

Sexual violence is any unwanted sexual touching (e.g., forced kissing, someone tricking you into touching them, unwanted touching of private parts). It happens to women and girls most often, usually by men they know and trust. It can happen in same-sex relationships too. A person who has been assaulted might feel:

- Fear, anxiety: feeling unsafe, nervous, jittery
- Shock: being numb, out of it
- Helplessness, depression: feeling powerless, deep sadness, unable to make choices, disliking herself
- Anger: mad, wanting revenge
- Shame: feeling bad about herself, embarrassed, afraid no one will believe her
- Guilty: feeling like it's her fault
- Flashbacks: reliving what happened in her head
- Isolated: feeling alone, like no one will understand her

It's okay to feel these things. They're common and normal.

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Some Options for Recent Assault

- You can contact a Sexual Assault Centre and/or crisis phone line
- You can go to a Sexual Assault/ Domestic Violence Treatment Centre (e.g. for medical help, evidence collection)
- You can go to the police if you want to file a police report
- Note: if you want physical evidence collected, don't change clothes, douche, or bathe

Some Options for Past Assault

- You can contact a Sexual Assault Centre and/or crisis phone line for support
- You can go to a Sexual Assault/ Domestic Violence Treatment Centre or a doctor you trust for medical attention

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Going to the Police

Sexual assault is a crime and you may choose to report it to the police. Your local Sexual Assault Centre can give you support if you choose to go to the police. Once you go, the police may arrange for a person from Victim Services to support you. The police will ask you for details of the assault.

The police will write a report and a Crown Attorney will decide if the case will go to court. Sometimes, cases don't go to court because there isn't enough legal evidence. It can make you feel frustrated, upset, and not believed.

Going to Court

The Victim/Witness Assistance Program can help people who have been assaulted and/or who saw an assault and need help understanding the legal system if they go to court.

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Sexual Assault/Domestic Violence Treatment Centres

Centres may offer services such as:

- Medical treatment for injuries
- Collection of evidence (must be within 72 hours of the assault)
- Storage of evidence to give you some time to make decisions
- Help making a "safety plan" (things you can do to feel safer)
- Help making a report to the police
- Information about services
- Other follow up services (e.g. testing for sexually transmitted infections, counselling)

Resources

Emergency: 911 or local police

The Assaulted Women's Helpline:

1-866-863-0511

1-866-863-7868 (TTY)

(anonymous, confidential, and services provided in up to 154 languages)

Sexual Assault Centres: ocrcc.ca

Sexual Assault/Domestic Violence
Treatment Centres: satontario.com



Metropolitan Action Committee on
Violence Against Women and Children

158 Spadina Road, Toronto, ON, M5R 2T8

1-877-558-5570 | 416-392-3031 (TTY)

info@metrac.org

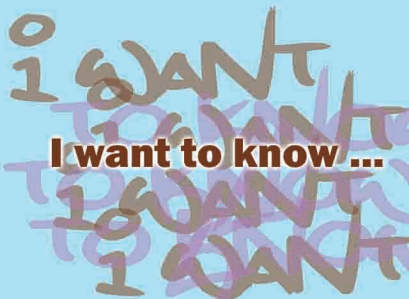
More info and statistics:

www.metrac.org | www.owjn.org



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about dealing with sexual violence