



Prince Edward Island
rape and sexual assault
CENTRE

SEXUAL ASSAULT AWARENESS WEEK

presented by PEI Rape &
Sexual Assault Centre

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2025 Detailed
Schedule

If you have any questions about this
schedule, please reach out to our Project
Coordinator at rachel@peirsac.org

Take Back the Night

Thursday, September 18 | 6pm - 9pm | The Guild (Charlottetown)

Take Back the Night is a survivor-centered evening of solidarity, healing, and collective care. This year's theme, "We Keep Each Other Safe: Building a World Free from Violence," encourages us to join together to support survivors, raise awareness, foster connections, strengthen our support networks, and commit to the creation of a world rooted in love, healing, justice, and liberation. In this shared space, we hold each other with love and care, affirming that healing and justice are collective acts.

This night is for all of us, but especially for survivors and those most impacted by gender-based violence, including women, gender-diverse people, Black, Indigenous, racialized, disabled, and 2SLGBTQIA+ communities. Through acts of love, resistance, and solidarity, we strengthen our commitment to building a world where everyone is safe, supported, and free from violence.

Everyone, regardless of their gender, is welcome and encouraged to join us in solidarity, support, and healing for those affected, directly or indirectly, by violence.

Agenda Summary: The event will begin with a grounding prayer and the honouring of Missing and Murdered Indigenous Women, Girls, and Two-Spirit People, which will carry throughout the evening. This will be followed by a survivor-led rally with poetry, songs, and speeches. We'll then take to the streets to make a visible commitment to a world free from violence. Upon returning, we will share a community meal with music, art making, and discussion. The evening will close with the learning and participation of two traditional indigenous dances, the Palestinian Dabke and Mi'kmaq Round Dance, acts of resistance and hope. Throughout the evening, there will be spaces for support, reflection, and connection.

Schedule:

Feel free to drop in at any of the times listed below!

- 6pm | Welcome & Solidarity Rally: We will gather for an opening prayer, rally, speeches, and performances.
- 7pm | Take Back the Night March: We will take to the streets, making a visible commitment to survivors and a world free from violence.
- 7:30pm | Roots of Resilience: Join us for a cozy and delicious bowl of soup, art making, connection, and meaningful community conversations.
- 8:10pm | Sacred Movements: Dancing for Healing, Justice, & Unity: To close the night, we will learn and participate in two Indigenous dances, the Palestinian Dabke and Mi'kmaq Round Dance. These are acts of joy, hope, and resistance in the face of genocide, violence, and oppression. Together, we'll dance in solidarity and communal strength.

March Route: *TBA*

Take Back the Night (cont.)

Volunteering at TBTN: Volunteers are essential to Take Back the Night and we couldn't do this without you! We deeply appreciate your involvement and recognize the invaluable impact you have in helping to creating a powerful, harm-reduced, and inclusive space for survivors and community members. Thank you for being a part of this important work!

Volunteer Registration link: <https://forms.gle/bGjSeBtNsW4jfPQs5>

Should you have any questions, concerns, or need any support filling out this form, please don't hesitate to reach out to the Take Back the Night Coordinator, Nouhad, at takebackthenightpei@gmail.com.

Accessibility Notes:

- Survivors and allies of all genders are welcome.
- The Guild has a wheelchair-accessible entrance, elevator, and washrooms, as well as gender-neutral washrooms.
- The agenda includes suggested drop-in times, allowing you to choose how you'd like to participate in the evening.
- Various levels of engagement are welcomed, and the framework for the event will be clearly communicated in advance. Please check back here closer to the event date for further details - don't hesitate to get in touch with our team if any questions or concerns come up in the meantime.
- Emotional support, including therapy and peer support, will be available throughout the event, with a private space dedicated to those seeking assistance.
- A light meal and refreshments will be provided, all of which will be vegan and gluten-free. If you have any allergies or additional dietary restrictions, please let us know. You're also welcome to bring your own food or drinks into the space.
- Masks will be available, modeled, and strongly encouraged.
- HEPA air filters will be used in the space.
- A designated quiet, low-stimulation space will be available.
- Earplugs, fidgets, and art-making resources will be available for creative expression throughout the event.
- Translation services may be available. Please reach out to us in advance if this would be helpful to you.
- March chants will be printed and shared.

Manosphere 101

Friday, September 19 | 12pm - 1pm AST | Zoom

Today, many young men and boys are grappling with uncertainty. As traditional ideas of masculinity shift, educational gaps widen, and the digital age leaves us more disconnected than ever, a growing number of boys are feeling lost and adrift. Amid this vulnerability, harmful and misogynistic content is intentionally targeting them. These messages don't just catch their attention—they shape their beliefs, fueling anger, confusion, and isolation.

