



The Sexual Assault  
Support Centre of Ottawa

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sascottawa.com

## Self-screening Questionnaire for Potential Volunteers

Please ask yourself the following questions to see if SASC is a fit for you at this time.

### 1. How comfortable I am working in a collective that is:

- A womyn-only, feminist, self-directed, power- and resource-sharing, accountable to service users, that practices anti-oppression and is non-hierarchical?
- Whose culture includes check-ins, appreciations, constructive criticism and feedback, self-criticism, observation, learning, mutual support, challenging and accountability to each other?

### 2. How willing I am to be accountable:

- To the SASC Collective for my support commitments?
- To my service users?

### 3. How willing I am to commit to the commitments that require about 15 hours of my time per month, including:

- Two support line shifts, or
- Two twenty-week individuals to support, or
- One individual, and one support line shift, and
- Attending one collective meeting per month (2.5 hours on either the 3rd Monday or Tuesday of every month), and
- Facilitate one full day of volunteer training per year, and
- Attend our Annual Planning meetings, and
- Participate in one of our committees.

### 4. Am I willing to commit to SASC confidentiality policy, requiring that:

- I do not keep any records, files or notes on my service users, other than anonymous statistics.
- I do not divulge SASC's location to anyone other than my service users.
- I do not discuss or describe my service users' names, cultural background, or other identifying information.

- I will never use my experiences at SASC, and my experiences of support work, or my service users' stories to illustrate a point, or as examples.
- I sign a Confidentiality Agreement with SASC every year.
- I use discretion when encountering my service users outside of SASC.

**5. How willing I am to declare myself a feminist, meaning that I am:**

- Interested in being involved in the womyn's liberation movement.
- Non-judgemental.
- Willing to believe womyn's experiences.
- Respectful of all choices for all womyn.
- Willing to unlearn my own bias, and to challenge my own privilege.
- Eager to create a safe space for my support users, and collective members.
- Ready to gain awareness about womyn's issues.
- Willing to challenge the social systems of oppression.
- Eager to celebrate the diversity of my community.

**6. How comfortable I am working within a survivor-directed model of support, where womyn:**

- Have the right to always choose for themselves (e.g. reproductive choices, coping styles, etc.).
- Are believed to have their own inner resources, answers and wisdom.
- Are treated as survivors, not victims.
- Are understood to have different needs for their own healing.
- Are not given advice and will be offered options/information.
- Have a right to confidential support.

**7. Am I willing to unlearn my own attitudes on privilege, power and oppression related to:**

- Misogyny,
- Sizeism,
- Heterosexism,
- Racism,
- Sexism,
- Homo-, bi-phobia
- Transphobia,
- Ableism,
- Classism,
- White privilege,
- Ageism,
- And other types of oppression.

**8. Am I comfortable supporting such womyn as:**

- Womyn of all ages, cross-culturally diverse womyn (race, colour, religion, culture, belief systems, etc.), refugee and immigrant womyn, world majority womyn, aboriginal and 1st nation, lesbian, bi-and trans womyn, disabled and disadvantaged, poor and working-class womyn.

**9. Am I comfortable working within a radical feminist framework where:**

- The personal is connected to the political.
- We take a public stand against the oppression of womyn.

**10. Do I recognize that accessibility is important, implying:**

- Willingness to use other languages other than English, including ASL, speaking in understandable, non-academic English.
- Willingness to provide support services on evenings and weekends, and to schedule meetings that accommodate womyn's varied needs.
- Willingness to continue to recognize womyn's needs for physical, financial, and mental accessibility.

These questions are meant to help you assess if you are willing, able and ready to commit to SASC. Feel free to contact us at (613) 725-2160 ext. 222 or at [training@sascottawa.com](mailto:training@sascottawa.com) to discuss any questions, or to sign up for our training. If you feel not ready to provide support at this moment, we welcome you to contact us in the future.