

# FREE FROM FEAR



***Sexual Assault Prevention for Teens***

# FREE FROM FEAR

## *sexual assault prevention for teens*

If you're not sure what sexual assault is, or how you can keep safe, this booklet can provide some answers. If you know someone who has been sexually assaulted, or someone who is abusive, you may want to find out how to help them. If you have been sexually assaulted, this booklet will help you understand that there are people who care about you and can help you.

Someone known to the victim—such as a family member, friend, acquaintance, boyfriend, spouse or babysitter—commits the majority of sexual assaults. Sexual assault is a crime. It hurts people, relationships, families and communities.

This publication was developed by the Government of Yukon Women's Directorate with the assistance of the Department of Justice Family Violence Prevention Unit and Victim Services Department of Health and Social Services, Youth Sex Offenders Program, the Youth Directorate and the RCMP.

YOU

ARE

NEVER

ALONE

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This document can also be downloaded from our web site at: [www.womensdirectorate.gov.yk.ca](http://www.womensdirectorate.gov.yk.ca).

This publication provides teenagers with information about sexual assault in the Yukon. It is not a legal document and is not meant to replace legal advice.

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## sexual assault prevention for teens



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**BE  
TREATED  
WITH  
RESPECT**



# PART ONE: RELATIONSHIPS

## HEALTHY RELATIONSHIPS ARE WHEN YOU:

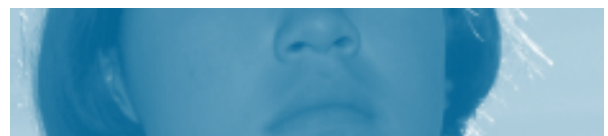
- Listen to each other
- Feel good about yourself
- Have fun together
- Trust and respect each other
- Care about each other
- Can talk about your feelings
- Feel equal to each other and can work things out

## UNHEALTHY RELATIONSHIPS ARE WHEN:

- One person has more power than the other
- There is jealousy and possessiveness
- You don't listen to each other
- You feel bad about yourself
- One or both of you try to control the other
- You feel criticized or picked on
- You don't trust each other
- There is pressure to stay in the relationship

Many people are involved in unhealthy relationships. If you are, decide if this is really how you want to be treated. Think about whether you want this kind of relationship to continue. Talk to someone.

**REMEMBER... EVERYONE HAS THE RIGHT TO BE TREATED WITH RESPECT. NO ONE HAS THE RIGHT TO CONTROL OR USE POWER OVER ANOTHER PERSON.**



# QUIZ TIME!

## How Would You Rate Your Relationship?

### Questions to ask yourself:

1. Is it cool with you when your partner spends time alone or with friends?  
 Yes       No
2. Is it cool with your partner when you spend time alone or with your friends?  
 Yes       No
3. Does your partner like the way you look and act, and tell you so?  
 Yes       No
4. Do you both decide how you spend your time together?  
 Yes       No
5. Does your partner have the power to make you feel really bad about yourself - and use it?  
 Yes       No
6. Does your partner pressure you to do sexual things that you are not into?  
 Yes       No
7. When you refuse to do certain sexual things, does your partner put you down?  
 Yes       No
8. Has your partner threatened to hurt you or has your partner hurt you?  
 Yes       No
9. Do you generally feel pretty happy and good in this relationship?  
 Yes       No
10. Are you afraid of your partner's temper, so you avoid making him/her angry?  
 Yes       No
11. Does your partner try to freak you out and purposely scare you by doing risky things?  
 Yes       No
12. Does he/she say that they can't live without you and you're scared it might be true?  
 Yes       No
13. Do you worry about the relationship ending and you would do anything to keep it going?  
 Yes       No
14. Do you think you can make your partner's problems go away?  
 Yes       No
15. Does your partner believe that jealousy is a sign of love?  
 Yes       No
16. Do you believe that jealousy is a sign of love?  
 Yes       No
17. Do you feel trusted by your partner and that you can trust him/her?  
 Yes       No
18. Do you feel you can both be honest about your feelings and talk about them?  
 Yes       No



# What Have You Learned?

Answers:

If you answered yes to any of questions 5, 6, 7, 8, 10, 11, 12, 13, 14, 15 and 16, you may be in an unhealthy relationship. If you did not answer yes to any of these questions, then you are probably in a relationship that has the qualities of trust, communication and equality.

In a healthy relationship, it is important to feel comfortable and equal with each other. The relationship should encourage you to feel good about yourself. Both of you should feel the

relationship is a place where you can express emotions and thoughts without the fear of putdowns, name calling, "guilt-trips", jealousy or physical harm.

Sexual intimacy and intercourse can be a part of a healthy relationship, but it is not necessary. **Sexual intimacy should be enjoyable.** If you feel you have to do something that makes you uncomfortable, your relationship is not healthy and you may be experiencing sexual assault.



Every person has the right to be  
loved and respected.

# PART TWO: SEXUAL ASSAULT

## WHAT IS SEXUAL ASSAULT?

You have been sexually assaulted if you have been kissed, fondled or forced to have sexual intercourse against your will. Sexual assault is not about love, looks or sex. It is about **POWER** and **CONTROL**. Sexual assault is a very serious crime, and it is never your fault.

### Sexual assault includes:

- being touched in places you don't want to be touched
- being forced to touch someone for a sexual purpose
- having sexual intercourse with a blood relative (this is called incest)
- being forced into a sexual act, including being threatened by someone who has a weapon
- getting drunk at a party, passing out and someone having sex with you
- getting other people to have sex with you as well



## CONSENT

If something happens **“against your will,”** it means you did not agree to it—you did not give your permission or consent. Some people are confused by the word **“consent.”**

Consent means giving permission, **through words or actions**, for something to happen. Silence means **NO!**

Every person has the right to be loved and respected.



**Silence  
means  
NO!**



## What Do You Think?

Is it okay for a male to force a female into sex if...

