

## What is Sexual Abuse/Assault?

- Sexual violence, also called sexual abuse or sexual assault, is the **forced participation in any type of sexual activity.**
- It can range from unwanted kissing or touching to forced sexual intercourse.
- **Sometimes, alcohol or drugs are used to make the victim more vulnerable.**
- Sexual abuse/assault **can happen to anyone**, regardless of gender, age, race, religion, sexual orientation, education level, or financial status.
- Sexual assault is often **committed by someone the survivor knows:** a partner, a friend, or other acquaintance. It can also be committed by strangers.

## The Effects of Sexual Abuse/Assault

Sexual abuse/assault **affects everyone differently.** Survivors may struggle with feelings of failure or helplessness, and withdraw from friends or loved ones. Physical symptoms are also common.

It is not uncommon to want to forget what happened and try to move on, but research shows that the sooner you can speak about your experience in a supportive environment (with family, friends, and/or a professional counsellor), the faster and more complete your healing process will be.

**Source:** Saskatoon Sexual Assault & Information Centre  
[www.saskatoonsexualassaultcentre.com](http://www.saskatoonsexualassaultcentre.com)



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

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**Weyburn Office**  
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**Carlyle Office**  
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**Oxbow Office:** 306-483-5555

[info@envisioncounsellingcentre.com](mailto:info@envisioncounsellingcentre.com)

**We do not subscribe to call display. Collect calls accepted.**

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in



[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

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Serving Southeast Saskatchewan since 1994

**I've Been  
Sexually Assaulted**

...

**What do I do Now?**



*Exploring your options and  
supporting your decisions*

## Should I Receive Medical Care?

After a sexual assault, it is **strongly encouraged** that you receive medical attention.

If you have been sexually assaulted in the last 3 days, you also have the option of a forensic medical examination (rape kit) to gather evidence that may be used in a police investigation. **A forensic exam is not required in order to get medical treatment, and can only be performed by trained examiners in certain hospitals. Inquire at your local health facility.**

If you **choose** to get a forensic exam, **the police will be called** to take your statement and collect evidence. This can be done at the same time as your medical examination.

If you are **considering reporting to the police**, it is helpful **not** to shower, bathe, brush your teeth, drink anything, change/destroy clothes, or straighten up the location where the sexual assault occurred; these actions make it more difficult for the police to collect evidence.

**If you do not want a forensic exam or police involvement, please consider** visiting the hospital emergency room, community clinic, or your family doctor for **treatment of sexually transmitted infections (STI's) and/or possible pregnancy.**

**If you have urgent injuries** (cuts, sprains, pain, bleeding, possible concussion, etc.) please visit the hospital emergency room.

When you are ready Envision Counselling and Support Centre is here to help.

## Should I report this to the police?

- It is entirely your decision to report sexual assault to the police.
- It is **not uncommon** to have mixed feelings or anxiety, uncertainty or fear about making a **police report**. Envision can provide you with the information about your options for reporting, or accompany you to the police station.
- **If you do not want to make a report now, but you might in the future, it is helpful to write down everything that you can remember** about what happened to you. There is **no statute of limitations** on reporting sexual assault. **You can report to the police at anytime.**
- If you have any questions or need someone to explain the procedure when reporting to police, **please call** one of our offices, or Victim Services in your area.

## Resources

Emergency	911
St. Joseph's Hospital (Estevan)	1-306-637-2400
Weyburn General Hospital	1-306-842-8400
Galloway Health Centre (Oxbow)	1-306-483-2956
Carlyle Medical Clinic	1-306-453-6795
Arcola Health Centre	1-306-455-2771
Victim Services Estevan	1-306-634-8040
Victim Services Weyburn	1-306-842-4797
Estevan City Police	1-306-634-4767
Weyburn City Police	1-306-848-3250
RCMP Province Wide	1-306-310-7267

Envision Counselling and Support Centre offers support to Survivors of Childhood Abuse, Survivors of Sexual Assault, Survivors of Stalking/Harassment, Abusive Relationships and their parents, partners and loved ones.

## Information Services

Call or visit any of the Envision offices to speak to a counsellor or to get more information on any questions you may have.

## Therapeutic Counselling and Support

We provide free and confidential counselling without a referral to individuals in Southeast Saskatchewan. We can help with counselling for adults, teens, children, couples, and families.

## Groups, Workshops, and Education

We offer educational presentations to agencies, organizations, groups, schools, or businesses. Participants may sign up for workshops and support groups that will improve self-worth by relating to others with similar experiences.

