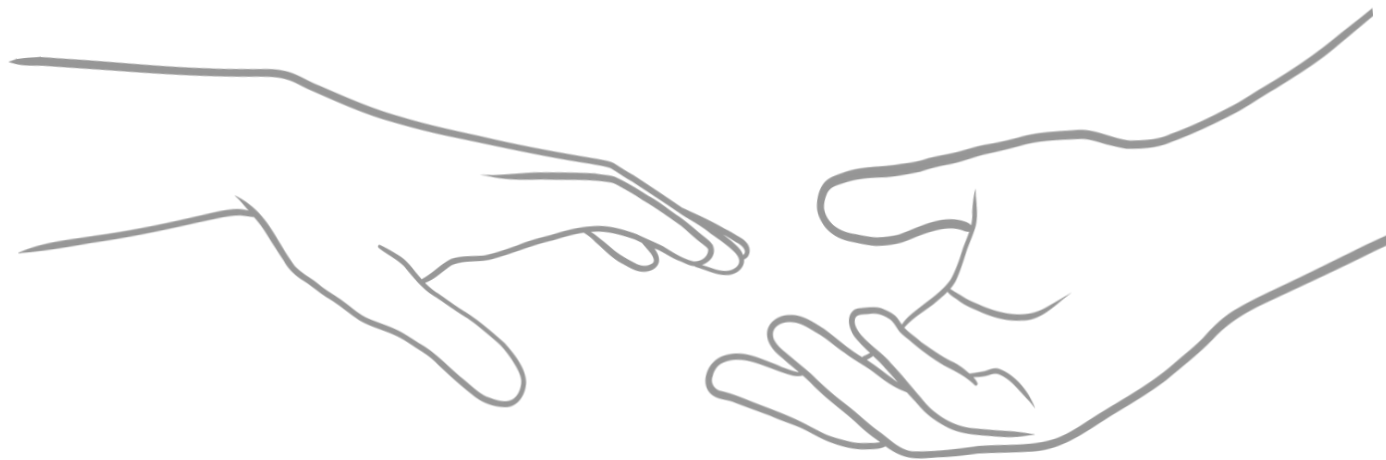




Canadian
Resource Centre for
**VICTIMS
OF CRIME**

It's Not Your Fault

Addressing Sexual Harassment & Assault



Any unwanted sexual activity without consent

1

It's about **power**, not desire

2

Understanding Sexual Assault

3

Consent **must** be:
Freely given,
reversible & specific

4

Anyone can be a victim:
women, men, 2SLGBTQ+,
Indigenous people,
people with disabilities

Common Reactions

You may feel some of these; whatever you are feeling is valid, and there is support available.

1



Fear &
Shame

2



Anger &
Confusion

3



Sleep Issues

4



Flashbacks

Mantras to aid in your healing journey:



"I am **healing**."

"I am **strong**."

"It **wasn't** my fault."



Emotional Support

There's strength in reaching out.



It's okay to ask for help.

Reach out to someone you trust — a close friend or family member.



Consider professional support.

Counselling can offer a space to help you process your feelings and guide your healing.



Contact a support hotline.

Crisis lines and victim support workers are here to listen — without judgement



Be kind to yourself.

Surround yourself with people who care.
Take time for rest and self-care.

Reporting

You have the right to share your story, in your own time.

How to Report

- **Call 911:** If you are in immediate danger or need urgent assistance
- **Go to your local police station** or sexual assault unit if available
- **Make a statement:** The police will ask for details about the incident

What to Expect

- **Investigation:** Police will review evidence, interview witnesses, and gather information
- **Medical Support:** You can request a forensic exam to collect evidence

Your Rights

- **Right to Support:** You can bring an advocate, friend, or family member with you
- **Right to Privacy:** You don't have to share more than you're comfortable with



There are many reasons people choose not to report: feeling afraid, overwhelmed, or unsure they'll be supported.

It is your decision if you want to report.

Sexual Assault and Domestic Violence Centres

Help is available at Sexual Assault and Domestic Violence Centres for both medical and forensic treatment, including treating injuries, prevention of sexually transmitted and blood-borne infections, and pregnancy.



Evidence will only be released to police with the explicit consent of the survivor.

You are not alone.

Support is available when you're ready.

Where to get help...



www.crcvc.ca



Tel: 613-233-7614



Toll-free: 1-877-232-2610



Text: 613-208-0747



crcvc@crcvc.ca