



## May is Sexual Assault Prevention Month

**No one who is sexually assaulted has *caused* the assault, or *failed to prevent* the assault. ever.**

Individuals can follow every safety tip, every rule, every method of self defense, and still end up being sexually assaulted. The rules can reduce your chances, but they cannot prevent sexual assault on their own. The only individuals who are completely able to prevent sexual assault are those who choose to commit sexual assault. Every minute of every day a woman or child in Canada is sexually assaulted by someone who chose to commit an act of sexual violence. 82% of sexual assault victims are female, 18% are male, and 98% of sexual assault offenders are male. What we CAN do: be aware, help each other, and try to change the culture so that more men will choose not to commit sexual assault.

### Learn *and teach* that:

- Kissing and making out are not a "Yes" to anything else.
- Having had sex with someone in the past is not a "Yes"
- Being drunk or otherwise impaired is not a "Yes."
- Provocative clothing or behavior is not a "Yes."
- The absence of a "No" or a *reluctant* "Yes" is not a "Yes".
- At no point can anyone be "owed" a "Yes" – not for paying for a date, not "because you made me hot", not because you're married, *not for any reason*.
- **Only YES is Yes. The more enthusiastic the better.**

### Be Prepared and Aware:

- Learn the realities of sexual assault, unlearn the myths.
- Know yourself and your sexual comfort levels and be prepared to tell your partner what your limits are.
- Make sure you know what your partner wants to do with you before you start doing anything, and stop if someone isn't enjoying something.
- Practice being assertive. Plan ways to say "No."
- Plan to have a safe way home. If you feel unsafe trust your instincts – get yourself somewhere you do feel safe.
- Don't drink anything (pop, juice, alcohol, etc.) that someone could have put something in.
- Consider staying sober – a large number of assaults occur when the victim, offender or both have been using alcohol.
- Look into learning some self defense from someone who is well informed and trained in sexual assault prevention.

### Warning signs that a person might not be safe to be around:

- Ignores, interrupts or mocks you.
- Invades your personal space or stares.
- Is considered a "player."
- Drinks too much / uses drugs and/or tries to get you to.
- Gets angry or sulks when they don't get what they want.
- Does what they want without asking what you want.
- Pressures you, makes you feel guilty when you say no.

### Be an Active Bystander and a Good Friend:

- If someone is telling sexist jokes, joking about getting someone else "drunk enough" to agree to sex, bragging about "tricks" they use to get sex, or pressuring, harassing or assaulting someone – call them on it, intervene.
- Complain when you see ads, movies, etc. promoting ideas about men, women or sex that support a rape culture.
- If you see someone who is vulnerable to assault (drunk, injured, unconscious, lost, etc.) do what you can to help.
- Watch out for your friends: watch each other's drinks, talk to each other before going somewhere, watch for warning signs in your various relationships etc.
- **Stay Safe.** If you do not feel like you can intervene directly without putting yourself in danger, get help from other bystanders or call the police.
- Help the victim. Ask if they are okay, what they want to do, do they need medical care, do they want the police, if there is someone you can call for them.

The Women's Health Care Centre has had a Sexual Assault / Domestic Violence Response program since 1991. Through this program we provide medical care to male and female victims of sexual assault of all ages, as well as counseling or referrals for counseling. We have specially trained nurses who are on call 24 hours a day to respond to recent sexual assaults and incidents of domestic violence.

We believe that sexual violence is a loss of one's power and control. We empower victims to make treatment choices (a medical exam; the collection of evidence; pregnancy prevention; STI prevention; counseling; etc.) that best meet their needs.

If you have recently been sexually assaulted or experienced domestic violence, call us at (705) 743-4132 or 1-800-419-3111, or go to the Emergency Department at the Peterborough Regional Health Centre.

Please see the reverse for sources and resources on Sexual Assault Prevention

## Sexual Assault Prevention sources/ resources:

Prevention Innovations - [www.unh.edu/preventioninnovations/](http://www.unh.edu/preventioninnovations/)  
20 things you can do to transform the rape culture  
[www.metrac.org/programs/info/20.things.you.can.do.pdf](http://www.metrac.org/programs/info/20.things.you.can.do.pdf)

### Sexual Assault Prevention Month

[www.citizenship.gov.on.ca/owd/english/resources/dates/assault/resources.shtml](http://www.citizenship.gov.on.ca/owd/english/resources/dates/assault/resources.shtml)

### Sexual Assault Statistics

[www.fsacc.ca/content/45357](http://www.fsacc.ca/content/45357)

## Want Information about Sexual Assault and Domestic Violence?

You can find a Pathfinder for Sexual Assault and Domestic Violence on the Health Information page of our website. This Pathfinder will direct you to useful books, places, websites etc. for finding information about sexual assault, domestic violence, violence against women, and more. We will be posting more pathfinders in the coming months!



