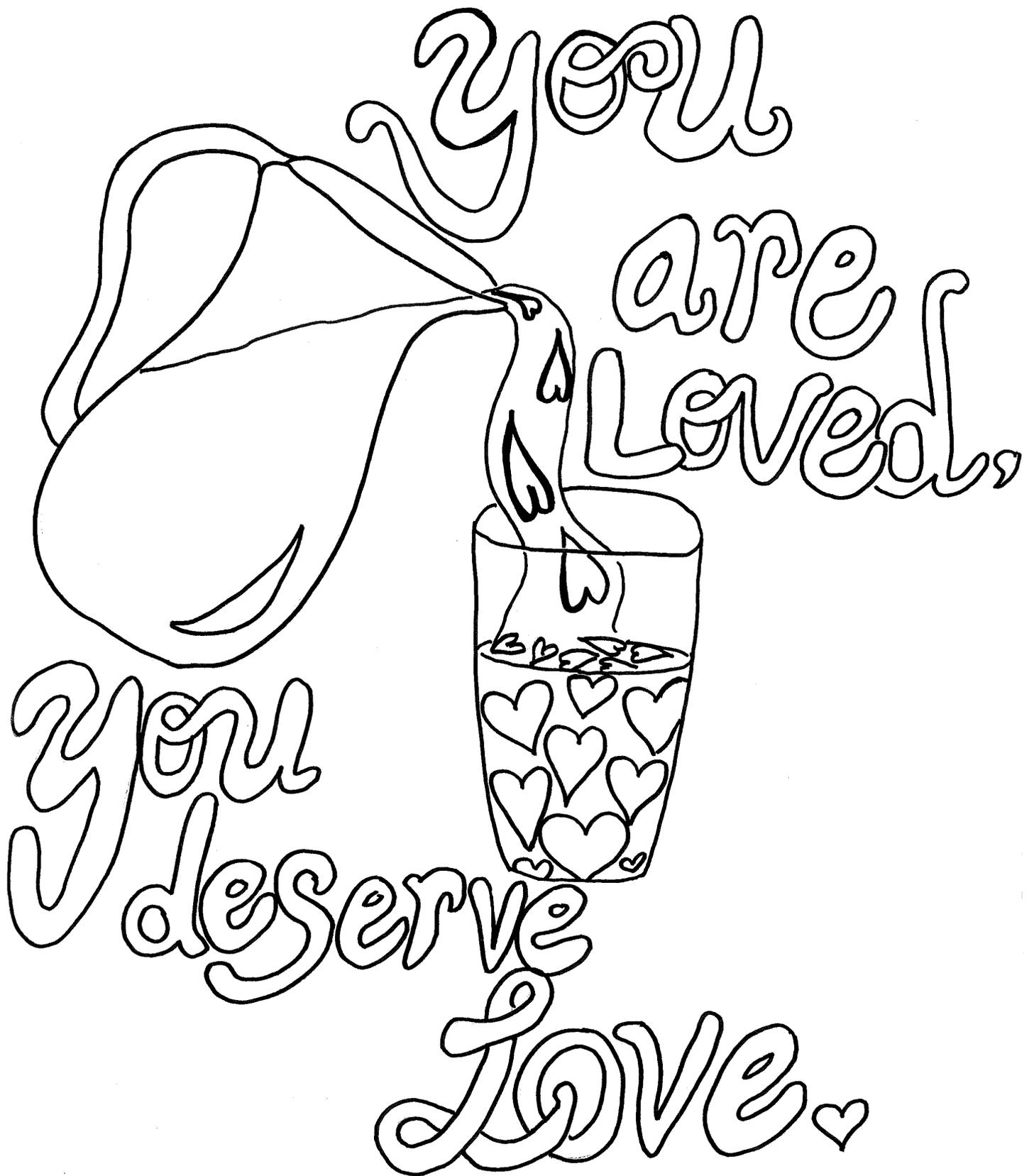
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I'm a woman,  
phenomenally.  
Phenomenal woman,  
That's me.

