



Sexual assault involves any sexual contact without consent. It includes kissing, fondling, touching sexual body parts, and anything up to forced sexual intercourse/rape.

Student Affairs & Outreach

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wellness.usask.ca

306-966-5757



**UNIVERSITY OF
SASKATCHEWAN**

What is Sexual Violence or Sexual Assault?

Sexual violence includes a spectrum of behavior that includes sexist comments and catcalls as well as rape.

Sexual assault involves any sexual contact without consent. It includes kissing, fondling, touching sexual body parts, and anything up to forced sexual intercourse.

Facts about Sexual Violence

- Sexual assault is not limited to male on female violence. **Anyone can assault or be assaulted**, regardless of gender.
- **Most people tell the truth about rape.** False reports are made at a rate of 2-8%, comparable to other violent crimes.
- Most (73%) of sexual assaults **are perpetrated by someone already known** to the victim as friends, dates, partners (including spouse),

parents, service providers, employers, and attendants.

- **In 2019, over 13% of USask students reported that they were sexually touched without consent; over 6% experienced attempted penetration or penetration without consent.**

Facts about 2SLGBTQ Students

- 2SLGBTQ students report higher rates of sexual assault and harassment than heterosexual students.
- 2SLGBTQ students are more likely to receive negative peer support than their heterosexual counterparts.

What is Consent?

To give consent means to agree to participate in sexual activity. Although legal definitions vary, **consent is:**

- Enthusiastic
- Freely given
- Informed

Consent is **NOT** given when someone is:

- Silent or simply the absence of “no”
- Incapacitated by alcohol or drugs
- Responding to an abuse of power or authority
- Threatened, coerced, tricked, or bribed

If You Have Been Sexually Assaulted

- Go to a safe place
- Seek the help from someone you trust
- Consider seeking help from professionals, such as counselors or nurses at Student Wellness
- Get medical help, as you may have physical injuries or sexually transmitted infections (STIs)
- Preserve all the evidence of the assault. If you want to complete a rape kit for judicial or other reasons, refrain from washing yourself and go to a hospital as quickly as possible.
- If you can, write down all the information you can remember about the assault, including details

about the location, attacker, and time.

How to Support a Sexual Assault Survivor

Do:

- Listen to them, maintain a calm manner, and believe their story
- Express sympathy and remind them it is not their fault in any way
- Suggest seeking professional help from the resources in this brochure
- Let them make decisions
- Tell them you are proud of them for surviving

Don't:

- Ask victim-blaming questions like "What were you wearing?" or "How much did you drink?" or "Why were you there?"
- Leave them alone to go home or to the ER
- Discourage them from reporting the assault

- Take control over their decisions

Utilize Resources

- If you have been sexually assaulted, **tell someone**: contact Student Affairs and Outreach for a resource package at (306) 966-5757.
- Call **Safewalk** if you feel unsafe walking alone on campus: (306) 966-7233

How to Prevent Sexual Assault

You Can Make a Difference

- Always **ask for consent** in your personal sexual encounters. Care for your partners and communicate openly
- **Believe survivors**
- If you see something, **say something**: you have the potential to make a big impact on someone's life.
- **Intervene** in conversations that promote an unhealthy perspective on sexual violence: call your friends out when they victim blame or dehumanize their sexual partners.

Speak Up; Speak Out; Speak Loud

When you see something; do something! When you hear something; say something! When you get that gut feeling like something is wrong, you are almost always right.

- Always make sure that **you are safe**. Never intervene if you feel like your life or safety is at risk. In these situations it is best to find safety then call the police
- Don't be afraid to **call the police** if you feel unsafe. Situations where children are involved, weapons are present, or there is a high chance of physical harm, need to have police involvement
- **Distract the perpetrator**. If you feel comfortable, distract the perpetrator by asking for the time or starting another benign conversation
- **Give the target an out**. By asking the target if they want a drink, want to go home, go to the washroom, or have study tips for a class, you can give them the opportunity to leave the situation
- **Get an authority figure**. If you cannot intervene yourself but want to do something, find a bouncer,

manager, instructor, administrator, or coach to intervene on your behalf

- **Speak out.** Sexual assault continues because we allow these actions to occur, sexist jokes to be funny, and survivors to be forced into silence. You can make a huge change just by refusing to accept aspects of rape

How to Avoid Committing Sexual Assault

- Don't put drugs in others' drinks
- If you think you might assault someone sexually, ask a trusted friend to accompany you.
- If you notice that someone is drunk, stay far away from them, and try to distract yourself with something positive.
- No means no! If someone says no to your sexual request, do not insist and leave them alone!
- Seek professional help

culture such as violent films/shows, rape jokes, objectification of people's bodies, and the support of celebrities who have committed acts of sexual violence.

**ARE THEY
AFFECTED
BY ALCOHOL
OR DRUGS?**

Then they
can't consent
to sex
or anything
sexual.

REACT
to SEXUAL
ASSAULT

Resources On and Off Campus

Find resources at:

<https://students.usask.ca/essentials/safety/sexual-assault.php#Sexualviolence>

Add QR for this page

- Bystander® Workshop for prevention
- Sexual Violence Prevention and Response online course
- Student Affairs and Outreach: (306) 966-5757
student.outreach@usask.ca
- USask Sexual Assault Prevention Policy for prevention
- Student Wellness Center: (306) 966-5768
- Protective Services: (306) 966-5555
- USSU Women's Center
- Saskatoon Sexual Assault and Information Centre: 306- 244-2224 (24 Hour Crisis Line)
- Saskatoon Police Service: 306-975-8300
- Download the Usafe App



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