

WHAT IS SEXUAL VIOLENCE?

Any unwanted sexual experience is a form of sexual violence. This could include: sexual assault, harassment, sexual abuse in a relationship, digital sexual violence (including non-consensual image sharing, sextortion, unsolicited receipt of sexual images, etc.), sex trafficking, exploitation, sexual acts where consent was not obtained or cannot be given (due to age, cognitive ability, factors of power and control, etc.) or an experience that the individual defines as sexual in nature.

We work beyond the scope of the Criminal Code definition of sexual assault, recognizing that any instance of sexual violence can be incredibly impactful, regardless of their legal definition.

WHAT IS CONSENT?

Consent is freely given and genuine or authentic. It is an ongoing process of discussing boundaries and what you're comfortable with.

Consent must be:

freely giving, reversible, informed, enthusiastic, specific, respective of law

Consent Is NOT:

manipulation, pressure or coercion, implied, silenced, being under the influence of drugs or alcohol.

HOW CAN I SUPPORT A SURVIVOR?

Do:

- Believe them
- Listen without judgement
- Let them lead the conversation
- Offer to help connect with supportive resources
- Keep things confidential

Avoid:

- Blaming them
- Asking for details about what happened
- Jumping in with solutions and advice



Folks may not respond to violence, or any struggles, how we have been taught a person “should” or “typically” acts.

This is because brains go into survival response and don't care about things making sense.

Responses may include:

Dissociating, panic, anger, sadness, fear, shame, numbness, nausea, mistaken for being high/drunk, emotional fluctuations and more.

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SARAH PROGRAM

Sexual Assault Recovery
and Healing



*for survivors
and those who love them*



**SURVIVOR'S
HOPE**
CRISIS
CENTRE

WHAT IS SARAH?

The SARAH (Sexual Assault Recovery and Healing) Program provides 24/7 crisis support, long-term counselling, support groups, advocacy, and referrals to those affected by sexual violence in Interlake-Eastern Manitoba.

SARAH Counselling



- Free
- Long-term
- Confidential
- In-person, virtual, or by phone
- Individual sessions and support groups
- Trauma-informed counselling, legal navigation & court support, resource connection, systems advocacy
- For those:
 - 13 years of age+
 - Resident of Interlake-Eastern region
 - Any genders
 - Personal experience with sexual violence or indirectly affected

SARAH Crisis

24/7 crisis support for individuals seeking care for recent or historical sexual violence and assault at Interlake-Eastern area emergency rooms and RCMP detachments*

- Provides:
 - Compassionate care
 - Medical & legal information
 - Support during forensic exams and medical procedures (care for injuries, STBBI testing, prophylactics, etc.)
 - Advocacy
 - Connection to SARAH Counselling & referrals

Also available in the SARAH program:

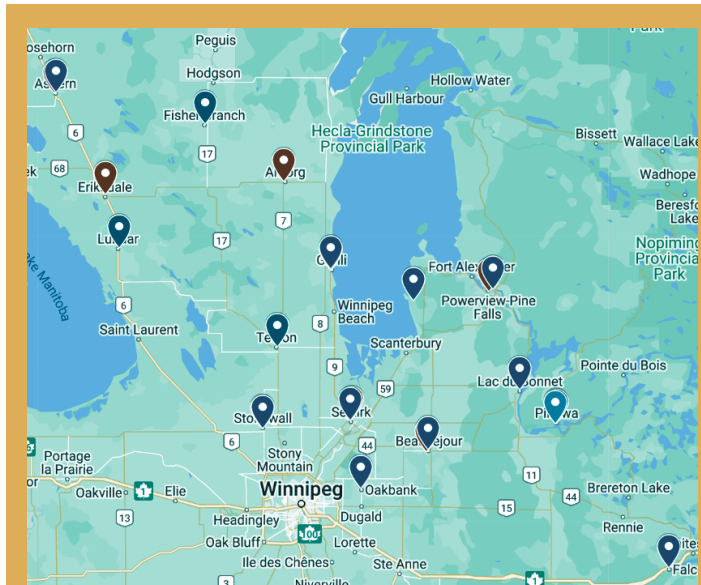
Third Party Reporting:

- Anonymously reporting an incidence of sexual violence to RCMP

Protection Order Application:

- Assistance completing & applying for a Protection Order with our Protection Order Designates

***We never pressure anyone to complete police reports, but support those who chose this option on their personal journey of healing**



CONNECT WITH THE SARAH PROGRAM

- Request a SARAH worker 24/7 at any hospital emergency room or RCMP detachment in the Eastern-Interlake Region
- E-mail or call us to connect with a SARAH Counsellor by appointment:
 - support@survivors-hope.ca
 - 1-204-753-5353
- Meet our counsellors at a drop-in event. View our calendar: survivors-hope.ca/sarah-counselling