

WHAT YOU
NEED TO KNOW
ABOUT THE
SURVIVOR SUPPORT CAMPAIGN



Empowered Through Vulnerability

Click to watch the ETV News Interview on the campaign

#LALELA_LA #EMPOWEREDSURVIVOR



What is Empowered Through Vulnerability



A Series of Live Engagements hosted by the UCT Survivor Support Specialist & Case Officer focussing on encouraging Survivors to speak about their post traumatic growth after sexual violence. The ultimate goal is to dismantle the narrative of violence and weakness. Survivors reclaim their power through unmasking their vulnerability, and embracing their recovery and healing journey!





YUMNA SEADAT

SURVIVOR SUPPORT SPECIALIST
& CASE OFFICER

Yumna Seadat joins UCT and the OIC with a wealth of experience in counselling, crisis management and providing support to Survivors of sexual violence. After graduating from the University of the Witwatersrand with a BA Honours in Psychology, Seadat undertook a trauma counselling internship in Cape Town. She has since served in numerous capacities at organisations such as the South African Police Service's victim empowerment service, at the Western Cape government's Stikland Hospital, LifeLine and Rape Crisis.

Among her work milestones she has been collaborating with the UCT Specialised Tribunal on Sexual Misconduct. Seadat provides extensive support to survivors throughout the reporting process, including during the investigation process and verdict delivery.

**We need more Inclusive Spaces
for Survivors to feel safe and heard!**



Sixty Nine

During the period 01 January 2020 – 31 December 2020, (69) Survivors of sexual and domestic violence reached out to UCT's Office for Inclusivity & Change for support

Forty Two

During the period 01 January 2021 - 31 July 2021, (42) Survivors of sexual and domestic violence have reached out to UCT's Office for Inclusivity & Change for support



Office for
Inclusivity
& Change



Empowered Voices



Media articles often focus on the violent incident details - where Survivors' voices are often lost. In support of Womxn's month the campaign honours Survivors and their Post Traumatic Growth. The campaign intends to amplify the narrative of resilience and growth and what life is like after sexual violence traumas.

We are encouraging communities to shift their focus on recognising the Survivors' and the type of long-standing support that they need through reporting processes, psychological trauma, social and professional/academic challenges.

The Live Engagements will host all Female Panelists: the Survivor Support Specialist, Survivors from the UCT Survivor Support Group, Legal Representatives from the National Prosecuting Authority, Rape Crisis Counsellor and UCT Psychologists.

"Healing and growth from sexual violence is continuous. My trauma happened to me as a young child. For a while, probably two years - I didn't have any recollection that I was sexually violated but I also just felt like something was misaligned with me. Over the years and with therapy I have found personal value in reflecting on my trauma and compassionately connecting with myself. In this way I continue to grow and learn about my own inner resources and strengths through engaging with my trauma. My journey of healing is something I intentionally work on every day for my own personal growth and because I whole heartedly choose to hold the professional space for Survivors.

I am proud of my healing journey!"
#LAELELA_LA #EmpoweredSurvivor

Yumna Seadat

What's Happening in August

LIVE ENGAGEMENTS ON LIFE AFTER SEXUAL TRAUMA

Mondays, Wednesdays, Thursdays | 19h30 - 20h30

ZOOM MEETINGS | IG LIVE

Meeting ID: 976 7925 5882

Passcode: OIC

EMPOWERED VOICES HOPE BOARD

Survivors share your Empowered Voice on your journey of recovery and healing

Support Carers you can also get involved by sharing how you've noticed a Survivor(s) embrace their power

The OIC will post reflective questions on our social media accounts every Friday

#LALELA_LA #EMPOWEREDSURVIVOR and tag the UCT OIC social media accounts



What's Happening in August

THE POST OFFICE TO PARLIAMENT IN MEMORY OF UYINENE MRWETYANA

UCT in collaboration with the Uyinene Foundation are requesting that the UCT community and general public write motivational letters on the importance of taking action against SGBV and the responsibility of the government's role in prevention and support of SGBV in remembrance of the late UCT Student Uyinene Mrwetyana.

Click the hyperlink to write your letter!
Last entry on 27 August 2021



What's Happening in September

CONSENT & SEX WORKSHOP

01 & 02 September 2021

Time: 19h00 - 21h00

Closed Group

The workshop focusses on exploring how participants understand consent & sex and how to “normalise” actively practicing consent in non-threatening encounters. Join the two day workshop in getting to know yourself better and becoming comfortable with consent in intimate partner relationships.

All participants have to register before or on Friday, 28 August 2021

To Register Email: yumna.seadat@uct.ac.za



Counselling Support



Reminder: Utmost care was taken in creating this post, but we know that it can be triggering.

UCT Students can access SADAG UCT Student 24/7 careline: 080 024 2526 *free from a Telkom line or SMS 31393 for a call back.

UCT Students can access Student Wellness Services on 021 650 1017

UCT Staff Members can access ICAS on 080 111 3945 or send a please call me via *134*095# or email UCT@icas.co.za

Non-UCT affiliated persons can access SADAG on 011 234 4837



OIC 24/7 Sexual Assault Emergency Response: If you are a UCT Student/Staff Member who has been raped or sexually assaulted call 072 393 7824 for help with your immediate needs

UCT Students & Staff Members can report sexual and gender-based violence online

<https://casereporting.uct.ac.za/ReportingPage/>