

Information guide on sexual violence

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Foreward

This guide was written primarily to provide information for survivors of sexual violence and their loved ones, and particularly for victims of sexual assault and sexual harassment. It is also designed for others seeking such information.

The guide is for both women and men, regardless of their ethnic origin, culture, age, religion, sexual orientation, or physical and mental abilities. University of Ottawa students and staff are also encouraged to consult this publication as needed.

In this guide:

- Definitions of consent and different forms of sexual violence
- Myths
- Some facts and statistics
- The effects of sexual assault
- Options for survivors ranging from support to medical assistance
- The role of family members, friends and witnesses
- Information on alcohol and common “date-rape” drugs
- Resources available on campus, off campus and online

Please note that the feminine is used throughout this guide,
but it does not exclude any person who has been a victim of sexual violence.

Message from the Vice-President Academic and Provost



Michel Laurier

Vice-President Academic and Provost

The University of Ottawa is committed to maintaining a campus that promotes respect for the dignity of every individual and a community that is free from sexual harassment, discrimination and violence. Our goal is to make our University a place where students, faculty and staff can feel safe and secure. We pledge to foster mutual respect and create a campus where any survivors of sexual violence can get the support they need.

Discrimination, harassment and violence—including sexual violence—are unfortunately a reality in our society. We take these matters very seriously and will not tolerate them at the University Ottawa.

We are committed to making the changes needed and to implement all the recommendations put forward by the [Task Force on Respect and Equality](#) in order to prevent this type of behaviour and to ensure we provide a safe learning, teaching and working environment for all.

Our University is a place for sharing knowledge and making discoveries that will create a better world. Let us work together to make our campus a better place too.

Michel Laurier

Definitions

Consent is the voluntary agreement to engage in sexual activity. An individual must actively and willingly give consent to sexual activity. Simply stated, sexual activity without consent is sexual assault.

Online sexual assault is another form of sexual violence and can involve threats, insults, humiliation, defamation or spreading rumours on the Internet; impersonation; sending damaging messages, photos or videos of a sexual nature via a mobile phone; posting a video of a sexual nature involving someone who was filmed without their knowledge or using any such content in an attempt to obtain a sexual act; sexual comments or advances; or acts involving coercion in any situation for the purposes of trafficking or acts directed at a person's sexuality—regardless of the relationship of the individuals involved.¹

Rape is a form of sexual assault. It is the forced penetration of a person's vagina, anus or mouth without the person's consent.²

Rape culture is a culture in which dominant ideas, social practices, media images and societal institutions implicitly or explicitly condone sexual assault by normalizing or trivializing male sexual violence and by blaming survivors for their own abuse.³

Sexual assault is a form of sexual violence and a crime under the Criminal Code of Canada. It is an "assault of a sexual nature that violates a person's sexual integrity."⁴ In other words, it's a forced sexual act—i.e., non-consensual—involving physical contact (such as kissing or touching) or no contact (such as being forced to look at sexual pictures).

Sexual harassment is a form of discrimination that creates discomfort or fear and threatens a person's wellbeing.⁵ It is any behaviour, comment, act or unwanted sexual contact that is intended to intimidate a person and treat them as a sexual object, regardless of whether it's an isolated incident or has occurred multiple times.⁶ It can be a promise of reward for complying with a sexually oriented request, a threat or actual reprisal for not complying with this request or an abuse of power⁷. Just a few examples include staring, proposals and jokes.

Sexual violence is:

[...] any violence, physical or psychological, carried out through sexual means or by targeting sexuality. This includes sexual abuse, sexual assault, rape, incest, childhood sexual abuse and rape during armed conflict. It also includes sexual harassment, stalking, indecent or sexualized exposure, degrading sexual imagery, voyeurism, cyber harassment, trafficking and sexual exploitation.⁸

¹ [Cyberagression sexuelle](#), [CALACS francophone d'Ottawa]

² [Définitions et formes](#) [CALACS francophone d'Ottawa]

³ [It's never okay: An action plan to stop sexual violence and harassment](#). Government of Ontario. March 2015.

⁴ [It's never okay: An action plan to stop sexual violence and harassment](#). Government of Ontario. March 2015.

⁵ [Information Guide for Sexual Assault Victims](#). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.

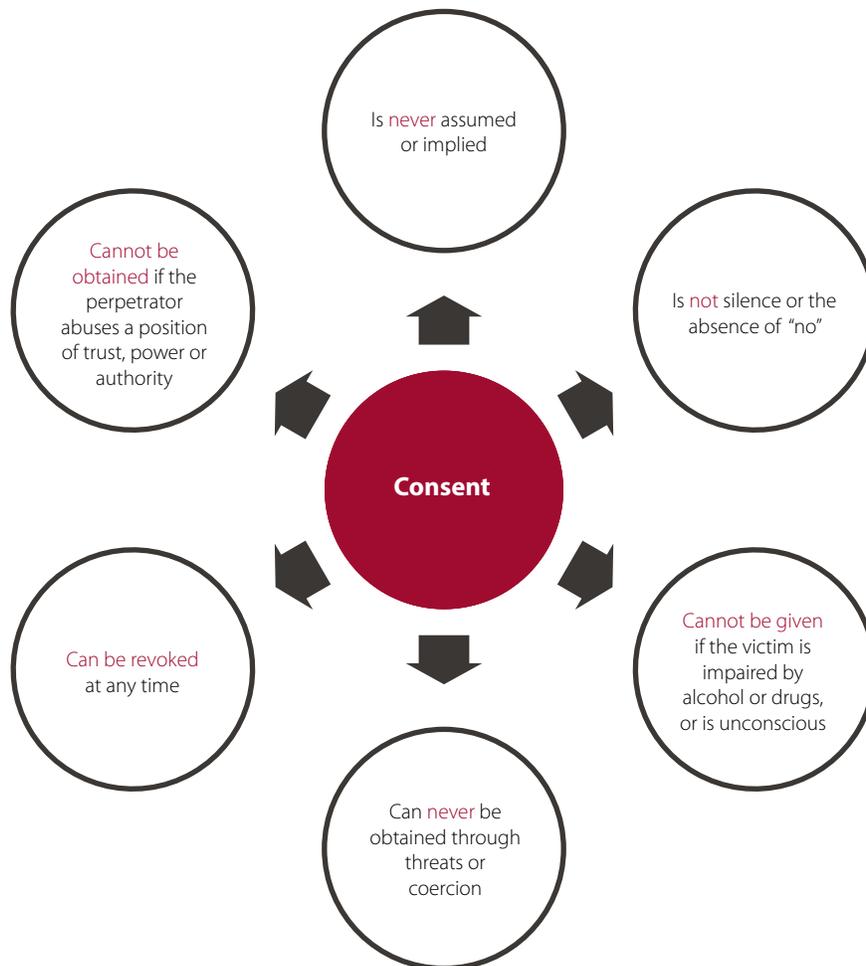
⁶ [Définitions et formes](#) [CALACS francophone d'Ottawa]

