
WHAT IS SEXUAL ABUSE/ASSAULT?

- Sexual violence, also called sexual harassment, 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 usually committed by someone the survivor knows and trusts—a family member, a partner, friend, or acquaintance.

Hospitals & Police in Saskatoon

City Hospital Emergency	(306) 655-8230
Royal University Hospital	(306) 655-1362
St. Paul's Hospital	(306) 655-5000
Saskatoon RCMP	(306) 975-5173
Saskatoon Police Service	(306) 975-8300

CONTACT INFORMATION

Visit us in person:
506 25th 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: info@ssaic.ca

Visit us on the web: ssaic.ca

Facebook: [Facebook.com/SSAICI](https://www.facebook.com/SSAICI)

Remember: As with any other crime, a survivor of sexual violence is not to blame. It is never OK, acceptable, or justifiable to force or threaten someone into any sexual act, regardless of the circumstances.

SSAIC acknowledges that we operate on Treaty 6 Territory and the Homeland of the Métis. We pay our respect to the First Nations and Métis ancestors of this place, and recognize the harm done to Indigenous peoples through colonization, Residential Schools, and the Sixties Scoop. This legacy of intergenerational trauma is one of the reasons why our agency was created. We commit to working towards reconciliation, and reaffirm our relationship with one another.

SSAIC

Saskatoon Sexual Assault
& Information Centre



I'VE JUST BEEN
SEXUALLY
ASSAULTED...
WHAT DO I DO
NOW?

WWW.SSAIC.CA

SHOULD I RECEIVE MEDICAL CARE?

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

If you have been sexually assaulted in the last 3 days (72 hours), you also have the option of a forensic medical examination (rape kit) to gather evidence that may be used in a police investigation.

If you are considering a forensic exam 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.

A forensic exam is not required in order to get medical treatment, but can only be performed at City Hospital, Royal University Hospital, or St. Paul's Hospital emergency room.

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

SHOULD I REPORT TO THE POLICE?


- It's entirely your decision to report* sexual abuse or 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.
- You can report to the police at any time, regardless of when the crime took place. If 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.

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

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.

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

SSAIC does not charge clients a fee for counselling services or for participation in groups, or for survivor assistance services. People of all genders are encouraged to access our services. 

24-HOUR CRISIS LINE

PHONE: 306-244-2224

This service is intended for emergencies only. We provide support, information, and referrals to anyone dealing with issues related to sexual assault, child sexual abuse, and memories of childhood sexual abuse.

Saskatoon Mobile Crisis is our trained partner, and will answer the line evenings, weekends, and holidays

INDIVIDUAL & GROUP COUNSELLING

PHONE: 306-244-2294

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

Our office has access to a smudging room as an option before or after counselling services.

Visit ssaic.ca for more resources and information.