

IF YOU ARE SEXUALLY ASSAULTED

It is not your fault

Nothing you have said or done makes you responsible for someone hurting you. It is ALWAYS the perpetrators fault.

Talk to someone

If you feel you can't talk to a parent or friend, call the Sexual Assault Centre. We have a 24 Hour Crisis Line operated by well trained volunteers who will listen and try to answer any questions you might have. Our services are without fee and are entirely confidential.

Call 780/423-4121, 24 hours a day.

Get medical attention at an emergency room in the Capital Health Region
The Capital Health Sexual Assault Response Team (nurses) will treat any injuries, check for pregnancy and/or sexually transmitted infections.

Reporting to the police

If you decide to report the assault to the police, they will take your statement and process it within the legal system.

If you have any questions call the Sexual Assault Centre at 780/423-4121 to explore your options.

RESOURCES

SEXUAL ASSAULT CENTRE OF EDMONTON

24 Hour Crisis Line: 780/423-4121

Business Line: 780/423-4102

Fax: 780/421-8734

E-mail: info@sace.ab.ca

Website: www.sace.ab.ca

SACE offers no-fee, confidential individual counselling, group counselling, a 24 hour crisis line and public education.

THE SUPPORT NETWORK

780/482-0198

CHANGING TOGETHER - A CENTRE FOR IMMIGRANT WOMEN

780/421-0175

HEALTHY FAMILIES, HEALTHY FUTURES (WESTLOCK)

(780) 307-2444

THE FAMILY CENTRE

780/423-2831

SHELTERS

WIN HOUSE

780/479-0058

LURANA SHELTER

780/424-5875

A SAFE PLACE (SHERWOOD PARK)

780/464-7233



The Sexual Assault Centre of Edmonton is a non-profit organization funded by the United Way of Edmonton and Area, Family and Community Support Services (FCSS), Alberta Provincial Government, service clubs, foundations, and public donations.

Registered under the Societies Act of Alberta since 1975.

Donations gratefully accepted.

A registered charitable organization.

Charitable number: 107971772 RP0001



Sexual Assault
Centre of Edmonton

Suite 205, 14964-121A Avenue,

Edmonton, Alberta T5V 1A3

Business line: **780/423-4102**

T.T.Y. (Telephone Device for the Deaf) line:

780/420-1482

fax: 780/421-8734

info@sace.ab.ca

24 hour crisis line: 780/423-4121

www.sace.ab.ca



spousal
sexual
assault



Sexual Assault
Centre of Edmonton

- ~ providing crisis intervention
- ~ public education
- ~ counselling

www.sace.ab.ca

Spousal abuse refers to the violence or mistreatment that a man or woman may experience at the hands of a marital, common-law or same-sex partner. Spousal abuse may happen at any time during a relationship, including while it is breaking down, or after it has formally ended. There are many different forms of spousal abuse, and a person may be subjected to more than one form.

Physical abuse

Sexual abuse and exploitation

Emotional abuse

Economic or financial abuse

Spiritual abuse

*Violence refers to all of these examples.

Abusive partners may use a number of different tactics to try to exert power and control over the survivor. Abuse is a misuse of power and a violation of trust. The abuse may happen once, or it may occur in a repeated and escalating pattern over a period of months or years. The abuse may change form over time.

-Department of Justice Canada
Spousal Abuse Fact Sheet
(<http://canada.justice.gc.ca/en/ps/fm/spouseafs.html>)

SPOUSAL SEXUAL ASSAULT

Survivors of spousal sexual assault differ from other sexual assault victims. Women or men who are sexually assaulted by a partner are being violated by someone that they are supposed to be able to trust; someone with whom they share their lives, homes, and possibly children. In addition to the violation of their bodies, they are faced with a betrayal of trust and intimacy.

Most victims of spousal sexual assault are not likely to see that what is being done to them is a violation of their rights. Many women and men believe it is part of their "duty" to have sex with their partners, even if it is against their will and/or violent. However, the truth is that everyone has the right to say 'no' to sexual activity even if they are married or have consented to sexual activity in the past.

Research indicates that spousal sexual assault victims are more likely to be victimized in multiple attacks when compared with stranger and acquaintance sexual assault victims. Men and women who experience spousal sexual assault may suffer long lasting physical and psychological trauma.

COERCION

In a violent relationship, coercion can be one of the primary tools used to force sexual contact. Because coercion is a less clear form of violence, many dismiss it as less serious. Yet, verbal and emotional threats are just as damaging and controlling as physical threats. Coercion can take many forms. The following are examples of coercion:

- ~ constantly putting pressure on someone;
- ~ making someone feel guilty for not complying;
- ~ threatening to withhold something or to do something to make someone comply;
- ~ making false promises;
- ~ Using children to gain control over their partner.
- ~ being emotionally manipulative; and
- ~ using body position or physical size to imply threat.

Isolation

- ~ Controlling what you do, whom you see and talk to, what you read and where you go
 - ~ Limiting outside involvements
 - ~ Using jealousy to rationalize actions
- Minimizing, Denying and Blaming**
- ~ Making light of abuse and not taking concerns seriously
 - ~ Saying the abuse didn't happen
 - ~ Shifting responsibility for abuse

Using Children

- ~ Creating guilt about children
- ~ Using the children to relay messages
- ~ Using child visitations in order to harass
- ~ Threatening to take the children away

Using Gender Privilege

- ~ Treating you like a servant
- ~ Making all the big decisions
- ~ Acting like the master of the castle
- ~ Being the one to define men's & women's roles

Economic Abuse

- ~ Preventing you from getting or keeping a job
- ~ Controlling all the money
- ~ Keeping family finances secret

Coercion and Threats

- ~ Making and carrying out threats to hurt you, to leave, to commit suicide, etc.

Intimidation

- ~ Creating fear using looks, actions, gestures
- ~ Smashing things & destroying property
- ~ Abusing pets
- ~ Displaying weapons

Emotional Abuse

- ~ Using put downs & name calling
- ~ Playing mind games
- ~ Using humiliation & guilt
- ~ Manipulation

You may feel that your relationship isn't abusive because it's not violent. Abuse comes in all forms. Feeling scared, humiliated, pressured or controlled is not the way you should feel in a relationship. There's also a good chance that psychological abuse can eventually escalate into physical abuse.

People who are abusive will often make you feel like you are to blame for their behaviour. You might think that if you try and change to be more like what your partner wants you to be then the abuse will stop. It won't, the abuser needs to take responsibility for his/her actions.

**IT'S NOT YOUR FAULT IF YOU
ARE BEING ABUSED!
IT IS YOUR LEGAL RIGHT TO BE
TREATED WITH RESPECT!**

~ providing crisis intervention ~ public education ~ counselling