

## FAQs

### What could I have done to prevent this?

- Nothing - The assailant took the survivor's ability to choose away and this means that the assailant is 100% responsible.
- Those impacted by the sexual assault are never to blame.
- It is impossible to tell by looking at someone whether they are capable of using sexual violence toward another person.

### Where can a survivor go for help?

- Survivors can seek medical attention or report to police following an assault.
- Survivors have options for where they would like to get support. You can call the Sexual Assault Crisis Line to get help with navigating these resources.

For more information on our programs, please visit our website: [www.klinic.mb.ca](http://www.klinic.mb.ca)

### A note on language

Those impacted by sexual assault may choose to use the terms "survivor" or "victim." Some people who have been sexually assaulted may choose not to use either of these terms. The choice is yours: we will do our best to honour your choice.

### Your Privacy

Klinic 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 Klinic to access their personal health information.

## Klinic Services

General Information.....	(204) 784-4090
Domestic Abuse (Evolve) Counselling.....	(204) 784-4059
Dream Catchers.....	(431) 478-0280
Drop-In Counselling Information.....	(204) 784-4067
Health Services Appointments.....	(204) 784-4090
Manitoba Trauma Information & Education Centre .....	(204) 784-4099
Project Choices.....	(204) 784-4072
Public Education & Training.....	(204) 784-4066
Teen Klinic.....	(204) 784-4090
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
Manitoba Farm, Rural & Northern Support Services .....	1-866-367-3276
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

[klinic.mb.ca](http://klinic.mb.ca)



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Klinic  
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.
- Sexual harassment, or threats to others that make you feel uncomfortable, violated, or under attack.

### What is consent?

- Consent is an ongoing, voluntary agreement to engage in sexual activities.
- Consent is NOT present if you are sleeping, intoxicated, or threatened.
- Consent is NOT present where someone is in a position of power over you. For example, a teacher, employer, spiritual leader, etc.
- The age of consent in Canada is 16.

## How Can I Help?

- **Believe** the survivor.
- **Listen** to their feelings without judgment.
- **Validate** their responses to the sexual assault.
- **Reinforce** that the sexual assault was not their fault.
- **Acknowledge** their strengths by supporting the decisions they make to care for themselves.

## Responses of Survivors

Sexual assault violates a survivor's sense of self and the world around them. It can be traumatic and can interfere with their emotional, mental, and physical health. Everyone responds differently and these responses may change over time. Some things to consider are:

- Responses from family, friends, and service providers.
- Relationship to the person who sexually assaulted them.
- Previous life experiences.
- Our experiences of oppression (racism, ageism, ableism, heterosexism, etc.).

Everyone copes in different ways. All coping strategies represent the survivor's best efforts to deal with a very traumatic event.

## Caring For Yourself

You may feel deeply affected by the sexual assault. You may also notice changes in your relationship with the person who was harmed. Recognize your own limits and abilities and encourage the survivor to find additional support.

Acknowledging your own feelings while sharing them with the survivor may be helpful. However, remember that their feelings are the most important. Focusing on your feelings, may cause the survivor to think that they need to take care of you instead of focusing on their own needs.

It is important that you care for yourself so that you can support and care for the survivor.

## Seeking Help at Klinik

### Crisis Support

The 24-Hour Sexual Assault Crisis Line connects you to a trained crisis counsellor and advocate who has experience supporting those impacted by sexual violence. Klinik staff and volunteer advocates are compassionate, trauma-informed individuals that can help you navigate these impacts as well as resources.

Examples of why you might call the crisis line include:

- Experiencing feelings of anger, guilt, etc.
- Wanting to know how you can compassionately respond to a disclosure of sexual assault.
- Wanting more information about how to access services.

For immediate support call the Sexual Assault Crisis Line 24-hours daily: **(204) 786-8631** / Toll free: **1-888-292-7565**.

### Counselling

Sexual Assault Counselling at Klinik is free and client centred. To get connected with our intake worker, contact us at **(204) 784-4059**.

- The number of counselling sessions is determined in conversation with your counsellor.
- We see those of any gender ages 16 and older.
- We see "secondary survivors:" partners, family members, and friends - anyone impacted by the sexual assault of someone they care about.