1. he has spent a lot of money on her?  
 Agree       Disagree
2. she has had a lot to drink or is passed out?  
 Agree       Disagree
3. she says she will have sex with him, then changes her mind?  
 Agree       Disagree
4. she has had sex with him before?  
 Agree       Disagree
5. they know each other and are the same age?  
 Agree       Disagree
6. he has spent money on her or has bought her presents?  
 Agree       Disagree
7. she was at the party alone, so she must have been asking for it?  
 Agree       Disagree
8. they have been dating for a long time?  
 Agree       Disagree
9. she is related to him?  
 Agree       Disagree
10. she always wears sexy clothes?  
 Agree       Disagree

## DISAGREE

If you DISAGREE with all of the statements, you have a good understanding of what consent means.



## AGREE

If you AGREE with some of the statements, you need to understand that forcing someone into sex for whatever reasons or under whatever conditions is not okay and it is against the law.

**Sexual assault is a crime  
and should be reported as  
soon as possible.**

## THIS IS NOT CONSENT...

"I was too drunk. I couldn't do anything about it."

"He said he would kill me if I didn't do what he wanted... so I had to."

"I shouldn't have been there... so I guess I was asking for it."

"I have been sexually abused since I was a child. I don't know how to make it stop."

"He's my boyfriend so it must be okay."

"I've had sex with him before so what could I do?"

"My grandfather says that 12-year-old girls are supposed to let adults touch their private parts...

...but I don't like it."

"I didn't fight him off, so..."

**Remember...you have the right to be in  
control of what happens to you.**

## **SEXUAL ASSAULT IN THE FAMILY**

### **Did you know?**

Sexual abuse within a family often starts when a child is very young, sometimes as young as one or two years old. Many victims of sexual abuse are afraid to tell because they don't want their family broken apart. They don't want anyone to get into trouble.

Sometimes sexual abuse might begin with touching and fondling, then change to other forms of sexual activity.

Victims, especially children, often still care about the person who has abused them.

Boys as well as girls can be sexually abused.

Sometimes the child is threatened into sexual activity.

Sometimes the victim is told to keep the abuse a secret or is promised money or gifts.

Sometimes children are tricked.

Many times the victim is accused of wanting to take part in the sexual activity. They are often accused of asking for it, being a troublemaker or being a bad person.

What happens in a sexual assault is NOT the victim's fault. The abuser has done something wrong and is responsible for his or her actions.

## **INCEST**

Incest is the word used when sexual intercourse takes place between blood relatives, including a parent, child, sister, brother, uncle, half-brother, half-sister, grandparent or grandchild.

Incest can...

- happen to both boys and girls
- start when children are very young
- continue into the teenage years
- sometimes go on without other family members knowing what is happening
- sometimes involve more than one abuser
- sometimes involve more than one victim
- sometimes involve situations where the abuser stops abusing one person in the family and starts abusing a younger child in the family... or perhaps other members of the family

**Incest is against the law and is a very serious crime.**

**It should be reported no matter how long ago it happened. Try to get help from someone you trust!**



## DATE RAPE...

### How does it happen?

As students filed into class Monday morning, Jay noticed that his friends, Annie and Bill, were acting as if they didn't know each other. That wasn't unusual. Since they'd started dating three months before, they often had huge fights. But usually, Annie ran straight to Jay to complain about the latest quarrel. Today, she wouldn't even look at him.

At lunchtime, Jay found Annie in the cafeteria line. Her eyes were puffy and red. "What's the matter?" he asked.

"There's not much to tell," Annie started finally. "You know Saturday was my sixteenth birthday. Bill said he'd take me out for a surprise dinner.

"After dinner, we got back in the van and he drove to this gorgeous spot by the river. Bill turned on the tape deck and took out a bottle of champagne. He poured me a glass... it was like a movie. We drank and danced for hours.

"Then I started getting dizzy, so we went back into the van. We started... well, we started necking. And then, Bill tried to take off my dress. I told him no. But he said I was old enough to be a real woman now. He told me he loved me.

"I told him no again. I didn't want to have, you know, sex... And then he got mad like he does and started yelling.

"I was crying by then. He said he loved me again, but he wasn't going to waste his time with a girl who wouldn't show her love.

"And then he held my arms down and did it to me, Jay. He was so mad because I'd spoiled his special celebration of my birthday. And now, I feel so humiliated. Part of me feels like I never want to talk to him again. But I guess if that's what guys want, I better do it or I'll end up an old maid."

Jay sucked in his breath. He'd heard that many girls are sexually assaulted by their boyfriends. But he hadn't believed it. Like some of the other guys,

he was sure that those girls who cried 'rape' just wanted an excuse afterwards. Now here was his childhood friend telling him that she really hadn't wanted to do it.

"Gee, Annie, it sounds like Bill wanted you to have a good time," Jay said. "Are you sure you didn't want to have sex with him, deep down, you know?"

"Of course I'm sure. I've always been really frightened about getting pregnant, or AIDS, or something. I wanted to wait... at least till I was engaged."

"Ah, Annie, I hate this, Bill's my friend too. What am I going to say to him? What a jerk! What he did was wrong."

"Don't worry about it. I'll get over it. I'm just so confused right now. I'm even scared he'll find somebody else while I...."

"Annie, what you're describing is sexual assault. If you say no, guys are supposed to stop. You could call the cops and charge Bill for doing what he did to you."

"Really? You mean it's not all right what he did?"

"No. You didn't consent, this was date rape."

"I thought it was all my fault. I'm so confused, Jay. What do I do now?"



## **PARTY RAPE...**

### **ONE PERSON'S STORY...**

It was her first night back in the community. It was fun to see old friends, and talk about what had happened in the last year. There were lots of things to laugh about... and there was lots of beer.

Later, after the beer and the rye, only Jennifer and four guys were left in the house. Everyone was quite drunk. Jennifer felt sick—it had been a long time since she'd had so much to drink. She had to lie down. She went into the nearby bedroom. She passed out and then woke to find her pants off and a guy touching her. She felt sick. She told him to stop and to leave. She tried to push him off. It was too late. Now she doesn't know what to do.

