



Your Testimony: What You Need to Know

If you are reading this document, it is because you have expressed a wish to share your lived experience to help Marie-Vincent raise awareness and understanding of its mission. We are sincerely grateful to you.

Testifying is a powerful act. It is also a decision that belongs entirely to you and that can be reconsidered at any time, with no justification required. This document explains what you can expect if you choose to move forward.

AN IMPORTANT NOTE FIRST

Expressing interest in testifying does not guarantee that your testimony will be selected.

Each request is carefully assessed, not to judge your experience or measure its worth (your experience matters fully and unreservedly), but to make sure the right conditions are in place for this process to be safe for you.

If your testimony is not selected at this stage, this in no way calls into question the reality of what you have been through, nor the importance of your voice. We will always explain the reasons for our decision with respect and transparency, and we will remain available to refer you to resources if you feel the need. It may be considered again later, if circumstances change.

There are also other ways to support Marie-Vincent's mission, which we can explore together if you wish. Public testimony is not the only way to help, and your involvement, whatever form it takes, is valuable to us.

Please note: this process is overseen by Marie-Vincent's communications team. It is not a therapeutic process and does not replace clinical support.

WHY MARIE-VINCENT COLLECTS TESTIMONIES

Testimonies from survivors allow us to put a real face on realities that are often misunderstood, to break taboos and to show that a path toward well-being is possible. They also help rally as many people as possible to our cause and sustain our mission over time, including through the financial support they can inspire. Your voice, if you choose to share it, can help other people reach out for help, and help society better recognize the reality of childhood sexual violence and its short- and long-term impact, with and without support.



RISKS TO BE AWARE OF BEFORE COMMITTING

Testifying publicly can be a powerful and meaningful experience. It can also have unexpected effects, and we want to be transparent about them.

Re-experiencing and emotional impact

Speaking publicly about painful events can bring back difficult memories, emotions or reactions, even when you feel ready.

Possibility of being recognized or identified

Even with anonymity measures, some people around you could recognize you through your story or your voice. You may also prompt questions from those around you.

Loss of control over distribution

Once a testimony is published in the media or online, it enters the public sphere and may be shared, commented on or circulated beyond what was planned. Marie-Vincent has no control over how third parties reuse it.

Reactions from those around you

A public testimony may prompt reactions, positive or not, from loved ones, colleagues or strangers. Your testimony may also lead other people around you to revisit their own experiences.

We will be available to discuss these risks further during the information meeting and throughout the process, as needed.

WHAT WE WILL NEVER ASK OF YOU

We will never ask you to describe the acts of violence you experienced, or any details of them. This helps protect your well-being, as well as that of the public and our teams.

What matters to us is your journey: the path you have travelled, the impact of the services you did or did not receive, and the message you want to share. You can choose whether or not to talk publicly about certain aspects of your story, and we will respect that choice. Together, we will also have important messages to convey: hope, and the importance of speaking up and receiving support. We will discuss this with you as we prepare your testimony.



If you are testifying as a loved one of a survivor

If you are testifying as a loved one, parent or family member of a child who has experienced sexual violence, your testimony will focus on your own experience and not on the child's. In this case, your testimony will always be anonymized to protect the child or survivor concerned and to prevent them from being recognized.

If you are between 14 and 17 years old

You have the right to consent to giving a testimony. However, Marie-Vincent has a duty to protect you: enhanced protective measures will always be applied (complete anonymity (fictitious first name), face not visible). We will discuss this with you during the information meeting.

POSSIBLE TESTIMONY FORMATS

There is no single testimony format. We will adapt to what suits you best, based on your comfort level and preferences.

- Written testimony for publications or awareness materials (brochures, annual reports, posters, advertising or fundraising campaigns, etc.).
- Written, illustrated or video testimony shared on Marie-Vincent's and/or its partners' website and/or social media and/or newsletters.
- Interview for print media (newspaper article, magazine, digital publication).
- Television or radio interview.
- Participation in a podcast.
- Speaking in person at an event (benefit gala, panel, workshop, conference).
- Anonymous retelling of your testimony by an actress (audio or video story illustrating part of your journey) to share your story while fully protecting your identity.

Please note: for media formats (print, television, radio, journalistic podcasts), publication depends on media interest and demand. We will contact you again if an opportunity arises that matches what you wished to share.

Whatever format you choose, you have the right to review the final content before it is shared, except for interviews with journalists, where certain restrictions apply. We will be happy to discuss this with you if needed.



LEVELS OF ANONYMITY AVAILABLE

You choose the level of confidentiality you want. The following options are available and can be combined depending on the format of your testimony.

- **Full identity:** first name, last name and face visible.
- **First name only:** your last name is not disclosed.
- **Fictitious first name:** a first name of your choice is used instead of your own.
- **Complete anonymity:** no information that could identify you is disclosed.
- **Blurred or hidden face** (for video or photo content).
- **Altered voice** (for audio or video content).

THE PROCESS

If what you have read so far works for you, contact us to move on to the next steps:

- 1 An information meeting**
Before any commitment, we offer you a virtual meeting to explain the process in more detail, go over the possible risks more thoroughly and answer all your questions.
- 2 Your informed consent**
If you wish to move forward, you will sign a consent form specifying the authorized distribution contexts, your preferred level of anonymity and your rights.
- 3 Preparing your testimony**
When the communications team reaches out to you about a potential testimony, they will work with you, at your own pace, to prepare what you will share, in the format you have chosen, and will support you every step of the way.
- 4 Sharing your testimony**
Your testimony is shared in the context agreed upon with you, at the time we consider most relevant to carry your voice.
- 5 The follow-up meeting**
A meeting is scheduled after your testimony and/or after it is shared to check in with you, answer your questions and, if you feel the need, refer you to appropriate resources.



Have a question? Contact us.

Walid Benahmed

Communications Advisor – Public Relations, Marie-Vincent

valid.benahmed@marie-vincent.org

Who is Marie-Vincent?

Each year, Marie-Vincent supports hundreds of young victims of sexual violence, children under 12 with problematic sexual behaviours, and their families, by offering them, under one roof and in collaboration with its partners, the services they need. It helps prevent this violence through education and awareness, with several prevention programs and a range of specialized training that reaches thousands of professionals across Quebec and beyond each year. www.marie-vincent.org

Follow us: [Facebook](#) · [Instagram](#) · [LinkedIn](#) · [YouTube](#)

External resources are available to you [on our website](#). Check out our [self-care tool](#).