

UNDERSTANDING SEXUAL ASSAULT

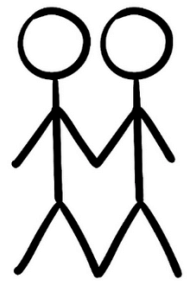


What is sexual assault?

- An assault of a sexual nature that violates the sexual integrity of the victim.
- This includes any act of a sexual nature and not solely on contact with any specific part of the human anatomy.
- **All people are potential victims**, regardless of gender, age, race, religion, sexual orientation, education or physical description.

- **1 in 3** females will be assaulted at some point in her life.
- **1 in 6** males will be assaulted at some point in his life.
- Aboriginal women are **3** times more likely to be assaulted than non-aboriginal women.
- Sexual assault is the only crime in Canada that has **NOT declined** in the past 10 years.
- Girls and young women between the ages of **15-24** are the most likely victims.
- **85%** of rape victims are female.
- **80%** of assaults happen in the victims home.
- **85%** of all sexual assault are committed by someone **KNOWN** to the victim.
- Approximately **one half** of all rapes occur on dates.
- Up to **90%** of sexual assaults are committed by repeat offenders who commit an average of **6** assaults each.
- **62%** of victims are physically injured in the attack; **9%** are beaten severely or disfigured.
- Only **8%** of women who are sexually assaulted report to police. It is the most underreported crime in Canada.
- **2-8%** of all sexual assaults reported are false reports.
- Only **1/3** of Canadians understand what consent means.
2/3 of respondents were not able to identify that consent must be positive and ongoing.

YOU'RE NOT ALONE



Source: SASS—Justice Institute of British Columbia, 2014 Updated 2019

What do I do if I've been sexually assaulted? *These are important steps to take after an assault:*

- Call a friend or family member you trust for support. It is **your choice to report** to police.
- Do not wash, comb or clean any part of your body. Do not change clothes if possible, so evidence can be collected. Do not touch or change anything at the scene of the assault. (*You can still go to the hospital if you've showered or changed. Take your original clothes in a paper bag if possible.*)
- Go to the hospital emergency room as soon as possible. You need to be examined, treated for any injuries and screened for possible sexually transmitted infections (STIs) or pregnancy. Medication to prevent STI and pregnancy should be started within 72 hours. The doctor can collect evidence using a rape kit for fibers, hairs, saliva, semen, or clothing that the attacker may have left behind.
- Testing for date rape drugs should be done within 72 hours.
- Sexual assault is emotionally and physically traumatizing. Feelings of shame, guilt, fear and shock are normal. It may be hard to talk about something as personal as being sexually assaulted, but talking with a counsellor can give you the right emotional attention, care and support to begin the healing process. You can call your local sexual assault centre, to talk with a counsellor.
(*Envision Counselling and Support Centre—www.envisioncounsellingcentre.com*)
- Sexual assault can be reported to the police at **any** time. **It is never too late.**

