

FAQs

Who are the victims of sexual assault?

- Anyone can be a victim of sexual assault.
- Victims can be any age, gender, race, etc., and come from diverse backgrounds.
- Women are 11 times more likely than men to be sexually assaulted.
- 1 in 3 women and 1 in 10 men will be sexually assaulted.
- Women with disabilities, Indigenous women, transgender women, women of colour, and survival sex trade workers are victimized at significantly higher rates.

Who commits sexual assault?

- 3 of 4 assailants are known to the survivor, and may be partners, spouses, neighbours, relatives, friends, employers, co-workers, or service providers.
- At least 98% of assailants are men.
- It is not possible to tell by looking at someone whether they are capable of committing sexual assault.

Who is responsible?

- The assailant is 100% responsible for a sexual assault.
- The survivor is not to blame, no matter where you are, what you are doing or what you are wearing.

A note on language

We have chosen to use both "survivor" and "victim" in this pamphlet. Some people who have experienced sexual assault use neither of these terms. The choice is yours: we will do our best to honour your choice.

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 & Northern 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 Postvention Education Awareness Knowledge).....	(204) 784-4064
Sexual Assault Crisis Counselling Appointments.....	(204) 784-4049
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
Human Trafficking Hotline.....	1-844-333-2211
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

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Klinik
Community
Health Program

When someone
you know has been
Sexually Assaulted

Just Care. *For Everyone.*

About Sexual Assault

Your understanding of sexual assault and its effects will impact how you support a survivor.

What is sexual assault?

- Any non-consensual sexual contact.
- Touching in a sexual way without your permission.
- Forced kissing or fondling.
- Forced oral, vaginal or anal penetration (rape).
- Unwelcome sexual comments, harassment or threats that make you feel uncomfortable, violated or under attack.
- Sexual assault is a crime regardless of the degree of force, threat of bodily harm or use of a weapon.

What is consent?

- Ongoing, voluntary agreement to engage in sexual activities.
- Consent is NOT present if you are sleeping, intoxicated, coerced, coaxed, pressured, intimidated, or threatened.
- The age of consent in Canada is 16.
- Consent is NOT present where someone is in a position of power over you. Eg., a teacher, coach, family member, employer, landlord, pimp, religious or spiritual leader.

What is Rape Culture?

Rape Culture refers to the ways society excuses, tolerates, and normalizes sexual assault. It is situations where sexual assault is ignored, trivialized, or made into a joke. It hurts all of us.

(Ridgeway, 2014)

Some examples of rape culture are:

- jokes or chants about sexual assault
- blaming the victim for being sexually assaulted
- images or messages that depict violence as sexy

Rape Culture fails survivors, blaming and shaming victims for being victimized. It silences survivors and makes it unsafe to tell someone and get the support they need.

Responses of Survivors

- Sexual assault violates a survivor's sense of self and the world around them. It is **always** traumatic and can interfere with their emotional, mental and physical health. Sexual assault can impact the way someone feels, thinks, and acts. These responses are referred to as sexual assault trauma.
- Everyone responds differently. Responses to sexual assault may change over time. Some things that impact sexual assault trauma are:
 - responses from family, friends and service providers
 - previous coping skills
 - relationship to the offender
 - previous life experiences
 - age at the time of assault
 - shame due to gender stereotypes and societal myths about sexual assault
 - our experience related to gender identity
 - our experiences of oppression (racism, ageism, sexism, ableism, homophobia, transphobia, biphobia, heterosexism, classism, etc.)

Some common reactions include:

- Shock, denial, self-blame (internalized victim blaming), flashbacks, fear, nightmares, embarrassment, shame, anger, anxiety, mood swings, self-harm, thoughts of suicide, difficulty trusting others, changes in eating and sleeping.
- Everyone copes in different ways. All coping strategies represent the survivor's best efforts to deal with a very traumatic event.

What Can I Do To Help?

- **Listen.** Allow them to express their feelings and do your best not to judge.
- **Believe** them. Don't deny, doubt or minimize their experience.
- **Validate** their responses to the sexual assault.
- **Reinforce** that the sexual assault was not their fault. Offenders are always responsible for the sexual assault and blame needs to be placed with them.
- **Respect**, encourage and support. Acknowledge their strength by supporting the decisions they make to look after themselves. This includes decisions about seeking medical attention, counselling, and reporting to police.
- **Share** your feelings. It's OK to feel angry, sad, hopeless or hurt and it may be helpful for them to know that you feel this way. However remember that their feelings are the most important. If you focus on your feelings, they may begin to think that they need to take care of you, instead of their own needs. The survivor should not be your support or caregiver.
- **Recognize** your own limits and abilities to deal with the effects of the sexual assault and encourage the survivor to find additional support.

Caring For Yourself

You may feel deeply affected by the sexual assault, notice sexual assault trauma symptoms in yourself, and/or be unsure how to best support the survivor. You may be struggling with how sexual assault has impacted your relationship. Using your own coping skills and seeking support is important.

Klinic offers short-term counselling to anyone impacted by sexual assault.

To access counselling at Klinic call 204-784-4049.