

ABOUT SEXUAL ASSAULT

Sexual assault is when someone touches you in a sexual way, on purpose, without your consent.

It can include any type of sexual contact that you didn't agree to

It is considered a crime in Canada.

Sexual assault can happen to anyone and is NEVER the victim's fault.

The person who assaulted you may have been a stranger or someone you know.

You may have fought back or felt unable to move.

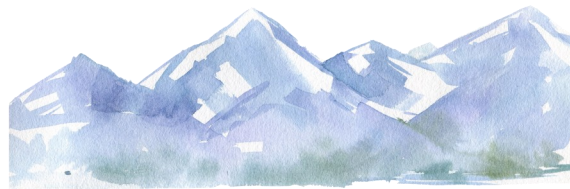
There are many feelings that you can have afterwards. They are all NORMAL and our team can help you.



SEXUAL ASSAULT SURVEY

The link below leads to an [anonymous survey](https://www.surveymonkey.com/r/YDZTNQV). If you have experienced sexual assault in Northern BC please consider participating. You have important knowledge and insights and your voice can help improve responses and systems for victims in our region.

<https://www.surveymonkey.com/r/YDZTNQV>



Contact Us:

PO Box 3836
3772—1st Avenue
Smithers, BC V0J 2N0

24 hour line: 250-876-8686
Office: 250-847-9000
Fax: 250-847-8911

Email: sas@domesticpeace.ca
Website: www.domesticpeace.ca/esas

EMERGENCY SEXUAL ASSAULT SERVICES

24 HOUR SUPPORT
FOR VICTIMS OF SEXUAL ASSAULT

24 HOUR/CRISIS LINE 250-876-8686
OFFICE (M-F) 250-847-9000
EMAIL: sas@domesticpeace.ca

How Can the Emergency Sexual Assault Services Team Help Me?

24-hour call outs for immediate support after an assault

Can accompany you to the hospital, doctor, RCMP etc.

Can provide ongoing emotional support/ crisis counselling

Can help you explore reporting options

Can connect you to other support resources



Community Sexual Assault Collaboration

In addition to working one-on-one with survivors, ESAS collaborates with community services and systems to improve responses for victims of sexual assault. This includes ongoing conversations with health care, police services, courts etc. to ensure victims have the most trauma-informed experience possible after an assault. We also welcome all feedback and insights from survivors on their experiences with these assault support systems.

What Are My Reporting Options?

Our team can help you make reporting choices that are best for you—including supporting you if you choose not to make a report at all.

Disclosing a sexual assault is simply telling someone you trust about what happened (a friend, elder, counselor, health worker etc).

Reporting a sexual assault is making an official report to authorities (police, victim services etc.) Reports will involve statements and paperwork and may result in charges against the person who assaulted you.

Reporting Options Can Include:

- **Physical Evidence Collection ***
- **A Report to RCMP or Police**
- **A Third Party Report** (an anonymous report to police through victim services)
- **A Civil Claim**

* **Reminder!** You may want to have a forensic medical exam. If you want to take time to think about this option it's important not to bathe or wash until you have decided.

CONSENT IS:

- Freely Given
- Informed
- Enthusiastic
- Sober
- Specific

CONSENT IS NOT:

- Pressure
- Confusion
- Intoxication
- Fear
- Power/Control



Self Care Checklist

- ☐ Find a space where you feel safe
- ☐ Sleep and rest if you can
- ☐ Try to eat and stay hydrated
- ☐ Avoid excessive substance use
- ☐ Walk or exercise if comfortable
- ☐ Consider getting a medical exam *
- ☐ Be kind to yourself
- ☐ Remember, it's not your fault
- ☐ Give yourself time
- ☐ Consider telling someone that you trust or reach out to ESART