



REGIONAL GUIDE

Kingston

Chapter 5: Documenting
and Reporting



VESTA

www.vestasit.com

This Guide is For You

Welcome. We believe you. We believe them.

This guide is for you and anyone who needs it. You have a friend and you're worried about them. They might be in a bad situation. You're pretty sure things aren't good and they're getting worse.

What do you need? Information. Resources. Things to do right now.

This guide is a list of resources that you can share and take action on, if you or they choose to. It has been written and sourced specifically for the Kingston region. We created this guide for survivors of sexual violence and for those who want to help them. Maybe your friend needs support. Maybe you are a survivor and you never want to see another go through what you've experienced.

Sexual violence is a prevalent, intersectional and multi-factor issue affecting all communities. Its complexity makes it impossible to tackle alone. It takes every person who has endured gender-based violence standing up and refusing to let it happen to another.

Thank you for taking the initiative.



Reporting is Their Decision

Reporting is their decision. You may want them to report. You may really want to see the perpetrator get arrested and possibly even go to court. But, it's up to them.

They don't have to report. But if they want to, now or later, they will need a record of what happened. As a friend, the most important thing you can do right now is help them document their experience.

If they're thinking about reporting but don't know where to start, we've created a user-friendly guide for people who have experienced sexual violence. In this guide, we cover topics like definitions, the way the Canadian criminal code outlines terms, myths, important details regarding reporting and court proceedings, links to 24/7 crisis services, and more.

Our hope is that our straightforward guide is able to bring clarity to some of the common questions people may have surrounding sexual violence.

If they're ready to jump in and report, VESTA Community app is available in Kingston.

[Download the full handbook or individual chapters as needed.](#)



Document Now. Report If They Want To.

For those living in the Kingston region looking to document their experience, you can start by visiting VESTA Community: a research-backed application for disclosure, reporting, and support.

Whether you want to share specifics or can't remember details, the app allows you to record your story in your own words using a trauma-informed question and answer format. You can choose to access online resources, crisis text or chat, counselling, report anonymously, report to the Kingston Police, or save your story and return to it at a later time.

Visit the VESTA Community app.

**VESTA
Community** 



**Together we can
end gender-based
violence. Be ready
with resources.**



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