



boys are sexually abused by the time they reach age 18

Healthy Relationships Healthy Communities

PUBLIC AWARENESS PAGE

OYEN & DISTRICT SUPPORT SERVICES

LOCAL & REGIONAL

- RCMP/Fire/Ambulance.....911
- Big Country Victim Services.....403-823-4233
- Oyen Hospital.....403-664-4300
- Oyen Medical Clinic.....403-664-3577
- Oyen FCSS.....403-664-2255
- Oyen Community Health Services...403-664-3651
- Oyen AHS Mental Health/
Addictions Services.....403-529-3500
- West Central Crisis Centre.....306-463-6655
- Hanna AHS Addictions.....403-820-7863
- Hanna Mental Health Services.....403-854-5276

24HR. HELP LINE

- Sexual Assault Crisis Line.....780-423-4121
- Distress Center Crisis Line.....403-266-4357
- Medicine Hat Women's Shelter.....1-800-529-1091
- Brooks Women's Shelter.....403-793-2232
- Mental Health Help Line.....1-877-303-2642
- Suicide Prevention.....1-800-784-2433
- Family Violence.....310-1818

For more information visit

oyenfcss.ca

SEXUAL ASSAULT

Includes any form of sexual activity without a person's consent. This may include any kissing, fondling, touching, oral/anal sex or sexual intercourse without consent and not stopping sexual contact when asked to.

I NEED HELP

If you have experienced sexual assault, you may be feeling physical pain from external or internal injuries, your emotions may be in turmoil or you may feel numb and be in shock. Immediate help is available, so you don't have to cope with this by yourself. The information on this page will help you figure out what to do next.

FOLLOWING SEXUAL ASSAULT

If you have been sexually assaulted, assistance is available and you should seek help immediately.

- Call the Police 911 (Oyen RCMP)
- Go to the Hospital (Big Country Hospital / Oyen Medical Clinic)
- Call for Support Services (Big Country Victim Services/SARC)
- Write Down What Happened

REPORTING TO POLICE

- If you would like to report the incident to police, you can call them directly (664-3505) or contact SARC or victim services for their support in doing so.
- There is no statute of limitations on reporting sexual assault. No matter how far in the past the assault, you can report it to the RCMP at any time.
- If you want to report the assault to police, don't wash, bathe or change your clothes until you have been looked after and a medical examination is done. If you decide to change your clothes, put everything you were wearing in a sealed bag to give to police, including your underwear.

THIS IS NOT YOUR FAULT

It's important to know you did not choose to this happen to you. Sexual assault is NEVER the fault of the survivor.

HELP A FRIEND

Don't worry about being perfect, but do recognize the importance of your role. If someone discloses to you, it means they trust you enough to share this information with you.

HOW TO HELP:

- 1. Believe:** Assume that what you are being told is true. Offer a simple and reassuring phrase such as, "I believe you."
- 2. Validate:** Tell the person, "It is not your fault," and, "It is good you decided to tell someone."
- 3. Provide Options:** If the sexual assault occurred recently, ask the individual if they would like to go to the hospital to be treated. Let the individual know reporting to the police is an option they may take and there is no time limit on reporting.

Respect their decision, whatever it may be.

- 4. Take Care of Yourself**

#I Believe You

Support is a simple click away www.oyenfcss.ca