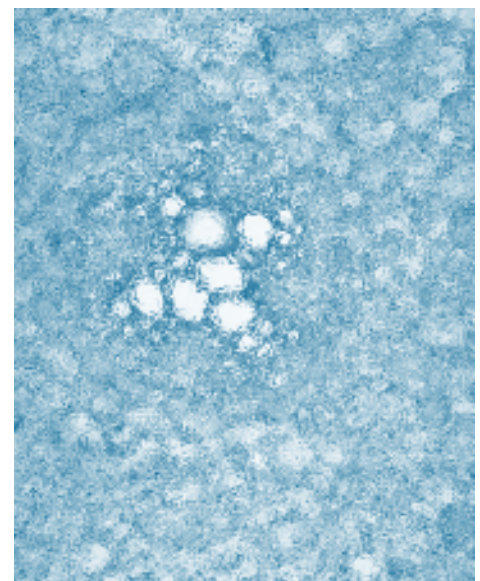
What happened to Jennifer is sometimes called "party rape." In many party rape situations, there is the feeling that because the victim is drunk or is unable to say "no," they are "asking for it." **This is false.** Sexual assault is a serious crime, whether the victim is asleep or awake, drunk or sober.

When drinking is involved, it is difficult to make decisions about taking care of yourself. It is even harder to protect yourself or deal with being forced into something.

Sometimes the victim of this type of assault may feel that she or he should have known better or that they were at fault for being drunk. It may be difficult to talk about or remember all the details of this kind of assault, but it should still be reported. Remember: tell someone you trust. You need support.



**In either case it is important to call 9-1-1 or contact the RCMP or Victim Services (the phone numbers for your community are on the inside back cover) and report the names of everyone who was involved in the assault, including the names of witnesses or anyone you told about the assault.**



## OTHER FORMS OF ABUSE

### Sexual Harassment

Sexual harassment generally has three major characteristics. The behaviour:

- is unwanted and unwelcome;
- is sexual or related to the sex of the person; and
- occurs where one person has more formal power or authority than the other (like a teacher or a boss), or more informal power (like an older student or a co-worker).

Sexual harassment consists of comments or behaviour of a sexual nature that cause embarrassment or hurt. It is a form of discrimination that often starts with subtle comments or actions and may escalate to sexual assault. Sexual harassment includes, but is not limited to:

- unwanted physical contact
- sexual advances
- requests for sexual favours, or pestering a person for dates
- suggestive or offensive comments or gestures
- threats, intimidation or verbal abuse
- remarks about sexual identity or sexual orientation
- displaying sexist or demeaning pictures and posters
- promising job promotion or demotion, or school passing or failing, in exchange for sexual favours

You may be dealing  
with  
criminal harassment

Sexual harassment can be an isolated incident or many incidents over a period of time. It can affect a person's school or job performance, self-esteem and sense of safety. It can also cause emotional and health problems. Most victims of sexual harassment are female, but sometimes males are harassed, too. The harasser is usually male. Like sexual assault, sexual harassment is about power, not sex.

### What You Can Do If You Are Sexually Harassed

If you are being sexually harassed, it's best not to ignore the situation – it might get worse.

- Ask for support from friends or people with whom you work or go to school. There may be others who have been harassed by the same person
- Keep records of all the incidents of harassment, including dates, times and whether there were any witnesses
- Tell the harasser in words or in writing, that you do not like his behaviour and you want it to stop
- Report the harassment to your school counsellor, a social worker or the RCMP, and seek emotional support from friends, family or someone you can trust

### Criminal Harassment: Stalking

Are you concerned, worried or afraid because someone is:

- repeatedly following you, your friends or your family
- repeatedly communicating, either directly or indirectly with you or your friends and family
- waiting and watching your home, school or workplace or those of your friends/family
- threatening you, your friends, or any member of your family
- threatening your pets or damaging your property
- calling you repeatedly
- sending you things you don't want



**IT'S NOT YOUR FAULT...**  
You are not responsible for what  
the stalker is thinking or doing.

If anything like this is happening and you feel that:

- your emotional or physical safety is being threatened
- you can't do what you want, or go where you want
- you've changed your lifestyle to avoid this person

Criminal harassment (stalking) is against the law. Stalkers, like other offenders, come from all walks of life. They can be male or female, although the majority of stalkers are male. They are often ex-husbands or ex-boyfriends, but some are only casual acquaintances or strangers. The harassment usually starts when a woman leaves her husband or boyfriend, or when she rejects a man's offer for a date. Sometimes, the problem begins when a stranger becomes obsessed with a woman who doesn't return his feelings.

**Women who are stalked often receive numerous phone calls and are watched and followed.**

**Some women receive flowers, cards and letters; others receive death threats.**

### **What you can do if you are stalked**

- Get emotional support; your safety and peace of mind are important
- **ACT NOW** - tell the police
- Alert people you know to watch out for the stalker
- Set up a "safety network" – people you can call at any time when you don't feel safe
- Call the police as soon as you believe you are being stalked
- Refuse any gifts, invitations or favours from the stalker
- Be very clear that you are not interested in the stalker
- Vary your routine and route to school or work
- Try to go about your business as usual - try not to let the stalker control your life
- Document everything that the stalker has done including dates and times that you have been approached or followed
- Keep any notes the stalker has sent and keep messages from your voice-mail or e-mail
- If you have witnesses, ask them to make notes as well (all of this is important evidence that can be used by the police)
- Find someone to talk to – friends, family, a school counsellor
- When possible, walk or ride with others
- Seek help in the form of counselling or peer groups
- Call the Victim Services or Family Violence Prevention Unit for further information (the phone numbers for your community are on the inside back cover)

**THINK**

**BE AWARE**

**TRUST YOUR INTUITION**

**BE ASSERTIVE**

## REDUCING THE RISKS

### Alcohol and Drugs

Use alcohol and drugs with caution. Being drunk or high makes it difficult to judge dangerous situations, or to be in control of what happens to you. If you choose to use alcohol or drugs, think about your situation... Can you still take care of yourself? Keep an eye on your drink when you're in public - drugs can be put into your drink that can make you more vulnerable.

