

Sexual Assault Crisis Program

About Sexual Assault

What is sexual assault?

- A verbal, emotional or physical attack of a sexual nature
- Unwelcome sexual comments, harassment or threats that make you feel uncomfortable, violated or under attack
- Touching in a sexual way without your permission
- Forced kissing or fondling
- Forced oral, anal or vaginal intercourse (rape)
- **Without consent, it's sexual assault**

Who commits sexual assault?

- Only 1 of 3 assailants is a stranger to the victim
- 2 of 3 assailants are known to the victim, and may be partners, spouses, neighbours, relatives or friends
- At least 95% of assailants are men

Victims and Assailants

Who are the victims of sexual assault?

- 90% of victims are female
- 10% victims are male
- In Winnipeg, 1 in 17 women suffer forced intercourse in their lifetime. 1 in 5 women suffer another form of sexual assault
- Victims range in age from 6 months to 90 years. They come from all walks of life

Who is responsible?

- The assailant is 100% responsible for a sexual assault
- The victim is not to blame, no matter where she is, what she is doing or what she is wearing

Your Privacy

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.

Klinik Services

General Information(204) 784-4090

Dream Catchers	(204) 784-4042
Drop-In Counselling	(204) 784-4067
Family Violence Counselling (Evolve)	(204) 784-4070
Health Services Appointments	(204) 784-4090
Manitoba Farm & Rural Support Services (Brandon)	1-866-367-3276
Manitoba Trauma Information & Education Centre	(204) 784-4099
Project Choices	(204) 784-4072
Public Education & Training	(204) 784-4066
SPEAK (Suicide Prevention Education Awareness Knowledge)	(204) 784-4064
Sexual Assault Crisis Counselling Appointments	(204) 784-4049
Speakers / Education	(204) 784-4048
Teen Klinik	(204) 784-4090
Teen Talk	(204) 784-4010
Trauma Counselling	(204) 784-4059
Volunteer Information	(204) 784-4006

24-Hour Telephone Services:

Crisis Line	(204) 786-8686
Toll Free	1-888-322-3019
Manitoba Suicide Line	1-877-435-7170
Seniors Abuse Support Line	1-888-896-7183
Sexual Assault Crisis Line	(204) 786-8631
Toll Free	1-888-292-7565
TTY Deaf Access Counselling	(204) 784-4097

If you have comments or concerns please call
and leave a message at (204) 784-4018



870 Portage Avenue, Winnipeg, MB R3G 0P1
Administrative Fax: (204) 772-7998 | Medical Fax: (204) 784-4013
www.klinik.mb.ca | E-mail: klinik@klinik.mb.ca

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Response To Assault

How will I feel?

All victims suffer trauma in varying degrees. How you feel will depend on many things, such as:

- The support from your friends and family
- The reaction of people you meet after the assault
- Your own experiences before the assault

You may feel shock and disbelief:

“I feel numb all over. I was in a daze; it was like the whole thing had happened to someone else. I kept wondering did it really happen to me.”

You may feel out of control:

“I couldn’t do anything. I cried all the time. Sometimes it felt like I would never stop crying.”

You may feel fear:

“The terror was paralyzing. I was scared that he would kill me. I was too scared to fight. And I didn’t know if I could run.”

You may feel guilt and self-blame:

“I kept going over the whole thing again and again. I kept wondering what I had done to deserve this. Why didn’t I just stay at home?”

You may feel embarrassment and shame:

“What would people think of me? I felt everybody could tell what happened by looking at me.”

You may feel anger:

“I was enraged. I want to kill him.”

You may feel suicidal:

“I felt used and worthless. I might as well be dead.”

All these feelings are normal and temporary. You can heal from a sexual assault.

What To Do

Should I seek medical help?

Yes, even if you don’t seem to be physically injured.

Your medical care should include:

- An assessment of injuries both internal and external
- Tests for sexually transmitted infections
- A pregnancy test, if necessary
- You may consider emergency contraception (Plan B) to prevent pregnancy from a sexual assault

You can get medical care at your doctor’s, a hospital or a walk-in clinic.

Should I report to the police?

You’ll need to decide this. Do what feels best for you - what meets your needs - not anyone else’s.

Remember: It’s not your fault! You are not responsible for what happened. Nor are you responsible for punishing the person.

What if I do decide to report?

- Preserve any evidence you can. Do not wash, bathe, douche, change, or destroy your clothes. Do not alter the area where the assault occurred
- Call the police immediately
- You may need to go to a hospital and a specially trained medical team will examine you
- The police will ask you to give details of the assault. You may have to be available for other parts of the investigation (identifying the crime scene or assailant)

- A Klinik counsellor will stay with you during the process
- If a suspect is charged, you will need to appear as a witness in court

Seeking Help

How can the Sexual Assault Crisis Program help me?

- You can phone a sexual assault counsellor 24-hours a day at (204) 786-8631
- We have counsellors to support you through any medical and/or legal procedures
- We can help you find medical, legal and social services
- You or your family can come in for in-person counselling. Call (204) 784-4049
- We provide speakers and training about sexual assault to interested groups. Call 784-4048

Counselling

Will counselling help?

Yes. Sharing your feelings can help you re-affirm your own strength and self-worth. A skilled counsellor can help you heal the trauma caused by sexual assault.

For Immediate Crisis Intervention, call Sexual Assault Crisis Line 24-hours daily (P) (204) 786-8631 • (Toll free in Manitoba) 1-888-292-7565

For In-Person Counselling, call Sexual Assault Intake (P) (204) 784-4049

This document has been modified to plain language to benefit all readers.