

## 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, romantic orientation, education level, or financial status.
- Sexual assault is usually committed by someone the survivor knows— a partner, friend, or other acquaintance.

## The Effects of Sexual Abuse/Assault

Sexual violence 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.

**When you are ready, help is available through the Saskatoon Sexual Assault & Information Centre.**

## Contact Information

### Visit us in person:

506 25<sup>th</sup> Street East, Suite 201  
Saskatoon, SK S7K 4A7

The SSAIC office is located on the 2nd floor of the Saskatoon Community Service Village (Attached to the YWCA)

### Monday – Friday

9am to 5pm

(Closed for lunch from 12pm to 1pm)

### Call our office:

(306) 244-2294

### Send us an email:

[ssaic@sasktel.net](mailto:ssaic@sasktel.net)

### Visit us on the web:

[ssaic.ca](http://ssaic.ca)

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# SSAIC

Saskatoon Sexual Assault  
& Information Centre



## I've Just Been Sexually Assaulted... What Do I Do Now?

24-Hour Crisis Line: (306) 244-2224

[ssaic.ca](http://ssaic.ca)

## 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, but can only be performed at City Hospital or Royal University Hospital.**

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, douche, brush your teeth, drink anything, change or destroy clothes, or straighten up the location of 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 (STIs)** and/or **possible pregnancy**.

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

## Should I Report This to the Police?

- **It's entirely your decision to report\* sexual assault to the police.**
- It is **not uncommon to have mixed feelings, anxiety, uncertainty, or fear about making a police report.** SSAIC can provide you with 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 any time.**

\* Exceptions: If a child is in need of protection, you have a duty to report to the Ministry of Social Services.

## Resources

**24-Hour Crisis Line (306) 244-2224**

**Sexual Assault Centre (306) 244-2294**

City Hospital Emergency (306) 655-8230  
(9am-7pm)

Royal University Hospital (306) 655-1362  
(7pm-9am)

Saskatoon Police Service (306) 975-8300

SSAIC offers the following support to survivors of sexual assault, past or present, and their parents, partners, & loved ones:

### 24-Hour Crisis Line

We provide **information, referrals, and support** to anyone dealing with issues related to sexual violence.

### Individual & Group Counselling

We offer **crisis and short-term counselling to female and male survivors** of *past or recent* sexual abuse/assault, and to those who have been impacted by the abuse of others.

**Group counselling** for survivors is also available.

Appointments are preferred, but walk-in clients are accepted. We have client intake available during business hours for walk-in appointments.

### Survivor Assistance

At any point, you can call us about your options. What happened is not your fault, and we can answer any questions you might have, in addition to:

- Client support making police reports
- Information regarding the legal process and/or assistance with, preparation for, or accompaniment to court