### Buddy System

Don't leave your friends at a party if it doesn't seem safe. Watch out for one another if you go to parties. Have a plan on how to leave and share a cab ride or walk home together.

### Trust your intuition

It can be hard to leave a party or a dance, but being safe is more important. If something feels wrong, leave. If you feel uncomfortable with the way someone is treating you, leave the situation immediately.

### Be Clear

People aren't mind readers, so you have to communicate clearly. If you don't feel comfortable about how you're being treated, tell that person. Be clear with your words, look them in the eye and speak in a strong and assertive tone.

### Pocket Money

It's always a good idea to have extra money to get home. You never know what might happen and it's a good way to be independent.

### Physical Defense

In the past, women were told not to fight back. However, many women **have** fought back and escaped from an offender. You are not powerless! A self-defense course can help you to learn some tips about protecting yourself.

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## Check Your Attitude

### DO YOU THINK YOU ARE ABUSIVE?

You may be becoming or may already be abusive if you:

- Get jealous of anyone who gets close to your girlfriend/boyfriend
- Criticize what they wear or do
- Sulk silently when you are upset
- Scare them by driving fast or doing other reckless things
- Have an explosive temper
- Are often depressed or withdrawn but won't talk about your feelings
- Become angry or violent when you drink alcohol or use drugs
- Have traditional ideas about what men and women should be and should do. For example, you believe that a guy should:
  - Control his girlfriend
  - Control his girlfriend's activities
  - Choose his girlfriend's friends

Or that a girl should:

- Control her boyfriend
- Control her boyfriend's activities
- Choose her boyfriend's friends
- Control where they go, who they see and claim it is for their protection
- Threaten to hit them, their children, friends, or pets
- Have thrown or deliberately broken things
- Have ever hit them, no matter how sorry you are afterwards

**BE CHOOSY ABOUT  
WHO YOU HANG OUT  
WITH**

## INFORMATION FOR GUYS:

There are still lots of old messages flying around out there about men and how they should be. However, the roles of men and women are rapidly changing. More men are single dads, share household chores, help raise children and talk about their feelings.

Most men and boys **don't** hurt women or girls. Most men and women have healthy and loving relationships. The fact remains that most of the sexual abuse out there is male abuse toward females. **Check your attitude!**

Remember that:

- You need to take responsibility for your own actions. Your girlfriend does not **make** you hit her
- Your violence will increase if you don't take action to stop it
- Blaming your violence on drugs, alcohol or sickness and apologizing after the abuse will not solve your problem
- Physical violence and threats of violence are crimes. You will face fines or imprisonment if you are convicted of assault
- You will be held responsible for using violence or threatening to use violence
- It's never too late to change your behaviour with the support of your friends and your community

**You can choose to change your behaviour—  
—it can be done!**

### What Can You Do?

#### With Yourself:

- Don't put pressure on your girlfriend to have sex
- Don't assume you know what a woman wants and that she knows what you want. Ask her what she wants, and tell her what you want
- Speak up if you feel you're getting a double message from her. If you are still confused, don't have sex with her
- Remember that alcohol and drugs impair your judgement
- Know which behaviours constitute sexual assault

#### With Women:

- No means no. If a girl tells you that she doesn't want to have sex, **STOP**. If you continue after she has said "no" then you are sexually assaulting her. Sexual assault is a crime and you should be charged.
- Don't try to read her mind - ask her what she wants. She may just want to be close and cuddle; this isn't the same as wanting sexual intercourse.
- Check out what you both want from the relationship. Ask her questions about what her needs and desires are and encourage her to ask you. Clear, honest and open communication is key in a relationship.
- If you get mixed messages from her, speak up! Tell her you are confused and ask her to tell you clearly what it is she wants or doesn't want.

**Take responsibility for your behaviour**



## With Other Guys:

- Listen to other guys and how they talk about women. Ask yourself how you feel about what they say. Are they respectful to women or not? Decide for yourself if you want to be a part of the conversation. Being male doesn't mean talking tough.
- Decide what kind of friends you want. Do they think like you do? Do they pressure you to talk and behave in a certain way?
- Be an example - talk about women in a respectful way. Use a girl's name, not words that refer to her in a sexual way.
- You don't have to talk about your sex life. You can tell your friends that what you do is your business.
- Speak out against abuse when you see it. Help educate other guys about sexual assault. If your friends are behaving in an abusive way, let them know.



Your Girlfriend is a real person  
with real feelings!



# Part Three: Getting Help

## After a Sexual Assault

If you have been sexually assaulted, or think you have been, you need to GET HELP. Talk to someone who will listen to you and give you support. It is also important to report the assault to the RCMP or Victim Services (the phone numbers for your community are on the inside back cover). The sooner this is done the better your chance of remembering what happened. The police will also have a better chance of collecting evidence and finding the person who assaulted you.

Sometimes it's hard to decide what to do. You might want to wait, or forget about it, or you might be too afraid to do anything. This part of the book can help you with some of these decisions.

The RCMP are there to deal with sexual assaults, collect evidence and talk to the person who assaulted you. The assault should be reported to the RCMP as soon as possible. The Victim Services worker will help make sure you are supported and will work with the RCMP. The doctor at the hospital or the nurse at the health centre will also help by collecting evidence and making sure you are okay.

## What you may feel

### IT IS COMMON TO HAVE MANY DIFFERENT FEELINGS AFTER A SEXUAL ASSAULT

- EMBARRASSMENT: "I don't know what to do. I don't want anyone to know."
- SHOCK: "I don't feel anything... it was no big deal. I just want to forget it."
- DENIAL: "Well, he didn't hurt me... he just touched me so I don't need to do anything about it."
- DISBELIEF: "I can't believe this happened." "Why me?"
- ANGER: "I just want to kill him... he should pay for this."
- CONFUSION: "I really like him, but how could he do this to me?"
- FEAR: "What if I have a disease?" "What if he comes after me?"
- GUILT: "I shouldn't have been there. This must be my fault."