The Manosphere is a loose network of online communities that promote outdated notions of masculinity, anti-feminism, and anti-LGBTQ sentiment, often including explicit violent rhetoric toward women, girls, and trans and gender diverse people. These groups often spread conspiratorial and extremist messages, blaming women and feminism for men's personal and societal struggles.

This session seeks to understand what the manosphere is, how it targets young men and boys, and what we can do about this issue as parents, educators, and folks who work in the gender-based violence sector.

Partner Organization: White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

Accessibility Notes:

- Participants will be emailed a Zoom link prior to the event.
- Event will be Zoom 'Webinar' style, meaning that participants will not have their camera or microphone on, and can comfortably participate via dial-in option if they choose.
- The Zoom chat will be set so messages only go to hosts and speakers, and PEIRSAC staff will verbally ask questions on behalf of the audience during question period(s).
- Speakers will be asked to verbally describe their physical presence and any imagery in their presentations for blind and visually impaired folks.
- With permission from speakers, PEIRSAC will send slide shows and any other supplementary materials to participants via email. Automated closed captioning is available in Zoom. PEIRSAC staff will describe how to use this feature at the beginning of the session, but you can also learn more [here](#).
- If you have any other access concerns, please detail them when prompted in the registration form, and PEIRSAC staff will let you know if and how they are able to accommodate.

Note: The above accessibility notes will apply to all Zoom Webinar events during the week.

Snap Stories: Youth Discuss Online Harm

Saturday, September 20 | 1:30pm - 3:30pm | Summerside Library

PEERS Alliance and PEI Rape and Sexual Assault Centre invite youth ages 12 to 18 to join us for activities and discussions about harmful online practices and trends.

Snap Stories is an opportunity for youth to voice their lived experiences, share concerns among peers, and imagine what safer online communities could look like!

This session is entirely youth-led, with facilitated support, and there will be opportunities to share key findings and messages with community stakeholders following the session (with specific names and stories redacted for confidentiality purposes).

Note: For adults looking to learn more on this topic, we would encourage you to join us for a virtual webinar with Community Legal Information later in Sexual Assault Awareness Week (see page 9).

Partner Organization: PEERS Alliance strives to address the underlying issues affecting the health and welfare of our communities by countering stigma and creating environments where all are welcome. PEERS Alliance serves people of all genders and sexual orientations in the promotion of sexual health well-being. They also support and promote harm reduction strategies to people who use drugs so they can work to reduce their risk of negative health outcomes.

Accessibility Notes:

- Snacks and refreshments will be provided
- Event will take place in the Summerside Rotary Library, Room 202
- Breakout Space: A separate space can be provided for youth who may need to take a short break from heavier discussion topics.
- Right to Participate or Pass: youth are welcome to join and choose which conversations they have the interest and energy to participate in.
- Content Warning: Please note that discussions of cyberbullying, sextortion, and other forms of tech-facilitated violence may come up throughout this session. While heavier subject matter may be discussed, the facilitators will aim to direct conversations towards identifying gaps and solutions as opposed to dwelling on the specific experiences of harm that participants may have faced.
- Duty to Report: while this session will offer the opportunity to voice thoughts and opinions based on lived experiences, there remains a duty to report concerns of serious harm to self or others. Duty to report will be explained at the start of the session so that individuals can make informed decisions about what experiences and content they wish to disclose in this space.

Registration is not required for this event, but you can contact Rachel (PEERS Alliance Youth Coordinator) at rachel@peersalliance.ca if you have any questions.

‘Companion’ Screening & Discussion

Sunday, September 21 | 7pm - 9pm | City Cinema (Charlottetown)

In the 2025 film ‘Companion’ starring Sophie Thatcher and Jack Quaid, a weekend getaway with friends at a remote cabin turns into chaos after it's revealed that one of the guests is not what they seem. Blending sci-fi and thriller elements, 'Companion' is a shocking and at times funny exploration of the revenge film that encourages its audience to consider their relationship with technology and tech-facilitated sexual violence.

Discussion questions will be released in advance of the movie on PEIRSAC’s social media (@[peisexualassaultcentre](https://twitter.com/peisexualassaultcentre)) as well as on printed copies at the event, and after the movie wraps there will be time to discuss in small groups (facilitated by a member of PEIRSAC’s clinical team).

Partner Organization: City Cinema is Charlottetown’s oldest and only non-profit independent movie theatre.

