

Sexual Violence & Criminal Harassment



TM/MD

Victim Services of Kingston and Frontenac

c/o Kingston Police, 705 Division Street, Kingston, Ontario K7K 4C2

Telephone: 613-548-4834 Fax: 613-547-6674

www.victimserviceskingston.ca

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Also Available

Domestic Violence



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

Fire & Disaster



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

Human Sex Trafficking



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

Property Related Crimes & Replacing Identification



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

Sexual Violence & Criminal Harassment



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

Sudden Death



Victim Services of Kingston and Frontenac
 Services aux victimes de Kingston et Frontenac

And more...

Sexual violence is any sexual contact not agreed to, including:

- Unwanted sexual touching or sex;
- The use of force, threats or intimidation to make an individual do something sexual that they do not want to do; and/or
- Sexual activity that an individual is unable to agree to because they are, for example, unconscious or intoxicated

1 in 3 Women

ARE AFFECTED BY
SEXUAL ASSAULT

1 in 6 Men

An estimated 600,000 Sexual Assaults happen per year in Canada



ONLY 5% OF SEXUAL ASSAULT INCIDENTS ARE REPORTED TO POLICE

Information taken from:
Canada's 4th Crime Survey (2017) July 11. Self-reported sexual violence in Canada, 2014. Retrieved from Statistics Canada.
https://www150.statcan.gc.ca/n1/pub/2500-0001/2017001/article/58807-eng.htm
Rosenberg, C. (2017, October 26). Police reported sexual violence in Canada, 2014 to 2016. A statistical profile. Retrieved from Statistics Canada.
https://www150.statcan.gc.ca/n1/pub/2500-0001/2017001/article/58807-eng.htm

Photo taken from:
https://www.gettyimages.com/detail/stock-photo/1111111111

Consent is defined as the voluntary agreement to engage in sexual activity. In other words you must **actively and willingly give consent** to sexual activity.

Any type of sexual activity without consent is sexual assault

- Consent should never be assumed or implied
- Consent is not silence or the absence of "no"
- Consent cannot be given if you are impaired by alcohol or drugs, or are unconscious
- Consent can never be obtained through threat or coercion
- Consent can be withdrawn at any time
- Consent cannot be given if the perpetrator abuses a position of trust, power or authority
- Consent cannot be given by anyone other than the person participating in the sexual activity (e.g. your parent, brother or sister, girlfriend or boyfriend, spouse, friend etc., cannot consent for you or on your behalf).

The Criminal Code: Three Levels of Adult Sexual Assault

Level 1

Involves minor physical injuries, or no injuries to the victim.

Canada 

Level 2

Involves sexual assault with a weapon, threats or causing bodily harm.

Level 3

Results in wounding, maiming, disfiguring or endangering the life of the victim.

It's a personal decision whether or not someone wants to report a sexual assault to police. Regardless of this decision, seeking medical attention after an assault is recommended. The Sexual Assault Domestic Violence Unit (SA/DV) at Kingston Health Sciences Centre (KHSC) has a team of specially trained and dedicated staff who can provide medical care 24/7. Accessing the SA/DV Unit can be done by attending the Emergency Department at KHSC and asking to see the SA/DV nurse on-call. In addition to medical care, SA/DV staff can perform a Sexual Assault Evidence Kit (SAEK) that, when performed as quickly as possible and sometimes up to 12 days after the assault, can provide important evidence and information for police should you decide to report the incident at a later date. Gathered information is kept on file at KHSC for up to 6 months and is destroyed after this time.

Victim Services of Kingston and Frontenac support is available throughout this process.

The Sexual Assault/Domestic Violence Unit

The SA/DV unit provides care to women, men, trans persons, and children who have been recently sexually assaulted or experienced intimate partner abuse. Follow-up health care and counselling is also available.

