

TIPS FOR PROMOTING HEALTHY RELATIONSHIPS

- ~ Keep the lines of communication open – you need to be able to talk about your feelings, your wants, and your limits with your partner
- ~ Respect each other – be caring and considerate of your partner
- ~ Always ask – never assume the answer is “yes” – make sure your partner is OK with what you’re doing
- ~ Limit alcohol intake when dating – keep a clear head to enjoy your time together and avoid miscommunication
- ~ Keep a balanced life – your relationship shouldn’t take over your life – leave time for school, friends and other interests
- ~ Respect boundaries – if your partner isn’t ready for sex, never force the issue
- ~ Respect yourself – don’t tolerate abuse (emotional, physical or sexual) or violence from your partner
- ~ Get to know your partner’s friends and interests – a healthy relationship is about more than just sex
- ~ Practice safe sex – protect your partner from sexually transmitted diseases and pregnancy

FOLLOW UP RESOURCES TO HELP AT BROCK:

Student Health Services

Harrison Hall
ext. 3243

Personal Counselling

Student Development Centre
ext. 4750

Campus Security

Kenmore Centre
ext. 3200

Office of Human Rights and Equity Services

DeCew Residence 221
ext. 5657



Office of Human Rights and Equity
Services

DeCew Residence, Room 221
St. Catharines Campus
www.brocku.ca/humanrights
(905) 688-5550 ext. 5657
humanrights@brocku.ca

The Brock University logo, featuring the word "Brock" in a white, sans-serif font on a black rectangular background.

OFFICE OF HUMAN RIGHTS AND EQUITY SERVICES

Promoting a respectful work and
learning environment at Brock
University.

**SEXUAL
ASSAULT:**

***PREVENTION AND
RESPONSE***

WHAT IS SEXUAL ASSAULT?

You have been **sexually assaulted** if you have been coerced into or subjected to any unwanted act of a sexual nature. Sexual assaults may be committed by strangers but are *more likely* to be committed by someone you know. Sexual assault is a serious, pervasive problem in our society. Its effects can be devastating, leading to self-blame, a sense of isolation, feelings of unworthiness, and damage to physical and emotional health, and intimate relationships. Both men and women can be, and are, sexually assaulted. Sexual assault is against the law. In addition, Brock University prohibits sexual assault under various codes and policies.

WHAT IS DATE RAPE?

Date rape or acquaintance rape is the act of forcing sex on a date or acquaintance. This form of sexual assault will often not involve the use of weapons. Instead, the assaulter may use threats, coercion, intimidation, physical strength or authority to overpower or pressure a date into having sex.

Date rape occurs for many reasons. Despite awareness campaigns, the myth that women say no to sex when they really mean yes continues to exist. In addition, differences in the parties' expectations of the date or relationship, unclear or unheard communication, and the consumption of alcohol or drugs by one or both parties are

frequent causes. More recently, "date rape" drugs, such as Rohypnol and GHB are being used by perpetrators to incapacitate their dates in order to sexually assault them.

RESPONDING TO SEXUAL ASSAULT...

~ Deal with immediate needs of the person – personal safety and security. Get immediate medical assistance in case of obvious bleeding, injury or signs of shock (paleness, sweatiness, confusion, faintness). Health Services, local hospitals and/or emergency clinics can provide medical care. Ensure that the assaulter is no longer an immediate threat to you and the person. If there is a continuing threat, immediately contact Campus Security for assistance.

~ Use a client-centred approach – let the person retain as much control of the situation as possible. Share information about resources on campus that can assist her/him to deal with the assault. Let the person make the decisions about how to proceed after the assault and do not judge those decisions.

~ Listen non-judgmentally to the person's feelings and emotions. Do not blame the person or try to minimize the experience. All assaults are damaging and traumatic. Any assault is the fault of the assaulter.

~ If appropriate, and the person agrees, a "Rape Kit" may be administered to collect evidence. Contact Health Services, a local hospital or the Niagara

Regional Sexual Assault Centre. The person should not wash, shower or change clothes until the evidence has been collected. A Rape Kit may be used up to 48 hours after an assault. The Rape Kit is an unpleasant procedure, but will help greatly if the person subsequently decides to press legal charges. A person will not be required to take a Rape Kit or to press charges if seeking help.

~ Stay with the person until she/he is calm. Offer to contact additional support people. Encourage the person to get help or counseling. It is much better to talk the event through with a trained person than to try to forget it. Personal counseling is available and free of charge to students.

GETTING SUPPORT AND HELP

If you or someone you know has been impacted by sexual assault or date rape, you are advised to immediately contact: **Niagara Region Sexual Assault Centre** (24 hour crisis line) (905) 682-4584 www.sexualassaultniagara.org NRSAC provides Brock's first response to sexual assault in our community. They provide: 24 crisis counseling, hospital response services, and counseling services. They will listen to your story and support you to understand and make choices about the type of response and support you are seeking. They will also help you access follow up services at Brock.