**YOU CAN TELL**

## As time passes, your feelings about the assault may change...

*"I wish I could talk to someone, but who? No one will believe me."*

*"What will everyone think of me? Will they think I wanted this to happen? I don't think I should take the blame. I'm so ashamed."*

*"I still feel badly even though it happened a while ago. I need to talk to someone."*

*"I thought it was my fault, but now I don't think I did anything wrong. I need to report this to the police."*

**As your feelings about the abuse start to change, you might need to talk to someone. Start by talking to a friend or someone who will listen. Ask that person to go with you to the RCMP or to Victim Services if you want to take further action.**

## IT IS IMPORTANT TO GET HELP BECAUSE...

### What happened to you is not your fault... you didn't do anything wrong

- the person who assaulted you might try to assault you again, or may try to assault someone else
- it helps to sort out your feelings about the assault so you can feel better about yourself
- medical assistance now may prevent diseases later
- you need help to regain control of your life

## YOU MIGHT BE AFRAID TO TELL SOMEONE BECAUSE...

- you might think no one will believe you
- you might think it was your fault
- you were passed out and don't remember everything that happened
- you know the offender
- the offender threatened you or someone close to you
- you might feel that you weren't hurt and that it wasn't all that serious
- you may not look like you have been physically injured

## TALK TO SOMEONE

If you have been abused or someone has hurt you, you will need help dealing with these things. You should think about how or who you should tell about your experience. Telling someone you trust about what happened is a way to start dealing with the abuse. It's important, but not always easy to do.



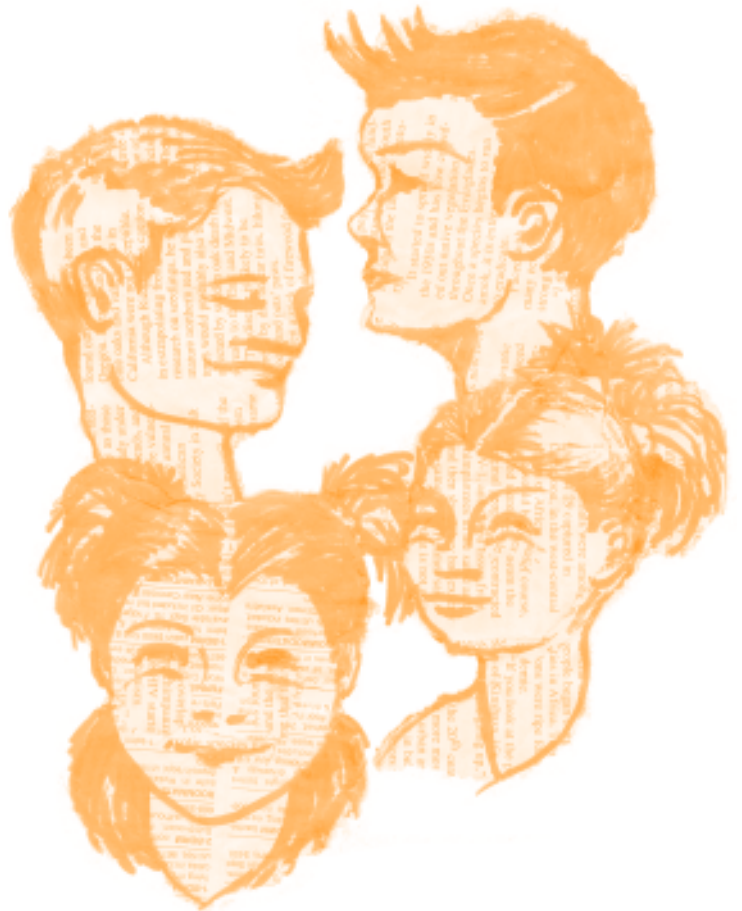
## Here are some things to consider :

- Someone you know and trust might not be able to help you because they can't deal with the abuse. This doesn't mean they don't care. Abuse is often very difficult for some people to understand or talk about. You need to talk to someone who has lots of experience with this problem such as a counsellor or Victim Services.
- You might want to tell and, at the same time, keep the abuse a secret. By keeping it secret, the only person you protect is the person who hurt you. You need help so you don't become more isolated.
- You might be afraid to tell because you think no one will believe you. Abuse can be difficult for some people to believe. It's very hard to come to terms with abuse if the abuser is known to you or to the person you tell. You must keep trying until you find someone who can help.
- You might think you are the only one who has been abused. You aren't alone. There are many other children, teenagers and adults who have been abused.
- It might be hard to tell someone what has happened, but you should write it down, in point form, in case you want to tell Victim Services or the police.

## FRIENDS HELPING FRIENDS

### What Can You Do When Someone Tells You They Have Been Abused?

- Listen, listen, listen.
- Believe what the person is saying to you and tell them you believe them. Most people don't lie about abuse.
- Take it seriously.
- If your friend tells you to keep this a secret, tell them this is not a good secret to keep. The only person protected by this secret is the abuser.
- You can't help your friend by yourself. Your friend can't stop the abuse on their own. Other people must help. If this is kept a secret, then no one can help.
- Tell your friend that this is not their fault.
- If you can't deal with what your friend is saying, if you can't deal with the abuse, tell the person it's too hard for you. If you can't help, find someone who can.
- What your friend has told you is private. It is not for everyone in the community to know. Only people who can help should know.
- Try and remember as much as you can about what your friend told you. It may be extremely important later on.



## REPORTING SEXUAL ASSAULT

After you have talked to someone, report the sexual assault. Talking to someone will help you find support, but sexual assault is a crime, and you should report it to the RCMP or to a Victim Services worker (the phone numbers for your community are on the inside back cover).

### Reporting Cases of Sexual Assault That Have Just Happened

#### **If you have been sexually assaulted:**

Call the RCMP or Victim Services as soon as possible. Call the nursing station or a counsellor to help you make a report.

#### **If you have been sexually assaulted and someone has had intercourse with you or forced you into sex...**

- Do not take a bath or shower
- Do not throw away clothes or wash sheets, or other things the RCMP might need in their investigation
- Find a friend to help you
- Go to the hospital or the nursing station for medical attention

#### **If someone has tried to touch you, or has tried to have sex with you, it is important that you report what happened even if you...**

- have not been physically hurt or injured
- are not sure if you can tell who abused you
- have washed or showered
- were too afraid to report it right away
- are afraid you can't remember everything that happened

#### **What To Do If The Assault Happened Some Time Ago**

REMEMBER that what happened to you is not your fault. You haven't done anything wrong and it's important that you tell someone if you have been assaulted.