Services include:

- Emergency acute medical and nursing care
- Crisis intervention
- Documentation of injuries
- Medications to prevent pregnancy and Sexually Transmitted Infections
- Forensic evidence collection
- Safety Planning

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston



- This kit can be used to collect DNA evidence only. They are of no medical diagnostic value, as there is no test to diagnose sexual assault.
- The kit can be collected with consent with a time frame of 12 days or less from the time of the assault. This timeline is dependent on the nature of the events that took place.
- The kit can be held and collected on site at KHSC-KGH for up to 6 months or they can be released to Police services for processing at the Centre for Forensic Sciences in Toronto. To have the kit processed, a police report must be complete first.
- All pediatric requests for service need to come to the KHSC-KGH site for consultation, which is only available at Kingston General Hospital.
- The paediatric physical abuse and neglect cases are directed to a clinic at the Children's OutPatient Clinic (COPC) at the Hotel Dieu site for care.

If you are able to, try to avoid doing the following *prior* to attending the SA/DV unit:

- Bathing
- Showering
- Using the restroom
- Changing clothes
- Combing hair
- Cleaning up the area



By avoiding these actions, it heightens the possibility of not damaging evidence left behind by the assailant.

Myths About Sexual Assault

Myth: It's not a big deal to have sex with a victim while they are drunk, stoned or passed out.

Fact: If a victim is unconscious or incapable of consenting due to the use of alcohol or drugs, they cannot legally give consent. Without consent, it is sexual assault.

Myth: Sexual assault is most often committed by strangers.

Fact: Of sexual assaults where a charge was laid by police, the majority (87%) of victims knew their assailant; most commonly as a casual acquaintance, a family member, or an intimate partner.

Myth: If a victim doesn't report to the police, it wasn't sexual assault.

Fact: Just because a victim doesn't report the assault doesn't mean it didn't happen. Canada wide, fewer than one in twenty victims reported the crime to the police in 2014.

Myth: If a victim didn't scream or fight back, it probably wasn't sexual assault.

Fact: When a victim is sexually assaulted, they may become paralyzed with fear and be unable to fight back. They may be fearful that if they struggle, the perpetrator will become more violent. If they are under the influence of alcohol or drugs, they may be incapacitated or unable to resist.

Myth: If a victim isn't crying or visibly upset, it probably wasn't a serious sexual assault.

Fact: Every victim responds to the trauma of sexual assault differently. They may cry or they may be calm. They may be silent or very angry. Their behaviour is not an indicator of their experience. It is important not to judge a person by how they respond to the assault.

Myth: If a person does not have obvious physical injuries, like cuts or bruises, they probably were not sexually assaulted.

Fact: Lack of physical injury does not mean that a person wasn't sexually assaulted. An offender may use threats, weapons, or other coercive actions that do not leave physical marks. They may have been unconscious or been otherwise incapacitated.

Myth: If it really happened, the person would be able to easily recount all the facts in the proper order.

Fact: Shock, fear, embarrassment and distress can all impair memory. Many survivors attempt to minimize or forget the details of the assault as a way of coping with trauma. Memory loss is common when alcohol and/or drugs are involved.

- Is someone repeatedly following you or someone known to you from place to place? Repeatedly is more than one time and does not have to be for an extended period of time. The incidents may have occurred during the same day.
- Is someone repeatedly communicating with you, either directly or indirectly? Directly can be by telephone, in person, leaving messages on answering machines, or sending unwanted gifts, notes, letters or emails.
- Indirectly can be by contacting people you know and having messages sent through them or simply by making repeated unwanted inquiries about you.
- Is someone persistently close by or watching your home or any place where you or anyone known to you live, work, carries on business or happens to be?
- Have you or any member of your family been threatened by this person?

If you can answer YES to any of these questions you may be a victim of criminal harassment – stalking.

What Can You Do?