*-Maya Angelou-*

*poet, survivor, Phenomenal Woman*



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**“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...*



*Randy Lee*  
©RJ 2013

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

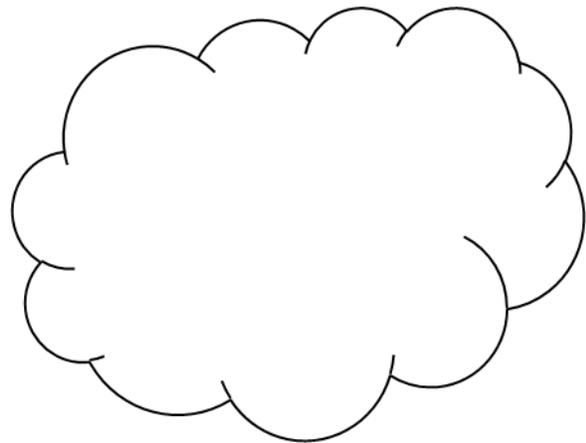
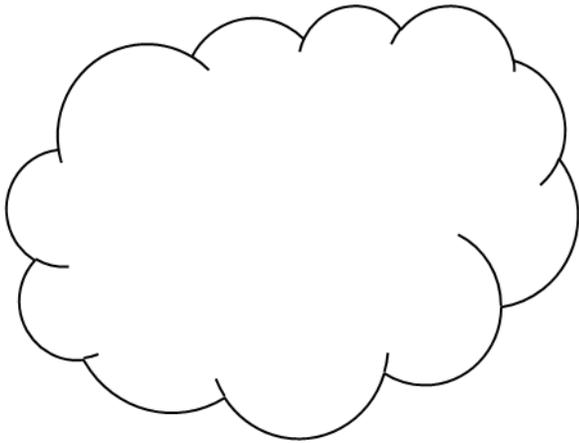
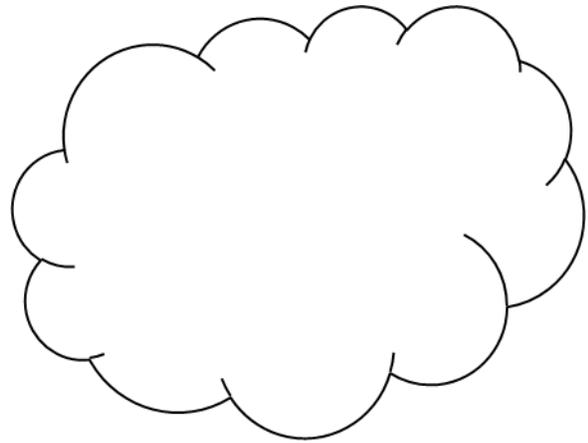
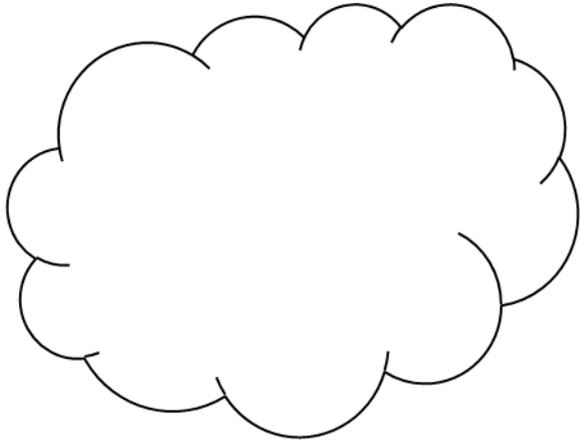


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When I am not feeling okay,  
what can I turn to for comfort?