Accessibility Notes:

- Survivors and allies of all genders are welcome, but we ask that you please read the content warning below
- Attendees must be aged 16+
- The theatre has two reserved seats for patrons with mobility devices, and has level access from the street at both the King Street and Water Street entrances all the way into the Cinema.
- Venue is a licensed establishment, and alcohol is sold/served
- Tickets are required for this event. If money is a barrier to attending, please email rachel@peirsac.org by September 19th who can provide you with a free ticket, popcorn, and soft drink (assuming seats are still available)
- If you have any access inquiries that are venue specific, you can also contact City Cinema via email (manager@citycinema.ca) or phone (902-368-3669)

Content Warning: 'Companion' is rated R16 and contains intimate-partner violence, sexual violence, emotional violence (manipulation, gaslighting, coercive control), murder, blood and gore, and explicit language. This film will not be for audiences – while some folks who have experienced sexual violence may find it empowering, others may find it triggering and unsettling. For full descriptions of the types of scenes you may see, see this link (note: contains spoilers). Please also note that the plot of this movie relies heavily on twists that will be revealed by watching the trailer. If you feel comfortable watching the movie without seeing the trailer after reading this content warning, we recommend it!

AI & Gender-Based Violence

Monday, September 22 | 12pm - 1pm | Zoom

Event details will be announced in early September.

Partner Organization: The UWaterloo Sexual Violence Prevention & Response Office supports all members of the University of Waterloo campus community who have experienced or been impacted by sexual violence. This includes all students, staff, faculty, and visitors on the main campus, satellite campuses, and affiliated and federated Waterloo Institutes and Colleges.

Speaker: Chris Martin (Educator, Sexual & Gender-Based Violence Prevention)

Chris Martin (he/him) is the CEE Workplace Sexual Violence Education Coordinator/Facilitator. He has a decade of experience working to advance disability justice through direct support work with individuals living with Autism Spectrum Disorder. In his previous role, Chris created and facilitated the #RaiseTheBar anti-sexual violence in the workplace program at the Sexual Assault Support Centre of Waterloo Region. Since its inception, Chris trained over 3,000 staff members in 250+ companies across the world including North America, Australia and New Zealand, the UK, China, and many more countries. Chris is also a public speaker and advocate for the Food Bank of Waterloo Region who enjoys outdoor time, especially with his son and partner.

Accessibility Notes: Please see page 3.

‘The Sirens’ Book Club

Monday, September 22 | 6pm - 7:30pm | Charlottetown Library

‘The Sirens’ is a historical/fantasy fiction that connects women across multiple timelines and various life experiences through shared experiences of trauma. You can read the full book description and some reviews [here](#).

The book mentions an instance of technology-facilitated sexual violence (the non-consensual sharing of an intimate image) that affects one of our main characters, but then the story unfolds with a focus on healing, connection (specifically sisterhood and motherhood), and understanding. These are the conversations that we hope survivors feel empowered to have during this year’s Sexual Assault Awareness Week, and hope that this book club meetup provides an outlet for that.

Books are available 15% off at [Bookmark Charlottetown](#) if you say you’re buying it for book club, and copies are available at the [library](#) to borrow free of charge.

Partner Organizations:

- [Bookmark](#) is a locally owned, independent bookstore with a passion for books and reading, located in downtown Charlottetown.
- [The Charlottetown Library Learning Centre Foundation](#) is a non-profit, charitable organization that recognizes the essential role that libraries play in fostering vibrant and connected communities.

Accessibility Notes:

- Survivors and allies of all genders are welcome, but we ask that you please read the content warning below
- The venue has wheelchair accessible entrances and washrooms, as well as gender-neutral washrooms.
- Event will be held in the Rotary Auditorium, located by the [back entrance of the library](#).
- Various levels of engagement will be welcomed, and the framework for the event will be clearly communicated in advance. Please check back here closer to the event date for further details - don’t hesitate to get in touch with our team if any questions or concerns come up in the meantime.
- Coffee/tea and light snacks will be provided, while trying to accommodate common dietary preferences and restrictions. Outside food and drink is also welcomed! If you have a restriction that is important for us to consider, please get in touch.

Content Warning: When deciding if and how you’ll engage with this book and this event, note that there are heavy themes of trauma, sexual assault, and violence throughout ‘The Sirens’. The book doesn’t describe depictions of these events in great detail, but it is important to be mindful that these themes will likely be discussed in the book club meet-up. Note that facilitators will steer these conversations to keep the focus on overarching themes and reflections on the book (rather than the sharing of personal stories) in the hopes that this will make the event safe(r) for survivors to attend.