Maintain detailed notes about the stalking conduct. Dates, times, places, actions and threats are easier to explain and remember when written down. Keep all recorded telephone messages, emails, gifts, letters or notes that have been sent by the individual. Keep a list of emergency numbers posted in several locations. Emergency numbers should include:

- Police
- Victim Services
- Immediate family
- Friends
- Co-workers

Do NOT agree to have contact with a person who you think may be stalking you. Do NOT try to deal with a stalker by yourself. Each stalking situation is different.

MY EMERGENCY NUMBERS:

Stalking can include a number of different behaviours intended to control and frighten the person being stalked. Most commonly this can involve:

- Repeated telephone calls (the caller may hang up or remain silent on the line) to your home, cell phone or workplace in order to “track” your whereabouts
- Repeated letters or stealing mail
- Repeated emails (threatening or obscene e-mail or text messages)
- Sending unwanted gifts (flowers, candy, etc.)
- Showing up uninvited at work or home
- Following, watching, tracking
- Threatening harm to the person being stalked, their family, friends, pets
- Harassing an employer, colleague or family member(s)
- Vandalizing their car or home
- Harming pets
- Assault (physical, sexual, emotional)
- Kidnapping, holding hostage

Feelings that may arise when one is being criminally harassed

- | | | |
|--------------|----------------------|-------------------------------|
| • Fear | • Powerlessness | • Diminished personal safety |
| • Alienation | • Hopelessness | • Lowered sense of self-worth |
| • Confusion | • Anxiousness | • Lack of control |
| • Isolation | • Anger | |
| • Depression | • Detachment | |
| • Resentment | • Loss of confidence | |

Contact the Police or Victim Services of Kingston & Frontenac

Kingston Police

705 Division Street
Kingston, ON

Non-Emergency: 613-549-4660

Emergency: 9-1-1

Victim Services of

Kingston & Frontenac

info@victimserviceskingston.ca

Non-Emergency: 613-548-4834

Emergency: 9-1-1

Frontenac OPP

5282 Hinchinbrooke Rd
Hartington, ON

Non-Emergency: 613-372-1932

Emergency: 9-1-1

For many people who have been affected by sexual assault, current and long-term safety can be an ongoing concern. Safety planning is about brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps. Finding ways to stay and feel safer can be an important step towards healing, and these plans and actions should not increase the risk of being hurt.

Safety Planning When Someone is Hurting You

- Become familiar with safe places. Learn more about safe places near you such as a local domestic violence shelter or a family member's house. Learn the routes and commit them to memory. Find out more about sexual assault service providers in your area that can offer support.
- Create a code word. It might be a code between you and your children that means "get out," or with your support network that means "I need help."
- Keep computer safety in mind. If you think someone might be monitoring your computer use, consider regularly clearing your cache, history, and cookies. You could also use a different computer at a friend's house or a public library.
- Lean on a support network. Having someone you can reach out to for support can be an important part of staying safe and recovering. Find someone you trust who could respond to a crisis if you needed their help.
- Prepare an excuse. Create several plausible reasons for leaving the house at different times or for existing situations that might become dangerous. Have these on hand in case you need to get away quickly.
- Stay safe at home. If the person hurting you is in your home, you can take steps to feel safer. Try hanging bells or a noise maker on your door to scare the person hurting you away, or sleep in public spaces like the living room. If possible, keep the doors inside your house locked or put something heavy in front of them. If you're protecting yourself from someone who does not live with you, keep all the doors locked when you're not using them, and install an outside lighting system with motion detectors. Change the locks if possible.

Safety Planning When Someone is Stalking You

- Be prepared to reach out. If possible, keep your cell phone charged and have emergency contact numbers programmed ahead of time. You may want to save these contacts under a different name. Memorize a few numbers in case you don't have cell phone access in the future.
- Change your routine. Be aware of your daily routine and begin to alter it over time. Switch up the way you commute more often, taking different routes or different modes of transportation. Visit the Stalking Resource Center for more ways to stay safe.
- Tell someone you trust. Stalking shouldn't be kept a secret. Tell your loved ones, parents or other trusted adults, or the local police to determine if a report can be made.

