

Options for Survivors of Sexual Assault



UNIVERSITY OF ALBERTA
SEXUAL ASSAULT CENTRE

2-705 Students' Union Building
780-492-9771 | www.sac.ualberta.ca

For many people, the time immediately after experiencing a sexual assault can be very confusing. It can be difficult to know what to do and where to turn. The following information may be of help when considering the options that are available—but it is absolutely not required. It is important to recognize

that some people will not choose any of the options provided below. Doing nothing is always an option. Since every person's experience and recovery process is unique, only you know what is right for you.

Consider Telling Someone You Trust

Consider talking to someone whom you feel would be a safe person to talk to - perhaps a friend, family member or teacher. Although it is not often easy to talk about the experience, especially when disclosing for the first time, talking to a trusted friend or other support person may lessen feelings of isolation and provide some emotional comfort. Remember, you are not to blame for what was done to you. If this is something you'd like to do, know that Staff and Volunteers at the U of A Sexual Assault Centre are happy to sit down and help you determine a safe person in your life to talk to.

For some, telling someone about what happened can involve reaching out to a Sexual Assault Centre. Your local Sexual Assault Centre can offer confidential, empathetic support and the information you need to be able to make the decisions that are right for you. There are three Sexual Assault Centres in the Edmonton area, that are listed on this handout.

The province of Alberta also has a provincial phone, text, and chat line for support for sexual violence. You can access support in this way 9:00 a.m. – 9:00p.m. by **calling** or **texting 1-866-403-8000**.

Seeking Medical Attention

If the sexual assault experience was recent and you are concerned about sexually transmitted infections (STIs), pregnancy, or possible injuries, you may be considering seeking medical attention. Although a physical exam after a sexual assault can be very difficult, there are services in Edmonton such as SART, the STI Clinic and YWCA Compass Centre for Sexual Wellness that can provide more accessible services.

- **SART** (Sexual Assault Response Team) is a team of specially trained nurses who examine and treat survivors of sexual assault. This is a no-fee, confidential service available to anyone who has been sexually assaulted within the past 7 days (168 hours).
 - SART nurses stay with survivors for approximately 3 hours.
 - SART can provide antibiotics, emergency contraceptives, and requisition forms for any follow up testing that might be necessary.

Options for Survivors of Sexual Assault

- If survivors contact SART within 72 hours of the sexual assault, the nurses can also collect medical evidence for police if the survivor wishes to report now or wishes to consider it later. Please note that medical evidence is not necessary for reporting.
- SART is available 24 hours a day, 7 days a week in the Emergency Department of the Royal Alexandra, University of Alberta, Misericordia, Grey Nuns, Sturgeon and Leduc hospitals along with the North East Community Health Centre.
- **STI Clinic.** For those concerned about sexually transmitted infections, and are unable to access SART, the STI Clinic in Edmonton provides free and confidential treatment (no health care card required). The clinic is located at 11111 Jasper Avenue and is open Monday to Friday 8:30am to 5:00pm, except on Tuesdays, when it is 9:45 to 5:00 pm. Anyone can drop by, or make an appointment by phoning 780-342-2300.
- **YWCA Compass Sexual Wellness Program.** If pregnancy or STIs are a concern, the YWCA Compass Sexual Wellness Program provides free, non-judgmental, and accurate information around STIs and pregnancy, and referrals. They are located in the Empire Building, Suite #400, at 10080 Jasper Avenue. To get in touch, call 780-423-9922. The extension 3-1-2 will lead to an informed counselor.

Reporting Options

For some people who experience a sexual assault, a formal report can be an important part of their recovery process. It can be a way to make a definitive statement that what happened was wrong and harmful. For others, though, they do not feel like making a formal report is important to them. Others may also not want to go through the process of telling a stranger about their experience, potentially multiple times if the report results in an investigation. Each individual person will have to decide if reporting is right for them and there is no "right" or "wrong" when it comes to choosing to report.

If you do want to make a formal report, there are a few options:

- **Local Police Department.** You have the option of reporting the incident to the Police by calling your local Police or RCMP Non-Emergency

Line. As there is no statute of limitations on reporting, non-recent assaults can also be reported to local police departments. For further information on the reporting process, contact your local Sexual Assault Centre.

- **University of Alberta Protective Services.** If the incident happened on the University of Alberta campus including in any campus residence or at a campus affiliated event, involving U of A Protective Services is another reporting option. They can be reached by calling 780-492-5050 or by visiting them in the south west corner of the U of A Education Car Park at 11390-87th Avenue, Edmonton. The U of A Sexual Assault Centre can provide further information or accompaniment services for those reporting to U of A Protective Services, and can also act as a

Options for Survivors of Sexual Assault

liason if you are interested in getting set up with an investigator.

- **Online Reporting.** Another reporting option to consider is reporting your experience online through EPS. This option allows you to provide police with information regarding your sexual assault experience for information purposes only (ie. without launching a criminal

investigation), or to launch an investigation (this would be an alternative to calling the non-emergency line). Note that this is only an option if the assault took place 7 or more days ago. You can access this reporting tool on the EPS website (edmontonpolice.ca) and clicking "Report a Crime". There will be an option for you to select of "Report a Sexual Assault Online".

Take the Time to Recover

The process of recovery from a sexual assault takes time, and is different for each individual. Talking with a counsellor who is non-judgmental and knowledgeable about the issue of sexual assault can be helpful as individuals make sense of their experience and move through the healing process.

Community Counseling Options

The University of Alberta Sexual Assault Centre

2-705 Students Union Building, University of Alberta, Edmonton AB

uasac@ualberta.ca

(780) 492-9771

sac.ualberta.ca

Saffron Centre

222 Athabasca Ave #110, Sherwood Park, AB

info@saffroncentre.com

(780) 449-0900

saffroncentre.com

University of Alberta Department of Educational Psychology Clinical Services

11210 87 Ave University of Alberta 1-135 Education North Building

(780) 492-3746

www.ualberta.ca/educational-psychology/centres-and-institutes/clinical-services/

The Sexual Assault Centre of Edmonton

14964 121a Ave NW, Edmonton, AB

info@sace.ca

(780) 492-9771

sace.ca/

University of Alberta Counseling and Clinical Services

2-600 Students' Union Building (SUB)

(780) 492-5205

uab.ca/ccs