



# Guide to Sexual Assault

## What's inside

What is sexual assault?  
How you might be feeling  
Medical care after an assault  
Reporting assault  
How to help a friend  
Resources

This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)



# What is sexual assault?

## Sexual assault is:

The intentional sexual touching of another person with any object or body part without consent or by force. Examples include:

- Touching in a sexual way without permission
- Forced kissing or fondling
- Forced oral, vaginal, or anal intercourse (also known as rape)

75% of sexual assaults are perpetrated by a known person to the survivor.

The person who assaulted you may be a family member, a friend, a co-worker, an employer, a service provider, a partner, spouse, or an acquaintance.

25% of sexual assaults are by strangers to the survivor.

You can still be assaulted if you are in a relationship with the person or if you are married to them.

## What is consent?

Consent is a voluntary agreement between two people before participating in any physical contact or sexual activity. Consent can be withdrawn at any time by any person.

### **Consent is NOT obtained when a person:**

- Is forced or coerced
- Is threatened
- Is manipulated by authority
- Is intoxicated or drunk
- Is sleeping or unconscious
- Is silent
- Is fighting back
- Says "no"



## Who is responsible?

The perpetrator of the assault is always 100% responsible. No matter what you were doing, wearing, or drinking, sexual assault is never your fault.

# How you might be feeling

After a sexual assault, you may experience any of the following:

- Shock, shame, self-blame or denial
- Feeling sad, angry, or embarrassed
- Blaming yourself
- Changes in eating and sleeping patterns
- Changes in relationships
- Difficulty focusing, confusion, and forgetfulness
- Fear, flashbacks, nightmares
- Feeling physically sick (headaches, fatigue, abdominal pain) or depressed.
- Anxiety, mood swings, self-harm, thoughts of suicide
- Dissociation

These are normal things to feel, as what you went through was likely very traumatic. Remember that everyone responds differently, so there is no 'right' or 'wrong' way to feel. Whatever the survivor feels is valid.



# Medical care after a sexual assault

## How to get support:

- Go to a safe place
- If possible, share with a safe person
- Receive medical attention
- Access supports

## How do I know where to receive medical attention?

If you have been (or suspect you may have been) sexually assaulted, seek medical attention. If it has been more than 10 days since the assault, visit your primary care provider (your family doctor) or visit another clinic. If it has been less than 10 days, go to the Sexual Assault Nurse Examiner at Health Sciences Centre.

Sexual Assault Nurse Examiner (SANE) in the Health Sciences Center (HSC) Emergency Department: This service is available 24/7 on a walk-in basis.

To access the sexual assault program, visit the HSC Emergency Department (Children's if you are under 18, or Adult's) and let the triage nurse know why you are visiting. The sexual assault nurse will be called, and should arrive at the hospital within one hour. It is recommended you bring someone to wait with you, so that you aren't alone during this time.

All sexual assault nurses are female, and can treat men, women, non-binary folks and children. The nurse will give you options and choices regarding medical care and police reporting. The nurse will give you medications to prevent infections and pregnancy, and connect you with counseling services.



# Reporting a sexual assault

## What is the difference between a disclosure and a report?

A disclosure is different than a report. A **disclosure** is when you share your story with anyone that you feel comfortable with. This can include friends, family, co-workers, a trusted instructor, counsellor, chaplain, doctor, and many others.

A **report** refers to an official incident report and more formal process. Reports are made to law enforcement or to select University offices, including the Office of Human Rights and Conflict Management and Security Services.

## Reporting to the police

Reporting to the police is your choice. When people report to the police, it is usually to press criminal charges or to obtain a protection order.

You can either contact the police directly (WPS - 204-986-6222, or call the local RCMP if the assault occurred outside the city) or through a Sexual Assault Nurse Examiner.

The police will take your statement and conduct an investigation to see if there is enough evidence to lay charges. If you change your mind at any point, you can ask for the investigation to be stopped - you do not have to finish going through with it.

It is never too late to go to the police.

## Reporting to the University

Reporting to the university is different than reporting to the police. The university does not do criminal investigations, so no charges will be made. People report to the University so that they are aware of the allegations, and will investigate to determine if there has been a breach in policy. The Sexual Violence Resource Centre can support you in this process.

To report to the university, you can contact:

Security Services (204-474-9312)

The Department of Human Resources and Conflict Management

204-474-6348 - confidential voicemail

Human.Rights@umanitoba.ca



For more information, visit <https://umanitoba.ca/sexual-violence>

# How to help a friend

## Believe the person

**This is the most important thing you can do.** One of the biggest reasons a person doesn't come forward is because they feel they will not be believed or blamed for what happened to them.

