

## What happened was not your fault

Sexual Assault is a crime. It is defined as any unwanted kissing, fondling, touching of sexual body parts, and/or sexual intercourse without your consent. Consent, as Canadian law states, may be given via words or actions, must be affirmative, and ongoing.

Consent is not going on a date with someone, participating in sexual activity in the past, agreeing to some sexual activities but not all, or going home with someone.

## You don't have to do this alone!

Our role at Regina Sexual Assault Centre (RSAC) is to connect our clients with support to overcome sexual and intimate partner violence by offering:

- Free counselling for ages 5+
- A 24-hour hotline accessible for crisis intervention
- Accompaniment to any health, justice, legal, and social services appointment
- Advocacy during police reporting and/or hospital examinations
- Referrals to appropriate resources that cannot be offered at RSAC
- Community education and engagement on interpersonal violence and sexual assault

Get in contact with us...



Office

1830 MACKAY STREET, REGINA, SK.  
CANADA

OPEN: MONDAY-FRIDAY

9:00AM - 4:30PM

PHONE: 306-522-2777

FAX: 306-522-5070

EMAIL: RSAC@SASKTEL.NET

Crisis Line

306-352-0434

TOLL FREE: 1-844-952-0434

24-HOUR COUNSELLING FROM  
TRAINED ADVOCATES

Website

REGINASEXUALASSAULTCENTRE.CA

Facebook/Instagram

@RSAC SUPPORT

Funding partner:



TRUST AND CONFIDENTIALITY

Regina Sexual  
Assault  
Centre



What you need  
to know



## Medical Attention



It is recommended that individuals who have experienced sexual assault go to the hospital to receive medical care immediately after the occurrence. Knowing what to expect can ease the anxiety associated with going to the hospital.

- You can have a support person or advocate with you
- Disclose to the triage nurse that you have been sexually assaulted. They will then move you to a private room
- A Sexual Assault Forensic Examiner (SAFE) will be called in to provide supportive, non-judgemental care for you. There are two types of exams you can choose from:

### A Medical Examination provides

- Emergency contraceptive “morning after pill”
- Antibiotics to prevent STIs
- Medications to reduce the risk of HIV infection
- Treatment for physical injuries

### A Forensic Examination includes:

- A medical exam
- Evidence collection such as swabs, clothing, and any other evidence

## Reporting Options

If you are over the age of 18, the choice to report your sexual assault to police is completely up to you. Some survivors feel that reporting is part of their healing process, while others simply choose not to. Both decisions are 100% okay. In the city of Regina, you have several options for reporting sexual assault: reporting to the police, anonymous reporting, and the third option program.

### Reporting to Police

- Conventional method for reporting
- Police officers can meet with you in your home or at the station
- Statements may be in the form of writing, audio, or video
- You may have a support person/advocate accompany you to the police station
- After you have given your statement, the investigation is in the hands of the police. They will notify you on the status and progress of the investigation
- If you decide to report a sexual assault crime at a later date, there is no statute of limitations



## Reporting Options Cont'd

### Anonymous Reporting

- Newer protocol offered exclusively at Regina Sexual Assault Centre for Regina and area
- Survivors complete a statement with a counsellor at RSAC
- Details of the assault are passed onto the police without providing the survivor's name
- Key information is added into a police database allowing them to identify criminal patterns concerning sexual violence



### Third Option

- An option that is available exclusively to Regina and area
- Implemented for sexual assault survivors that are unsure if they want to report
- Allows SAFE nurse to collect crucial evidence needed for reporting. This evidence will be kept for up to six months
- Throughout the six months, the survivor can choose whether or not to report to police. After this six month time period, the evidence will be destroyed if no report to police is made