Registration: Not required for this event - attendees are welcome to drop in!

Transformative Justice 101

Monday, September 22 | 7pm - 8:30pm AST | Zoom

‘This session will focus on introducing the concepts of transformative justice and accountability as collective interventions geared towards the prevention of sexual violence through education, transformation and early intervention.

Survivor centered and led approaches to TJ are central themes within the discussion. Building safer online communities through shared responsibility, lateral teaching and learning and interpersonal accountability are also explored.

Rooted within TJ & Abolition, this session challenges us to imagine freedom from violence within our communities and beyond.

Speaker: Rania El Mugammar is a Sudanese Artist, Liberation Educator, Abolitionist, Anti-oppression Consultant, multidisciplinary performer, speaker and published writer. Her work explores reproductive justice, transformative justice & abolition, art as liberation and digital justice.

As a writer, Rania's work explores themes of identity, womanhood, Blackness, flight, exile, migration, belonging, gender, sexuality and beyond. Rania's primary mediums are poetry, spoken word and oral storytelling. She is a published poet, storyteller and playwright. Rania is deeply interested in poetic form and the auditory texture of words as well as the visual/aesthetic impact of language and form.

Rania is an experienced anti-oppression, abolition and liberation educator and consultant who is unflinchingly committed to decolonization and freedom as the ultimate goals of her work. She has worked extensively with contemporary arts institutions, STEM based enterprises, media organizations, educational institutions and community/grassroots spaces.

Connect with Rania:

Website: www.raniawrites.com

Facebook: www.facebook.com/raniaelmugammar

Patreon: www.patreon.com/raniawrites

Twitter: @raniawrites

Instagram: @rania.writes

Accessibility Notes: Please see page 3.

Cyberviolence & Youth

Tuesday, September 23 | 12pm - 1pm AST | Zoom

In the digital age, the prevalence and risk of cyberviolence among youth in Prince Edward Island is a serious concern, with around 1/3 of youth having reported experiencing some form of it. As realities continue to change for young people who live out significant portions of their lives online, it is important for adults to continue to grow their understanding and ability to respond with strength-based approaches.

This workshop is for anyone who works with or cares for youth, including parents, guardians, educators, and coaches. Participants will learn how to:

- Have constructive conversations about cyberbullying
- Support youth in online safety and decision-making
- Respond to cyberbullying situations.

Topics include peer-to-peer cyber violence, online luring, sextortion, youth perspectives, PEI-specific trends, and available resources and reporting options.

To continue your learning before or after the session, we encourage you to explore the following resources:

- [Community Legal Information](#) (cyberviolence resources with specific publications on sexting, non-consensual distribution of intimate images, and more)
- [Cybersafe Care](#) (public education campaign for parents, caregivers, and educators to learn how to help keep kids safe online and teach safe use of technology while enjoying social media and technology)
- [Supporting Youth Experiencing Technology-Facilitated Sexual Violence](#) (2023 publication from the Learning Network)
- [Cybertip.ca](#) (Canada's tipline for reporting the online sexual abuse and exploitation of children)

Partner Organization: [Community Legal Information](#) provides plain-language legal information and low-cost lawyer referrals in PEI.

About the Facilitator: Jaime Griffin is a community educator and facilitator in cyber violence prevention, youth engagement, and healthy relationships, with over 17 years of experience working in schools, community settings and the non-profit sector. With a background in Child and Youth Care, Jaime creates and delivers engaging, age-appropriate programs that support youth, caregivers, and community members in building safer, more respectful relationships—both online and offline. Her workshops cover topics such as cyberbullying, consent, conflict resolution, and communication, and are grounded in a trauma-informed, strengths-based approach. Jaime currently facilitates a cyberviolence project with Community Legal Information and is known for her ability to connect with diverse groups through empathy, creativity, and practical tools.

Accessibility Notes: Please see page 3.

Crafting Digital Self Defense

Tuesday, September 23 | 6pm - 8pm | Eptek Centre (Summerside)

The PEI Coalition for Women's Leadership has been working on a Digital Self-Defense Toolkit which is set to launch this fall, focused on understanding, navigating, and reporting technology-facilitated gender-based violence.

This event hopes to create a space for survivors and allies to gather and discuss what 'Digital Self Defense' means to them. The event will be loosely structured, with an introduction to the concept of digital self-defense, including definitions and statistics related to various forms of cyberviolence, and then space to have conversations in small groups. The event also allows space for community members to bring up points of concern that they would like to see organizational and/or political advocacy on, with staff from PEI Coalition for Women's Leadership and PEI Rape & Sexual Assault Centre present and currently doing work specific to this topic.