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



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



Still  
fabulous



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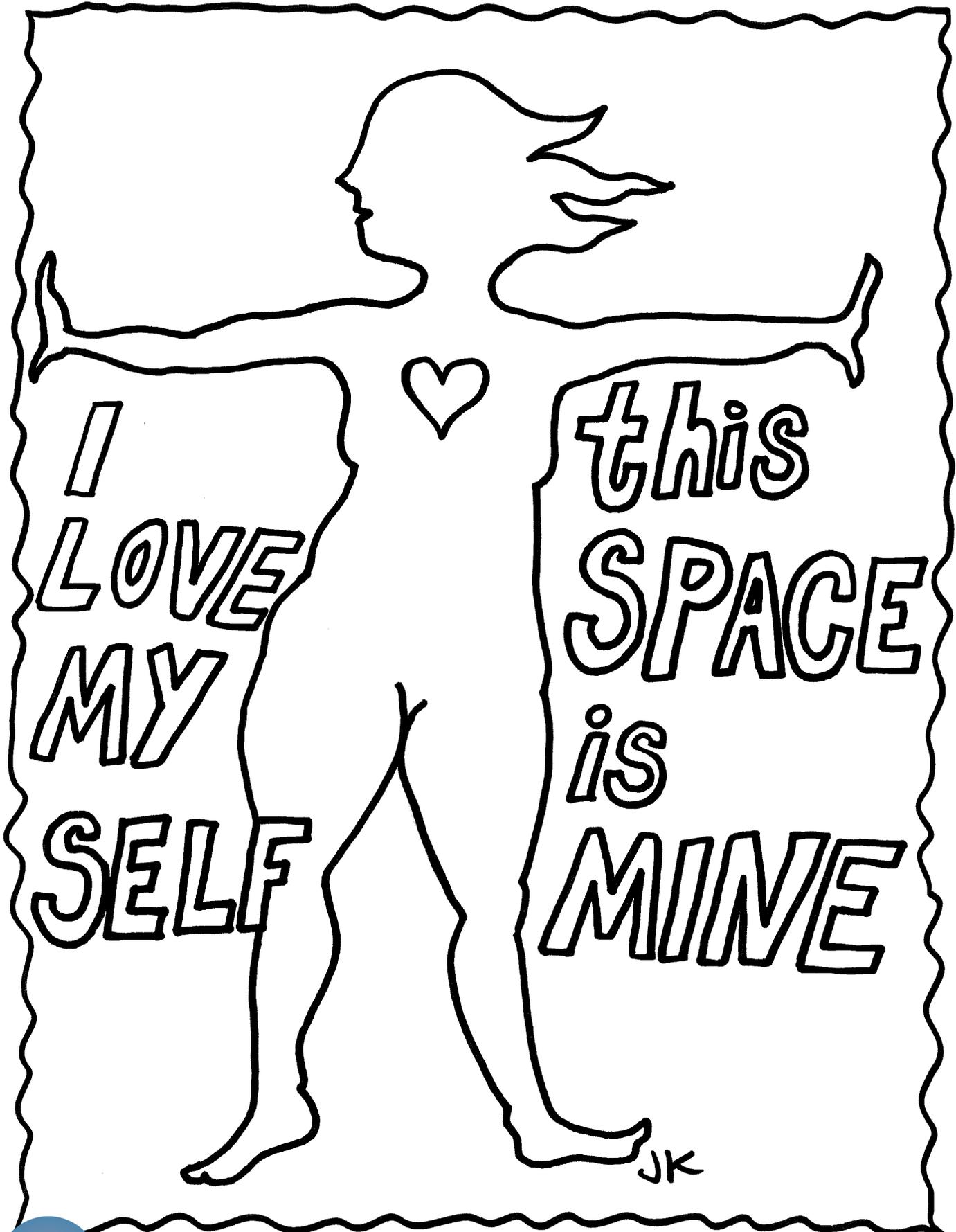
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3 things I am proud of myself for are...

1.

2.

3.



JK



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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...



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!**

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**[www.twitter.com/wavawrcc](https://www.twitter.com/wavawrcc)**

**24-Hour Crisis Line:**

**604-255-6344**

**or**

**Toll-Free: 1-877-392-7583**