"Believe in yourself. Believe in your capacity to do good and great things. Believe that no mountain is so high that you cannot climb it. Believe that no storm is so great that you cannot weather it. Believe in yourself."

- Gordon B. Hinckley



Contact them at*General Office*

613-545-0762

24hr Crisis Line

613-544-6424

1-877-544-6424

**Located at**

400 Elliott Avenue,
Unit 1 (Rockcliffe Plaza)
Kingston, Ontario
K7K 6M9

Counselling Services

At your initial appointment you will see an intake counsellor who will gather some information from you and go over some information about counselling. They will also help you work on safety and stabilization such as grounding techniques and coping skills before you start your trauma counselling. SAC Kingston offers free, confidential and non-judgmental 1:1 counselling to ALL survivors of sexualized violence, regardless of gender and identity. The counsellors work within a client-centered, trauma informed framework, to provide compassionate support on your healing journey.

Please note they also offer Group Therapy, E-Counselling, Indigenous Counselling and French services.

Youth Services

SAC Kingston offers a variety of options for survivors who are in high school or those who are accessing alternative schooling options. This program is meant to remove barriers of accessing services for youth, such as transportation, long wait lists, inconsistent contact.

To set up an intake, contact the Centre (intake@sackington.com) and let them know which high school you are at. SACK will either travel to the school to complete and intake and complete one or two sessions or you will be invited to the Centre to complete the intake and the remainder of counselling sessions.

SACK serve ALL survivors who regardless of gender, who are 12 years and older.

Crisis Support*Accompaniment Services*

Specially trained volunteers can accompany survivors to a variety of places and provide emotional support to the survivor. Typically, SACK offers accompaniments to medical appointments, the Sexual Assault and Domestic Violence Unit, and court proceedings. To access supports for accompaniments to other locations, please contact volunteer@sackington.com

Crisis and Support Line

SAC Kingston offers information, support and coping strategies for survivors of all gender identities.

Contact us at*Phone*

613-548-4834

Email

info@victimserviceskingston.ca

**Located at**705 Division St,
Kingston, Ontario
K7K 4C2**Crisis Support**

Victim Services of Kingston and Frontenac is a charitable organization designed to support victims through the early stages of crisis. Our support is available to direct victims, immediate family, and anyone else who have been effected by the situation the survivor is trying to overcome. Crisis Intervention Services are offered 24/7 and are available to meet the needs of victims in their time of crisis. We provide tailored crisis assistance services based on what each person needs in that moment in time to help them get through their experience or until other supports are activated. Having the right supports, including emotional support during the crisis, can help a survivor to find the strength to overcome their fears, concerns, and worries.

Safety Planning

Feeling safe and calm is essential to healthy healing after a crisis has occurred. Our specially trained staff can talk to survivors about safety concerns and can help to write out a plan that helps the survivor to know what to do if safety does happen to be challenged. Putting this safety plan down on paper can really help during crisis times.

In some cases, survivors may qualify for VQR+ Emergency funds that can help to get the funds needed to pay for lock changes, broken windows, sensor alarms, etc. Victim Services staff can guide the survivor through the VQR+ guidelines and help to determine if they qualify for these services.

Victim Quick Response Program +

Addictions & Mental Health Services, KFL&A

- Offices in Sharbot Lake & Verona
- Crisis services
- 24/7 support by phone,
- Walk-in services during office hours,
- Mobile Response team anywhere in KFLA during select hours.
- Mental Health – counselling & treatment
- Court Support & Justice Services

Walk-in Crisis Services

385 Princess St., Kingston

Mon-Fri 8:30am – 4:30pm

70 Dundas St. E., Napanee

Mon-Fri 8:30am – 4:30pm

Kingston & Frontenac: 613-544-1356**Lennox & Addington:** 613-354-7521**24/7 Crisis Phone Lines***Kingston & Frontenac:* 613-544-4229*Lennox & Addington:* 613-354-7388**Mobile Crisis Team***Kingston & Frontenac*

