

What is Sexual Violence?

Sexual violence is any sexual act forced upon someone **without their ongoing and affirmative consent**, either through manipulation and/or coercion. Anyone can experience sexual violence regardless of gender, age, sexual orientation, and/or ability. Consent can be revoked at any time; if that is not respected, it is sexual violence. Forms of sexual violence can involve:

- Sexual assault.
- Rape.
- Unwanted sexual contact.
- Sexual harassment.
- Sexual exploitation.
- Showing one's genitals to other(s) without consent.
- Masturbating in public.
- Watching someone in a private act without their knowledge or permission.
- Taking a condom or contraceptive barrier off during intercourse without the other person's knowledge.
- Cyber harassment.

And it is never the survivor's fault.

What is Sexual Assault?

Sexual assault is defined as a non-consensual sexual contact/activity forced upon someone. This includes unwanted sexual touching, kissing, groping and/or forced intercourse. It is never the survivor's fault.

How do I know I have been sexually assaulted? What do I do?

If you have ever felt that someone has touched you in a way/area that you didn't want them to or forced/manipulated you to do something you did not want to do, it is possible you were assaulted.

If you think you have been assaulted, you can call the Sexual Assault Crisis line at (1-800-726-2743) or any of the help centers listed at the end of this brochure.

Was it my fault?

No. **It is not your fault.** It is never the survivor's fault.

You might feel ashamed---or other people might make you feel guilty--but know that you are **not** to blame for the abuser's action. **No one has the right to breach your consent**, no matter what you wear, where you go or who you are. Consent needs to be ongoing, informed, and affirmative.

What if I just realized I was assaulted weeks/months/years ago?

Not realizing you were assaulted until after it happened does not invalidate your experience. People experience trauma differently and face it at different paces, but it does not make it any less real. Every experience is different, and the healing process has no time limit.

Is it possible to be assaulted while in a relationship?

Yes, consent is crucial in any activity, whether during a one-night stand or a long-term relationship. Being in a relationship with another person does not give them the right to bypass your consent.

How to provide support to a survivor

- Listen and **validate** their experience. Assure them that they are not alone.
- Ask how you can help. **Do not assume to know what they need** and/or want.
- **Never push them** to relive their trauma (like forcing them to report it, for example).
- Do not report the crime for them unless they ask it of you. **Respect their autonomy.**
- And most importantly, **Believe them.**

Facts About Consent

- Consent is a **"yes,"** not the absence of a no
- It can be **revoked** at any time
- It is not manipulated or coerced
- **Cannot be obtained if one person is in a position of power** over the other
- Cannot be given if you are unconscious or impaired by alcohol or drugs
- It is **unconditional and autonomous**

End Sexual Violence NL

ESV-NL is a "non-profit, community-based, charitable organization that exists to support individuals of all genders who have been impacted by sexual violence. We operate from a feminist, pro-choice, trauma-informed, person-centred perspective where individuals with lived experience are honoured for their unique strengths, needs, skills, and abilities." They offer services such as a 24-hour support and **information call line, accompaniments to the hospital, in-person support, legal aid, support for sex workers, a volunteer program and more.**

Address: 15 Hallett Cres Suite 101, St. John's, NL, A1B 4C4

Office Phone: 709-747-7757

Support and information line: 1-800-726-2743

Sexual Assault Nurse Examiner (SANE)

The SANE program provides healthcare services to individuals (16 and older) who have been sexually assaulted. A Sexual Assault Nurse Examiner (SANE) is a registered nurse with advanced training and education in medical and forensic assessment of a person who has been sexually assaulted. They are committed to providing their patients compassionate, sensitive, patient-centred, quality care. **They also assist the patient in making informed decisions about their care and how to move forward after being sexually assaulted.**

Address: St. Clare's Mercy Hospital: 154 LeMarchant Rd., St. John's, NL A1C 5B8

SANE Coordinator Office: (709) 777-5865

St. Clare's Emergency Room (24hr) SANE on call: (709)-777-5502

The Journey Project

The Journey Project offers legal support and navigation to individuals who have experienced sexual violence. As an ongoing partnership between the Public Legal Information Association of NL (PLIAN) and the Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre (NLSACPC), it aims to enhance support and responses for survivors of sexual violence in Newfoundland and Labrador within the legal system. To access these services, you can contact via:

Toll-free line: 1-833-722-2805

Email: support@journeyprojectnl.com

Planned Parenthood

**Sexual Health Questions?
We Have Answers!**

Location:

47 St Clare Avenue, St. John's, NL

Hours of Operation:

Monday: 9:00 am - 4:30 pm

Tuesday: 12:00 pm - 7:30 pm

Wednesday: 9:00 am - 4:30 pm

Thursday: 9:00 am - 4:30 pm

Friday: 9 am - 4:30 pm

Saturday: 12:00 pm - 5:00 pm

Contact Information:

Phone: 579-1009

Toll-free: 1-877-NO MYTHS

(1-877-666-9847)

Email: pp.nlshc@gmail.com

Website:

www.plannedparenthoodnlshc.com/

Social Media:

Facebook: Planned Parenthood – NLSHC

Instagram: @plannedparenthoodnlshc

TikTok: @plannedparenthoodnl

Please check our Facebook page for additional information regarding resources, events, or clinic closures.

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Sexual Violence Support

