

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 Information.....	(204) 784-4067
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
Teen Klinik.....	(204) 784-4090
Teen Talk.....	(204) 784-4010
Trauma Counselling.....	(204) 784-4059
Volunteer Information.....	(204) 784-4006

24-Hour Telephone Counselling Services

Crisis Line.....	(204) 786-8686
Toll Free.....	1-888-322-3019
Human Trafficking Hotline.....	1-844-333-2211
Manitoba Suicide Prevention & Support 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

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

klinik.mb.ca



November 2018

870 Portage Avenue,
Winnipeg Manitoba R3G 0P1
phone: (204) 784-4090
admin. fax: (204) 772-7998
e-mail: klinik@klinik.mb.ca
twitter: @KlinikCHC



Klinik
Community
Health Program

Sexual Assault Crisis Program

Just Care. For Everyone.

About Sexual Assault

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.
- Without consent, it's sexual assault.

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.

How do people respond to sexual assault?

All survivors 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.

Some common reactions include:

Shock, denial, self-blame, flashbacks, fear, nightmares, embarrassment, shame, anger, anxiety, mood swings, self-harm, suicidal thoughts, changes in eating and sleeping.

Your reactions to sexual assault may change over time.

Seeking Help

You deserve support at every step of the way. Klinik is part of a Sexual Assault Response Team in Winnipeg. SART is a coordinated group of skilled individuals trained to attend to your emotional, medical and legal needs.

Counselling

- We provide short-term (up to 12 sessions) crisis counselling at no cost.
- We see survivors of any gender, ages 12 and up
- We also see 'secondary survivors' – partners, family members, and friends – anyone impacted by the sexual assault of someone they care about.
- Sharing your feelings with a counsellor can help you re-affirm your own strength and self-worth.

You may also benefit from: traditional, cultural or spiritual practices, mindfulness, or exercise, or the following online resources:

- <https://calminthestormapp.com>,
- <http://trauma-informed.ca>.

Medical

Even if you don't seem to be physically injured, medical care can address concerns around:

- Internal and external injuries.
- Sexually transmitted infections (STIs).
- Pregnancy and emergency contraception (Plan B).

Depending on your age and where you live, a Sexual Assault Nurse Examiner (SANE) or another practitioner can provide medical care and/or collect evidence for a police investigation for 3 to 5 days following a sexual assault.

You can get medical care at your doctor's, a hospital, walk-in, or STI clinic *anytime following a sexual assault*.

Klinik counsellors can support you through any medical and legal procedures.

Should you report to the police?

The choice is yours unless police are made aware that a past or current intimate partner (dating, in a relationship, married, etc) sexually assaulted you.

Child and Family Services needs to be notified if someone under the age of 18 has been sexually assaulted. CFS may notify the police in some cases.

Do what feels best for you - what meets your needs - not anyone else's.

What if you do decide to report?

- Try to preserve any evidence you can. Try not to wash, bathe, douche, change, or destroy your clothes. Try not to alter the area where the assault occurred.
- Even if you have done any of the above, it may still be possible for physical evidence to be collected.
- Call the police. They will ask you to give details of the assault.
- In some cases, specially trained detectives (such as the Sex Crimes Unit) may become involved.

You can report a sexual assault at any time, with or without evidence.

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

For In-Person Counselling, call (204) 784-4059

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