Art supplies and light refreshments will be provided, and overall the event will be a casual space to come together with like-minded community members.

Partner Organization: The PEI Coalition for Women's Leadership is a community-based organization that works to reduce the underrepresentation of women in decision-making. They address systemic and structural barriers to civic participation for women-identifying and marginalized people by empowering them with information, tools, and strategies to increase their involvement.

Accessibility Notes:

- Venue is wheelchair-accessible, and has gender-neutral washrooms
- Speakers will use a microphone when speaking
- Various levels of engagement will be welcomed, and the framework for the event will be clearly communicated in advance. Please check back here closer to the event date for further details - don't hesitate to get in touch with our team if any questions or concerns come up in the meantime.
- Coffee/tea and light snacks will be provided, while trying to accommodate common dietary preferences and restrictions. Outside food and drink is also welcomed! If you have a restriction that is important for us to consider, please get in touch.
- If you would prefer to bring your own art supplies this is welcomed, along with anything else that may aid you in your discussions (eg: technology, notebook/pen, etc.)

Closed-Space Conversation Groups

In-Person BIPOC Group: September 20 | 4-6pm

In-Person Trans+ Group: September 20 | 4-6pm

Virtual BIPOC Group: September 24 | 5-6:30pm

Virtual Trans+ Group: September 24 | 7-8:30pm

Join us for a closed BIPOC or Trans+ only space where we'll share a meal and hold an informal and grounded conversation about tech-facilitated violence (from online harassment to surveillance, and the digital tools that perpetuate harm in our communities).

These sessions aim to be a space where our digital lived experiences and collective knowledge can be shared to generate reflection, learning and connection. These will also be spaces to discuss how our community is impacted, and discuss how organizations/institutions can fail to meet our needs. Whether you're new to this topic or have been navigating it for a while, you're welcome to show up as you are.

Let's learn together, build awareness, and explore tools that establish safety!

Register here: <https://forms.gle/zmsrWzv6b18ghAwu6>

Is this event for me?

- BIPOC: Black, Indigenous, and People of Color
- Trans+: Transgender/nonbinary/gender-expansive community

Facilitators:

- BIPOC closed space: Jasonique (she/her) and Maria (she/her)
- Trans+ closed space: Adam (he/they) and Nouhad (they/she)

See the following page for full facilitator bios!

Notes:

- Space is limited to the first 10 participants who sign up for each session.
- The registration form was created by Rachel at PEIRSAC, and all info will be sent to facilitators in advance of the sessions. PEIRSAC staff will not be present at the sessions (unless they choose to attend one of the groups as a community member), and the groups will be entirely led by the contracted facilitators
- These groups were funded through PEIRSAC's Sexual Assault Awareness Week fund from the Interministerial Women's Secretariat, and supplemented with funding from PEI Transgender Network
- If you have any questions, please reach out to rachel@peirsac.org

Closed-Space Conversation Groups (*cont.*)

Facilitators:

Jasonique

Born and raised in Nassau, Bahamas, Jasonique (she/her) made Prince Edward Island her home in 2022. Her journey has been one of transformation, shaped by resilience, healing, and a belief in the power of community. Guided by these values, she is committed to wellness, advocacy, and creating space for others to feel seen and supported. She finds purpose in walking alongside others as they reclaim their stories and inner strength. A proud foodie, she also enjoys hiking, music, art, and making memories with her daughter.

Maria

Maria Gomez (she/her) originally from Colombia has found in Epektwik her second home. Maria's values lay in community care, compassion and collaboration. In her free time Maria enjoys relaxing, finding ways to stay active and spending time with her loved ones.

Adam

Adam (He/They) is a mixed biracial person with Black Loyalist heritage and white European settler ancestry. He currently lives and works on Epekwitk, unceded Mi'kmaq territory. Adam has a bachelors degree in psychology and is currently working as a project manager at PEI Transgender Network. Adam is guided by a belief in the possibility of a more loving world.

Nouhad

Nouhad (they/she) is a queer, second-generation settler, carrying Indigenous paternal roots to the Levant and maternal European settler ancestry. They were raised in Epekwitk, traditional Mi'kmaq territory, which remains uncaded, stolen, and occupied. With a background in Anthropology and Diversity & Social Justice Studies (DSJS), Nouhad has worked across community, non-profit, and post-secondary education spaces. They centre a deep commitment to justice, collective care, anti-oppressive practices, and lifelong learning in their work and life. They believe that a world rooted in love, justice, and liberation is not only possible but already growing.