## Respect their confidentiality

A person who discloses will be very concerned about what you will do with the information that is shared.

If it is necessary to share information with certain officials, such as counselors, medical staff or security personnel to ensure safety and support, it is important that they understand how and when you will share the information. Only disclose the minimum amount of information necessary to address the risk and shared only on a "need to know" basis. Preferably, without using identifying information.

## Listen and ask what they need

Do more listening than talking. Listening effectively, without judgment, is the best way to seek to understand what has happened, and to help the person in the way that they need. It is the person's experience and decisions to make. Avoid advice giving and ask them what they need and what's best for them.

## Connect them with resources

Offer supports that they have expressed they want to access and assist them in contacting those resources or be with them when they do it.

It is a good idea to always offer the [Klinik Sexual Assault Crisis Line](#) phone number to someone, as it is a 24/7 supportive service (1-204-786-8631).

## Take care of yourself

Just because the assault didn't happen to you doesn't mean you aren't affected by it. Helping someone through something traumatic can take an emotional toll on you as well. Make sure you are taking time to rest and take care of yourself, and consider accessing counseling if you need it.



# UM Resources

## Sexual Assault

### Sexual Violence Resource Centre

The SVRC provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence

537 UMSU University Centre

svrc@umanitoba.ca

204-474-6562

<http://umanitoba.ca/student-supports/sexual-violence-support-and-education>

### Student Counselling Centre (SCC)

The SCC provides both crisis support and trauma counseling to students and is free and confidential.

474 UMSU University Centre

204-474-8592

<https://umanitoba.ca/student-supports/counselling-resources-students>

### Student Support Case Management

Provides free resource information, practical supports and safety planning in a confidential manner. Assistance with academic needs such as authorized withdrawals, deferred assignments/exams.

520 UMSU University Centre

stadv@umanitoba.ca

204-474-7423

<http://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>

### Student Advocacy

Confidential support to help you understand your rights as a student including assistance with making academic requests (e.g., deferrals or withdrawals), filing a complaint, or accessing resources.

520 UMSU University Centre

204-474-7423

stadv@umanitoba.ca

<http://umanitoba.ca/student-supports/academic-supports/student-advocacy>

### Security Services

Provides ongoing safety planning on campus (e.g., SafeWalk) as well as acts as a liaison with both internal and external agencies (WPS).

To request a SafeWalk, call 204-474-9312

<https://umanitoba.ca/security/>

### Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

# Off Campus Resources

## Sexual Assault

### Klinik Community Health

167 Sherbrook Street  
General line: (204) 784-4090  
Manitoba Suicide Prevention  
& Support Line: 1-877-435-7170  
Crisis Line: (204) 786-8686  
Sexual Assault Crisis Line: (204) 786-8631  
Human Trafficking Hotline: 1-844-333-2211  
klinik@klinik.mb.ca  
<https://klinik.mb.ca/>

### New Directions' FASA Program

The Families Affected by Sexual Assault (FASA) program is a support for families with children under 18 years old who have been impacted by sexual violence.  
<https://newdirections.mb.ca/families-affected-by-sexual-assault/>

### Government of Manitoba

Provincial resources for people impacted by sexual violence.  
<https://www.gov.mb.ca/youarenotalone/findinghelp.html>

### Survivor's Hope Crisis Centre (SHCC)

SHCC is a sexual violence resource centre, serving those of all genders in the Interlake Eastern Region of Manitoba.  
24 Aberdeen Ave, Box 925  
Pinawa, MB  
204-753-5353  
<https://survivors-hope.ca/>

### Ka Ni Kanichihk's Heart Medicine Lodge

Culturally-based support and advocacy for Indigenous women-identifying individuals over the age of 18 who have experienced sexual assault and sexual violence. Services include 12-week group healing program, support with medical and legal issues related to sexual violence, traditional ceremonies, sharing circles, Elder support, and linkages to other community resources.  
455 McDermot Ave.  
(204) 953-5820  
admin@kanikanichihk.ca  
<https://www.kanikanichihk.ca/heart-medicine-lodge/>

### Willow Place

Willow Place provides inclusive, no-cost family violence prevention services 24/7.  
General Line: 1-877-977-0007  
Text: 204-792-5302  
<https://www.willowplaceshelter.ca>

### Heartwood Healing Centre

Trauma-focused, relationship-based, strength-based and person-led. Heartwood Healing Centre assists in the healing journey of people who have experienced childhood sexual abuse.  
General Line: 204-783-5460  
Email: info@heartwoodcentre.ca  
<https://heartwoodcentre.ca/>