**You can still report a sexual assault even if it happened some time ago.**

#### **If someone sexually assaulted you some time ago, report the assault even if you...**

- can't remember everything that took place
- are not sure where the accused person is living
- can't remember all the details such as names and dates

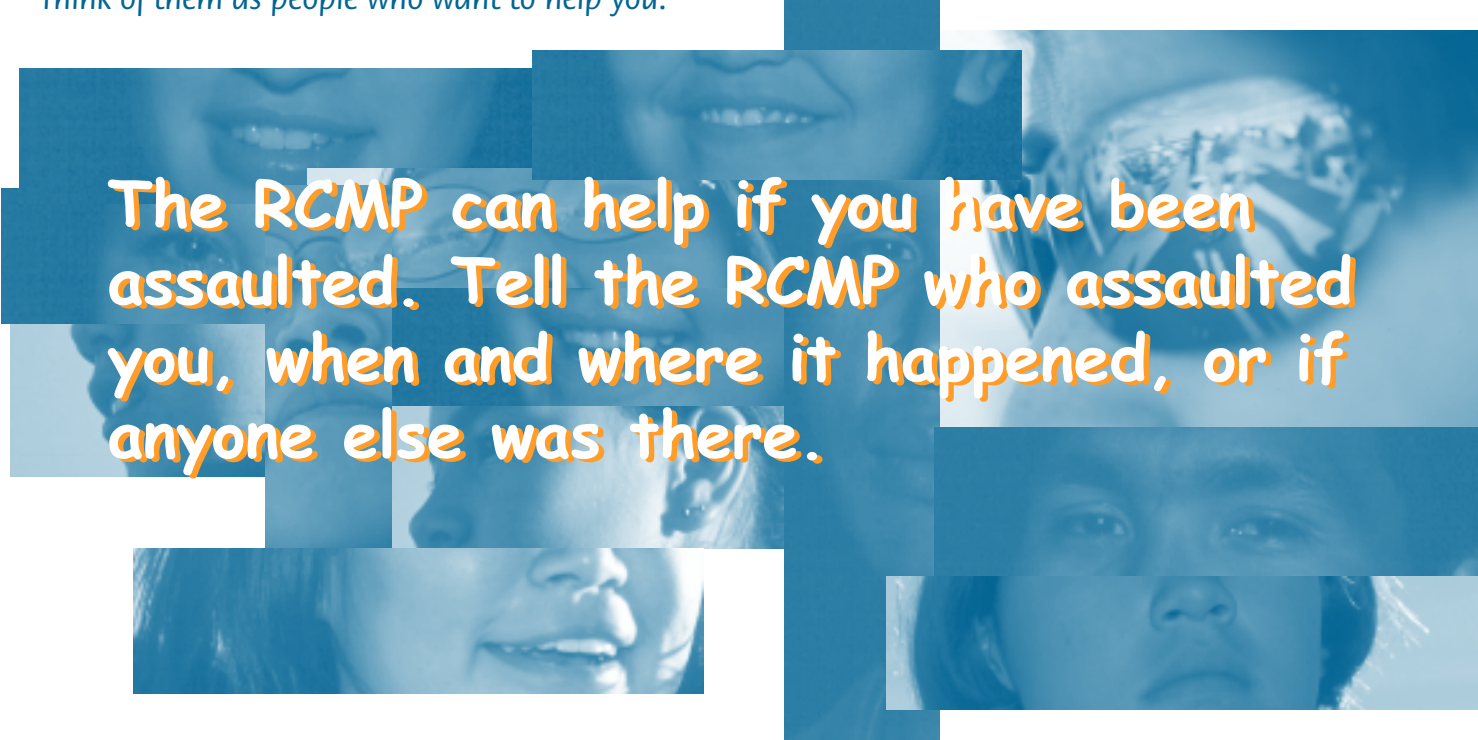
## TALKING TO VICTIM SERVICES

Victim Services provides counselling, crisis intervention, support and information. They know who can help you in your particular situation, and will give you support if you need it. They work in partnership with the RCMP and will also help you if you go to court. You will find their phone numbers for your community on the inside back cover.

## TALKING TO THE RCMP

### What to Expect

Many police officers are trained in the area of sexual assault. Some officers deal specifically with sexual assault. This means they are more able to deal with your situation in a helpful and understanding way. Think of them as people who want to help you.



**The RCMP can help if you have been assaulted. Tell the RCMP who assaulted you, when and where it happened, or if anyone else was there.**

Anything you tell the RCMP about the assault will help. Here are some of the things they may want to know or to ask you about.

**Remember: you can ask for a female police officer.** It isn't always possible, but it's O.K. to ask.

When you go to the RCMP station, you will be asked to give a recorded statement. A statement is a record of your complaint. It includes everything you can remember about the sexual assault, so it is important that your story is very accurate. Your statement is the basis of the police investigation and may be used later in court. When you have made your statement, you will be asked questions about the assault. The questions, and your answers, will be recorded as well.

Be calm when you are giving your statement. Try to remember as many details as possible. If there is something you don't remember, say so. You might remember later on. The questions, and your answers, will help the RCMP put together a picture of what happened.

**The important thing is to tell as much as possible and as accurately as you can remember.**

The RCMP will want to know how you were touched and on what part of the body. They will want to know if someone made you touch the private parts of their body. You can help by giving the RCMP the details. You might feel embarrassed or think the police should know what you are talking about, but remember that you are the one who knows what took place. It is important to describe the assault.

If you tell the RCMP that you have been raped, you will have to tell them what took place. The police need to hear the details from you in your own words.

