

What is Sexual Assault?

Sexual assault is any type of unwanted sexual act done by one person to another that violates the sexual integrity of the victim/survivor and involves a range of behaviours from any unwanted touching to penetration.

Sexual assault is characterized by a broad range of behaviours that involve the use of force, threats, or control towards a person, which makes that person feel uncomfortable, distressed, frightened, threatened, or that is carried out in circumstances in which the person has not freely agreed, consented to, or is incapable of consenting to

What is Consent?

The voluntary and explicit agreement to engage in the sexual activity in question. It is the act of willingly agreeing to engage in specific sexual behaviour, and requires that a person is able to freely choose enthusiastically, at multiple stages, in a mutually agreed upon sexual experience. This means that there must be an understandable exchange of affirmative words, acts or gestures which indicates a willingness to participate.

Silence or non-communication is not consent.

Resources and Services

Fleming Counselling Services

Sutherland:705-749-5530 x1527

Frost:705-324-9144 x3320

Main office - call to set up counselling

Haliburton: 705-457-1680

Cobourg: 905-372-6865 x 5220

Fleming Campus Security

8000 from a campus phone

705-749-5530 x 8000

The Kawartha Sexual Assault Centre

(705) 748- 5901

Crisis:1-866-298-7778 (24/7)

Ontario Male Survivor Crisis Line

1-866-887-0015

Sexual Assault Response Team @ PRHC – Emergency room

Women’s Resources (Lindsay)

705-878-4285

Crisis: 705-878-3662

Women’s Centre of Haliburton

705-286-6442

Crisis: 1-800-461-7656



Support

Inform

Empower

Refer

Fleming College

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If you have been Sexually Assaulted:

Ideas to consider:

1. Go to a Safe Place or Person

- Family member/Friend
- Residence Life Staff
- Counsellor
- Campus Security
- Office of Student Rights and Responsibilities

2. Seek Medical Attention

- Go to the closest hospital
- Sexual Assault Response Team is available at Peterborough Regional Health Centre (your hospital will help you get there if you are not in Peterborough)

Free options available at the hospital:

- Patient guided medical care (they will not do anything without your consent)
- Emergency health care
- Full physical assessment
- Forensic evidence collection and photo documentation
- Testing and treatment for STI's
- Pregnancy prevention
- HIV post-exposure medication
- Immediate and follow-up counselling
- Risk assessment and safety planning
- Assistance navigating public systems
- Comprehensive care for people of any gender

If you have been Sexually Assaulted:

3. Seek Emotional Support

There are often complex thoughts and emotions following an experience of sexual assault or sexual violence. A list of resources is provided on the back of this pamphlet to assist you.

Please connect with the counselling department to know your options for possible accommodations.

4. Know Reporting Options

In all options, you have the right to:

- request a female or male professional
- have a supportive person present

Informal College Report

- Can be anonymous
- Request for support only
- Unlikely the College will investigate

Formal College Report

- Not anonymous
- An investigation will take place with the possibility of sanctions

Police Report

- Can be made with or without a College report
- Can be informational or for the purpose of investigation

How to Help a Friend:

- ♦ **Believe them**
- ♦ Listen without judgment—avoid “blame” questions.
ex. why were you in their room?
- ♦ Tell them it is **not their fault**
- ♦ Respect their choices about privacy
- ♦ Recommend medical attention
- ♦ Do not confront the perpetrator
- ♦ If given permission, help them make a report to the College
- ♦ Offer to go with them, or help them find accompaniment support to the hospital or security/police
- ♦ Let them know you care—ask how you can help



(Photo Credit: David Zhou/SB Nation)