

IT IS NOT YOUR FAULT

Sexual assault **can happen to anyone**, of any background, at any age. What happened to you was **not your fault**. It does not matter what you did (or did not do) before, during, or after the assault. It is okay if you fought back; it is also okay if you did not fight back. You may have felt that you could not move or speak – this a normal reaction to a very traumatic experience.

After a sexual assault, there are many different feelings you may have. For example, you may feel upset, sad, anxious, numb, confused, or angry. You may feel embarrassment or shame, but remember, the assault was not your fault. **All of your reactions and feelings are normal.** They are how you are getting through this traumatic experience.

LOCAL SEXUAL ASSAULT CENTRE

Central Okanagan Elizabeth Fry Society

Central Okanagan Elizabeth Fry Society is a non-profit organization that supports and empowers those affected by sexual abuse, sexual assault, exploitation or violence in a relationship.

Specialized Victim Assistance Program

 **(250) 763 - 4613**

 649 Leon Avenue, Kelowna, BC

 For information or to donate visit
www.coefs.ca



central okanagan
elizabeth fry
society

24-HOUR SUPPORT

VictimLink BC **1.800.563.0808**

VictimLink BC is a toll-free, 24/7, confidential, multilingual (10 languages) telephone service. They provide information and referral services to all victims of crime, as well as crisis support to victims of sexual and domestic violence.

TTY: 604.875.0885

Text: 604.836.6381

Email: VictimLinkBC@bc21.ca

Suicide Prevention **1.800.SUICIDE**

TTY: 1.866.872.0113 **(1.800.784.2433)**

Online Chat: 12pm - 1am

www.youthinbc.com

Mental Health Support **310.6789**

YOUTH-SPECIFIC RESOURCES

Youth Against Violence **1.800.680.4264**

TTY: 604.875.0885

Text: 604.836.6381

Email: info@youthagainstviolenceline.com

Kids Help Phone **1.800.668.6868**

Online Chat: Wed-Sun, 3 - 11pm

www.kidshelpphone.ca



United Way
Central & South
Okanagan Similkameen

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Brochure adapted from Ending Violence Association of BC, I have been Sexually Assaulted.

WAS IT SEXUAL ASSAULT?

Understanding Consent.

What to Do?

TIPS FOR STUDENTS



WHAT IS SEXUAL ASSAULT?

Sexual assault is **any sexual contact that you did not agree to**. Agreement to sexual contact is called 'consent.'

- Consent must be **given freely**. It is not consent if there are threats, fraud, manipulation, or coercion.
- Consent must be **continuous**, and can be withdrawn at any time.
- Consent to **one form** of sexual contact does not mean consent to **all forms** of sexual contact.
- Consent **cannot be legally given** if a person is **intoxicated, drugged, unconscious, or asleep, or cognitively unable to consent**.
- Consent cannot be given when a person induces the survivor to engage in sexual activity by **abusing a position of trust, power, or authority**.

Sexual assault can include **any form of sexual contact** (unwanted sexual touching, forced kissing, forced sex). It may have happened to you in the past, or it may have happened recently.

In Canada, sexual assault is a crime. It does not matter if you did not fight or say "no." Sexual assault is sometimes committed by someone you know (such as a date, spouse, roommate, friend, teacher, neighbour or family member). Sexual assault is also sometimes committed by someone you do not know (a stranger).

You have the right to have sexual contact when you freely agree to. No one has the right to force, bribe or manipulate you into sexual contact. It is a crime for someone to use pressure, force, or threats to make you agree to sexual contact.

WHAT DO I DO?

The most important step for anyone who has been sexually assaulted is **reaching out for help**. There are many issues that can arise, such as serious emotional issues, health issues (such as sexually transmitted infections, concerns about pregnancy), and not feeling safe.



WHO CAN HELP ME?

It's okay to tell someone. There are people who can help and support you. It can be difficult and frightening to tell someone that you were sexually assaulted. However, telling someone you trust can help you get support.

Talk to someone you trust. You can talk to anyone you trust (e.g., friend, parent, teacher). You can ask them for help. You can also get help from experts that know what you might be going through, why it is so difficult to talk about, and what your options are going forward. It is their job to help people who have been sexually assaulted in any way they can. They can help you find safety, medical attention, and legal support. Our local Sexual Assault Centre is the Central Okanagan Elizabeth Fry Society. It is confidential and free to make an appointment.

GET HELP

YOU ARE NOT ALONE

In 2013, a survey of **Okanagan youth** reported:

- **17% of females** and **5% of males** were **victimized sexually**
- **11% of females** and **2% of males** were **forced into a sexual activity against their will** by another youth
- **49% of females** and **35% of males** experienced **verbal sexual harassment**
- **30% of females** and **11% of males** experienced **physical sexual harassment**

WHAT ARE MY OPTIONS?

MEDICAL ASSISTANCE

If the sexual assault was recent, you may be hurt, and you may be worried about getting pregnant or a sexually transmitted infection. It is important to see a doctor or nurse soon, at a hospital or medical clinic.

FORENSIC MEDICAL EXAM

At most hospitals, you can ask for a forensic medical exam. A nurse or doctor will collect samples from your body and your clothes. This exam should be done within 72 hours of the sexual assault, but you can get the exam up to 1 week later. It is best for the forensic medical exam if you do not shower, eat or drink, brush your teeth, or change your clothes. You can decide later if you want to report to the police.

REPORT TO POLICE

You can make a sexual assault report through your school or local sexual assault centre. You can also make a report directly to the police by phone, or by going to a police station. You can bring someone with you for support, such as a friend, parent, or victim service worker.