## WHAT TOOK PLACE

- 1. Who Assaulted You?** Was there more than one person?  
What did the person(s) look like?  
Do you know the name(s) of the person(s) who assaulted you?  
Do you know where the person(s) live?  
Is there anything else you remember about the person(s) who assaulted you?
- 2. What was said?** What did the person(s) say to you?
- 3. Were You Threatened?**
- 4. What Happened?** Where were you when this took place?  
When did this happen?  
What took place?  
Was a weapon involved?  
How were you touched or sexually assaulted?  
Did you have to touch the person who assaulted you sexually?  
Were there any witnesses?

## SOME QUESTIONS YOU MAY HAVE

### Will the police want to keep my clothing?

The police may need to keep your clothing for evidence. The hospital will have clothing available for you and they will make arrangements to get you clothing to wear.

### Will I have to be photographed?

Photographs are useful as evidence of sexual assault. Arrangements may be made to take pictures of any injuries at the hospital or at a later date, perhaps at the police station. Photographs are taken in a very private and respectful way.

### What is evidence in a sexual assault?

Sometimes when a sexual assault takes place, there are things that help the police in their investigation. These include bloodstains, hair samples, clothes or sheets, or marks that might have been caused if force was used. Evidence might also include a diary or journal page describing the assault, the names of witnesses or people who may have seen the assault, photographs or pictures that might have been taken, or perhaps medical evidence. Evidence is also what you say about the assault, or what others have to say.

Sometimes there is very little evidence, or the evidence has been lost, destroyed, or washed away. Even if you feel that there is no evidence, it is important that you report the assault.

### Remember....You can help the police if you...

1. Report the assault as soon as possible.
2. Keep anything, especially clothing that might serve as evidence.
3. Give the names of witnesses if there are any or anyone else who knows.
4. Give as many details of the assault as you can.

**Who assaulted you?  
What was said?  
Were you threatened?  
What happened?**

## Write it down

It is important that you write down everything you can remember about the incident as soon as possible. Your written record will be valuable for the police investigation and should be kept for court evidence.

The following checklist will help you to record all you can about your attacker including vital details such as:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> age                 | <input type="checkbox"/> height/weight               | <input type="checkbox"/> hair/colour/cut      |
| <input type="checkbox"/> type of hair        | <input type="checkbox"/> beard/mustache              | <input type="checkbox"/> eyes/eyeglasses      |
| <input type="checkbox"/> complexion          | <input type="checkbox"/> visible scars               | <input type="checkbox"/> weapon               |
| <input type="checkbox"/> shirt/top           | <input type="checkbox"/> coat                        | <input type="checkbox"/> trousers/pants/skirt |
| <input type="checkbox"/> shoes               | <input type="checkbox"/> methods of escape/direction | <input type="checkbox"/> licence              |
| <input type="checkbox"/> vehicle description | <input type="checkbox"/> voice                       | <input type="checkbox"/> mannerisms           |

## GETTING MEDICAL ATTENTION

This is important for your safety and health. Seeing a doctor or nurse can also help in the police investigation. When you have been sexually assaulted you may have cuts, bruises, teeth marks or other injuries that need medical attention.

The doctor or nurse can assist with these injuries and do tests for sexually transmitted diseases and other infections. You may have to go back a second or third time to make sure you haven't contracted any sexually transmitted diseases.

Samples may be taken to help with the investigation. These might include hair or bodily fluids.

You might feel a bit embarrassed or uneasy about all of this. Remember this is for your safety and health.

This information may help the police identify the accused or provide evidence of the amount of force used during the assault or show that intercourse took place.

The evidence collected by the doctor and the police is like the pieces of a puzzle. The more pieces there are the clearer the picture. Your physical and emotional well being is very important and you have a right to receive attention and support.

## Sexually Transmitted Diseases or STDs

### What are STDs?

- STDs (sexually transmitted diseases) are certain infections that can be passed from one person to another by sexual contact
- the infections can be caused by a virus, bacteria or other kinds of microbes

**If you have been sexually assaulted, it's important to get yourself tested for STDs.**

Go to a clinic to get an STD test. Remember that STD testing is free and confidential. No one will tell that you called or went in. For more information, look on the inside back cover for phone numbers for the Communicable Disease Unit.



# Part Four: The Law and Sexual Assault

## WHAT YOU SHOULD KNOW

In Canada, there are laws that say children and teenagers can't be abused or sexually assaulted. These laws are used to protect children or help remove them from abusive situations. Some of these laws concern the use of force or violence during sexual activity; others involve sexual acts within the family or with young children. The laws on sexual assault are briefly explained here to help you understand these crimes.



### First you should know that...

- Sexual activity without consent or permission is **always a crime** regardless of the age of the individual.
- Under the law, children under the age of 14 **cannot** consent to sexual acts.

There are several different kinds of sexual offences. Words such as 'rape' are no longer used in law and have been replaced by other terms. Sexual offences are briefly described here to help you understand the law and sexual assault.

### It is sexual assault...

- For a blood relative (parent, child, brother, sister, half-sister, half-brother, grandparent, or grandchild) to have sexual intercourse with you if you are under 21. This is called incest.
- For a parent or guardian to involve their child in sexual activity if the child is under 18.
- For a person to live off the profits from prostitution involving anyone under 18.
- For someone to expose his/her private parts for a sexual purpose to a child under 14.
- For someone to encourage a child under 14 to touch the child's own body, or someone else's body, for a sexual purpose.
- To have anal intercourse with anyone under 18.
- To participate in, or to force someone else to watch or participate in, sexual activity with an animal.

**Sexual activity  
without consent is  
always a crime!**



## ABOUT THE LAW

### Some Questions You Might Have

#### Will a “no contact order” automatically be put in place?

No. Let the police know if you fear for your safety. Even if the abuser now lives in a different community, it is a good idea to ban contact until the case goes to court. This can be done by the police issuing a “no contact order”.

#### If I tell the police I was raped, shouldn't they know what I am talking about?

When you talk about what happened, you must give details. It is important that the police understand if force was used in the assault, if a relative was involved, and the kinds of sexual activity that took place.

