

## WHAT DO I DO IF I'VE EXPERIENCED SEXUAL VIOLENCE?

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| <p>Don't forget that anyone can commit sexual violence (a friend, a loved one, a stranger, etc.)</p>                               | <p>Don't blame yourself. The only person responsible is the person committing sexual violence. Set aside all prejudice, your own and that of others.</p> |
| <p>Talk about it with someone you trust. Choosing to talk about the sexual assault can help you.</p>                               | <p>Contact the resources that can help you (see the back of this sheet).</p>   |
| <p>Keep all evidence and record the details: date, time, place, name of the assailant, names of witnesses, what happened, etc.</p> | <p>Contact the single entry point on your campus.</p>  |

Here are the various things you can do if you've experienced a situation of sexual violence:

**If you fear for your safety, call 911 immediately.**

Go to the single entry point on your campus to get support right away.

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| <p>If there is no resource available at the single entry point and if you've been sexually assaulted recently, contact the Info-social hotline (811) right away or go to one of the designated centres to obtain the help you need (medical-legal and medical-social kit). It's important to know that some decisions need to be made quickly. Their services are confidential and available 24 hours a day, 7 days a week. You can also contact one of the specialised resources listed on the back of this sheet. The resources will explain to you what your options are, in full confidentiality.</p> | <p>Don't hesitate to talk about it and to have someone you trust accompany you. It's important for you to obtain support quickly. The resources will help you in your efforts, now and later on.</p> <p>Once the situation has been reported, a variety of options will be made available to you:</p> <ul style="list-style-type: none"> <li>• Psychosocial support</li> <li>• Administrative complaint</li> <li>• Criminal complaint</li> <li>• Request for accommodations</li> </ul> |
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These various acts and activities all constitute sexual assault if they are committed without the consent of the person subjected to them since they are prejudicial to that person's physical and psychological integrity and to their self-perception and their awareness of their environment: Kisses - Touching - Masturbation - Oral-genital contact - Penetration - Other sexual activities - Sexual harassment - Exhibitionism - Frotteurism - Voyeurism - Etc. **Sexual assault is an act of violence and not impulsive sexual behaviour.**

# RESOURCES

Gaspé and Magdalen Islands Region

At any time, if your safety is threatened, call 911.

## RESSOURCE and CONTACT INFORMATION

Consult the section, [Reveal or report a situation of violence](#), on the Student Zone to know the people responsible for the Single Entry Point in campus and external resources.