## Preventing and Stopping Child Sexual Assault

- Teach kids the proper names for all of their body parts.
- Let kids know that they can talk to you about anything.
- Teach kids that their bodies are their own. Do not make kids give hugs or kisses if they do not want to – even to close relatives.
- Teach kids about sexuality (sex, reproduction, pleasure, masturbation, etc.) in age-appropriate ways on an on-going basis.
- Teach kids about boundaries and touching: What kinds of touching are there? (hugs, doctor's examinations, tag, hitting, etc.) What people do the touching? Who gets to decide who touches you? What touching is abusive?
- Teach kids what to do when they have been abused.
- Learn the signs and signals of a child who may have been abused, or may be being abused.
- If a child tells you about abuse, **believe them**.
- If you know about, or suspect child sexual abuse, report it to the Children's Aid Society:
  - Peterborough (705) 743-9751
  - Lindsay (705) 324-3594
  - Haliburton (705) 457-1661
  - Cobourg (905) 372-1821

It is recommended that children who have been sexually abused be examined by someone specifically trained to perform pediatric sexual abuse examinations. The Women's Health Care Centre has a specially trained Nurse Practitioner who can provide this service in a child-friendly environment. For more information please call us at (705) 743-4132 or 1-800-419-3111.

### Child Sexual Abuse – Medline Plus

[www.nlm.nih.gov/medlineplus/childsexualabuse.html](http://www.nlm.nih.gov/medlineplus/childsexualabuse.html)

Child Sexual Abuse Prevention Network [www.csapn.net/index.php](http://www.csapn.net/index.php)

Child Sexual Abuse – SATC Ontario [www.satcontario.com/ChildSA/](http://www.satcontario.com/ChildSA/)



## May 6 is No Diet Day

A diet is any plan that significantly changes the way you eat normally. This may involve eating less than your body needs, eliminating a basic food group, or changing the times you eat certain foods or the way you prepare them. Most of the time when someone goes on a diet it is because they want to lose weight, although some people state different reasons for their dieting choices.

Dieting, for whatever reason, can lead to a preoccupation with food, an unhealthy relationship with food, or an eating disorder.

Diets that involve weight-loss lead to short term weight-loss followed by weight re-gain, and frequently turn into yo-yo dieting. Constantly dropping and regaining weight is associated with serious health concerns, including premature death and eating disorders.

"Normal" eating (flexible, regular eating based on knowing when you are hungry and when you are not) promotes your natural weight, weight stability, and healthy relationships with food and weight. It also requires you to spend less time thinking about and stressing over food and eating, which can make your life more enjoyable.

A healthy lifestyle is achievable by everyone at any size, unlike an ideal weight or even an ideal weight range. A healthy lifestyle includes:

- Enjoying physical activity every day in your own way, at your own ability and skill level. Do something you find fun.
- Tuning into your own hunger and fullness signals and listening to them: If you really are full you do not have to clean your plate; if you really are hungry you do not have to stop eating.
- Eating well without dieting.
- Enjoying a variety of foods: all foods can fit.
- Focus on overall health and well being.
- Following your health professional's advice if you have a health condition that requires a specialized diet plan. Ask your doctor for a referral to a Dietitian if you would like additional nutrition advice to help you manage your health condition and find ways to make your dietary plan work for you.

On May 6<sup>th</sup> come into the Women's Health Care Centre at 157 Charlotte Street, Peterborough, and grab a No Dieting button.

### No Dieting Weblist

National Eating Disorder Information Centre [www.nedic.ca](http://www.nedic.ca)

Healthy Weight Network [www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)

Association for Size Diversity and Health

[www.sizediversityandhealth.org/index.asp](http://www.sizediversityandhealth.org/index.asp)

The Body Positive [www.thebodypositive.org/](http://www.thebodypositive.org/)