#### If I was sexually assaulted but wasn't able to fight back, does that mean I consented?

To give your consent, you have to be able to make a choice and decide freely about what you want to do. If you had no choice or were too afraid, or felt too threatened to fight back, your consent was not freely given. Consent is an important question and you might be asked:

“Was the person who assaulted you in a position of trust or authority?” (such as a teacher, an employer, or a coach)

“Did the attacker threaten to hurt you?”

“Did you kick or scream or say “no” at the time of the assault?”

#### If someone tried to sexually assault me and I was able to get away, should I still report this?

The answer to your question is YES. If someone tries to assault you, he or she can be charged with attempted assault. Attempting to assault someone is against the law.

#### Are there laws to protect the person who has been assaulted?

There are a number of laws which protect the rights of the victim when they go to court. For example, there are laws that allow the judge to make sure your name will not be on the radio or in the newspaper if you are a victim of sexual assault. However, there are laws that allow your background and medical records to be entered as evidence if a judge decides so.

#### Can the accused intentionally delay the trial date over minor issues?

No. The Judge has to hear all applications to get new dates. Unfortunately, the trial is often delayed for good reasons and the waiting time can be stressful. Speak to the Crown or Victim Services if you need assistance during this time.

#### Are the laws on sexual assault the same all across Canada?

The answer is YES. The laws are written in the Criminal Code of Canada, which means they are the same for every province and territory.

#### Are there separate laws for teenagers who might have committed a sexual assault?

A person who is under the age of 18 who has been accused or is suspected of committing a crime will get a hearing in youth court. These people are known as young offenders. The laws are the same as for adults, but the court process and penalties are different.

## What About the Suspect?

An arrest will be made once police are satisfied there is enough evidence against a person. When that happens, there are usually some typical questions that are asked:

### Will the accused be kept in jail?

If you are worried that the accused may try to hurt you again, you should tell the police or the Crown Prosecutor about your concerns. Under Canadian law, a person is innocent until proven guilty. This means the accused must be released from jail unless the court finds there are good reasons why this should not happen.

### If the police do not charge the suspect, what steps can I take?

If the police believe there is not enough evidence to initiate an investigation, they will let you know. You can ask that this decision be referred to a supervisor for further review if you disagree with it. If, after this review, you are still unsatisfied with the result, you can ask a lawyer about appropriate criminal or civil action.

If there is a lack of information, it may be difficult for the police to find the person responsible for the crime. However, the police keep all reports of crimes, and it's possible your attacker may be found at a later date.



# PART 5-WHERE DO WE GO FROM HERE

## WHAT YOU CAN DO...

As a teen I can:

- encourage teachers, other teens and school administrators to coordinate violence prevention programs in my school
- treat other teens with respect
- refuse to believe that violence against women doesn't exist or that it only happens to 'certain types' of women
- refuse to laugh at jokes that are sexist, racist or homophobic just to fit in
- question sexual and racial stereotypes
- refuse to respond to aggression with aggression
- question the portrayal of women and men in movies, videos, or radio or television
- boycott media that glorifies violence
- refuse to buy from companies that exploit women and children in their advertising and their products
- promote and practice equality and respect

As a man I can:

- choose not to be violent
- challenge the tolerance of sexist or violent behaviour
- educate myself about sexism and violence against women and encourage my male friends to do the same
- acknowledge that violence is an abuse of power and does not resolve conflict
- speak out against all forms of inequality of women
- challenge abusive friends who display sexist attitudes and encourage alternative ways of thinking and acting
- keep strong despite the criticisms I may receive for trying to end violence

As a woman I can:

- speak up against violence or abusive behaviour
- take time to know myself and what I'm feeling
- treat myself and other women with respect
- notice and question media messages about women and about violence
- recognize that violent people are responsible for their behaviour and should be held accountable for choosing to be violent
- thank someone who has given support
- support someone whom I know is being hurt
- get involved in promoting alternatives to violence



# Directory of Yukon agencies and services

RCMP, Whitehorse .....	667-5555 or 9-1-1
RCMP, rural communities - dial the prefix in your community followed by .....	5555
Whitehorse General Hospital .....	393-8700 or 9-1-1

## Transition Homes/Shelters

Kaushee's Place (Whitehorse) .....	668-5733*
Dawson City Women's Shelter .....	993-5086*
Help and Hope for Families (Watson Lake) .....	536-7233*
Carmacks Safe Home .....	863-5918*
Majedi Safe Home (Ross River) .....	969-2722*

## Victim Services

Victim Services/Family Violence Prevention Unit 301 Jarvis Street, Whitehorse .....	667-3581 or toll free: 1-800-661-0408
Yukon Family Services .....	667-2970*
Kwanlin Dun Victim Services Coordinator .....	633-7852
Dawson City Victim Services Coordinator .....	993-5831
Watson Lake Victim Services Coordinator .....	536-2541

## Mental Health Services

#4 Hospital Rd. Whitehorse Y1A 3H8 .....	667-8346 or 1-800-661-0408
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## Yukon Health Centres

Beaver Creek Health Centre .....	862-4444
Carcross Health Centre .....	821-4444
Carmacks Health Centre .....	863-4444
Dawson City Nursing Station .....	993-4444
Faro Nursing Station .....	994-4444
Haines Junction Health Centre .....	634-4444
Mayo Nursing Station .....	996-4444
Old Crow Nursing Station .....	966-4444
Pelly Crossing Health Centre .....	537-4444
Ross River Health Centre .....	969-4444
Teslin Health Centre .....	390-4444
Watson Lake Health Centre .....	536-7483
Watson Lake Hospital .....	536-4444
Whitehorse Health Centre 300-211 Main St. Whitehorse Y1A 2B2 .....	667-6371
Communicable Disease Unit .....	667-8323 or 1-800-661-0507
For more information on STDs: .....	1-877-957-8953

We hope you found this publication helpful. If you would like more copies or information, please call us at the Women's Directorate at 667-3030. You can also drop by: 204 Lambert Street, (Financial Plaza) 4<sup>th</sup> Floor, in Whitehorse or check our website where this document will be on-line: <http://www.womensdirectorate.gov.yk.ca>

\* Collect calls accepted