Mon-Fri 8:30am to Midnight

Fri/Sat Noon to Midnight

Lennox & Addington

Mon-Fri 8:30am – 8:00pm

Children's Outpatient Centre, Hotel Dieu Hospital**Phone:** 613-544-1365

Appointment only (Call ahead)

Centre for Abuse and Trauma Therapy**Phone:** 613-507-2288

- Provides short and long-term professional psychotherapy and support to anyone of age who has experienced recent and/or past abuse or trauma.
- Sliding scale fees

Canadian Center 4 Male Survivor**Email:** info@cc4ms.ca

- Male Survivor of Child Sex Abuse
- provide treatment, support and assistance to adult male survivors through healing, education, advocacy and research.
- Online only

Resolve Kingston**Phone:** 613-549-7850

- Female and male victims of sexual assault
- Women's counselling
- Partner Assault Response Program (PAR)
- Sliding Scale Fees

Sexual Assault/Domestic Violence Program, KGH**Phone:** 613-546-6666 Ext. 4880

Go through triage nurse at hospital emergency room

Sexual Assault Centre of Kingston**Phone:** 613-545-0762**Email:** sack@sackkingston.com

400-Unit 1 Elliott Avenue

Kingston, ON

- Free
- Crisis support, information & referrals
- Individual and group counselling
- Legal and medical accompaniment
- 24-hour telephone crisis line
- Education & training
- Awareness & advocacy

24 Hour Crisis Line

613-544-6424

1-877-544-6424

Sexual Health Clinic, KFL&A Health Unit

- Information on sexually transmitted and blood-borne infections and contraception
- Testing and treatment for sexually transmitted and blood-borne infections
- Anonymous HIV testing (by appointment only)
- Contraception (for women who do not have access to a primary care provider OR who are under 19 years old)
- Emergency contraception
- Pregnancy testing (urine only)
- Free immunization against HPV, hepatitis A and hepatitis B (for those who qualify)
- Free condoms

Phone: 613-549-1232 Ext. 1275
Fax: 613-549-6215

KFL&A Public Health
221 Portsmouth Ave.,
Kingston, ON
K7M 1V5

Sexual Health Clinic

Located at Kingston Community Health Center

Phone: 613-549-1232 Ext. 1275

PrEP and Gay Men’s Sexual Health Clinic

KFL&A Sexual Health Clinic also provides sexual health services for gay, bisexual, and other men who partake in sexual intercourse with other men.

Phone: 613-507-2288

Victim/Witness Assistance Program

- Answer your questions about the criminal justice system, courtroom procedures and your role in court.
- Help you understand what to expect at each court date and help you prepare for your appearance in court.
- Provide you with copies of court papers, such as bail conditions and probation orders.
- Contact the crown attorney or the police officer in charge of your case on your behalf.
- Offer ongoing emotional support through-out the court process
- Arrange for language interpreters in domestic violence cases and/or accommodate any special needs.
- Help you understand and complete a Victim Impact Statement

Phone: 613-545-2455

308 Wellington Street,
Unit 101 (side entrance)
Kingston, ON
K7K 7A8

Notes:

Empty box for notes.

Victim Services of Kingston & Frontenac

Victim Services of Kingston & Frontenac is a community-based program working in partnership with emergency services and local support agencies. It is a 24/7 service that provides confidential emotional support, practical assistance, referral and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster, in order to lessen the impact of victimization.

Immediately following violent crime victimization, financial assistance may be available through the Victim Quick Response Program with Victim Services of Kingston & Frontenac.

A time-sensitive staff assessment is required.

c/o Kingston Police, 705 Division Street,
Kingston, Ontario K7K 4C2
Telephone: 613-548-4834 Fax: 613-547-6674
www.victimserviceskingston.ca



*Committed to treating
individuals with courtesy,
compassion and with
respect for their dignity,
privacy and diversity.*