⁷ [Prevention of harassment and discrimination](#) [University of Ottawa]

⁸ [Developing a Response to Sexual Violence: A Resource Guide for Ontario's Colleges and Universities](#). Ontario Women's Directorate, in collaboration with the Ministry of Training, Colleges and Universities. January 2013.

Consent

Consent requires the voluntary agreement to engage in sexual activity. An individual must actively and willingly give consent to sexual activity. Simply stated, sexual activity without consent is sexual assault. **No one consents to being sexually assaulted.**⁹



Examples of what does NOT constitute consent

- You're not my type.
- Not now.
- I don't know if I'm ready.
- Please stop.
- I don't really know if I want to.
- Doing nothing
- Silence
- Getting into someone's vehicle
- Going inside someone's residence

⁹ [Developing a Response to Sexual Violence: A Resource Guide for Ontario's Colleges and Universities](#). Ontario Women's Directorate, in collaboration with the Ministry of Training, Colleges and Universities. January 2103.

Quick facts

The information below is taken from documents published by the Government of Ontario¹⁰ and the Ontario Women's Directorate together with the Ministry of Training, Colleges and Universities.¹¹

- Sexual assault is about **power** and **control**, not sexual desire.
- Although sexual violence often goes unreported, there are **460,000** sexual assaults in Canada each year.
- Of every **1,000** sexual assaults, only **33** are ever reported to police. Of these 33 reported cases, **12** result in charges being laid, **6** are prosecuted and **3** lead to a conviction.
- Sexual assault is a gender-based crime whose victims are overwhelmingly women—more than **93%** of reported adult victims are **female**, and **99%** of accused perpetrators are **male**.
- **One in three** women will experience some form of sexual assault in her lifetime.
- Sexual assault victimization rates are **five** times higher for women under 35 than for women 35 or over.
- Between **15% and 25%** of college- and university-aged women will experience some form of sexual assault during their academic career.
- Over **half** of sexual assaults of postsecondary students involve drugs or alcohol.
- Women with disabilities are **three** times as likely to be forced into sexual activity through force or the use of threats as women without disabilities.
- Worldwide, **35%** of all women have experienced either physical or sexual intimate partner violence or non-partner sexual violence.
- In **82%** of sexual assaults, the assault is committed by someone known to the victim. This can include, for example, a family member, a friend or an acquaintance.

¹⁰ [It's never okay: An action plan to stop sexual violence and harassment](#). Government of Ontario. March 2015.

¹¹ [Developing a Response to Sexual Violence: A Resource Guide for Ontario's Colleges and Universities](#). Ontario Women's Directorate, in collaboration with the Ministry of Training, Colleges and Universities. January 2103.

Myths

There are many myths about [sexual violence](#) that influence how it is understood by survivors, perpetrators, their families and friends and the broader public. These “rape myths” are all around us in society—in the media, in advertisements, on television shows, in movies and video games and on the Internet.¹²

The table below presents some of the myths associated with sexual abuse, taken from *Developing a Response to Sexual Violence: A Resource Guide for Ontario’s Colleges and Universities*,¹³ *Information Guide for Sexual Assault Victims*¹⁴ as well as a training guide prepared by a Quebec regional health and social services agency for staff and others who provide psychosocial support to victims of sexual assault.¹⁵

Myth	Reality
A person cannot be sexually assaulted by their partner.	Sexual assault can occur in a marriage or other intimate partner relationship.
It wasn’t sexual assault because the person didn’t report it to the police.	Just because a victim doesn’t report the assault doesn’t mean it didn’t happen. Fewer than 1 in 10 victims report the crime to police.
The person didn’t scream or fight, so it wasn’t sexual assault.	A victim can become paralyzed with fear and be unable to fight back. She may be afraid that by struggling, the perpetrator will become more violent. Under the influence of drugs or alcohol, she may be unable to react or resist.
The person isn’t crying or visibly upset, so it wasn’t a serious sexual assault.	Each person reacts differently. She may cry or be calm, be silent or very angry. Her behaviour is not necessarily an indicator of the trauma she experienced.
The person doesn’t have any obvious physical injuries, such as cuts or bruises, so it’s not sexual assault.	Lack of physical injury doesn’t mean the person wasn’t sexually assaulted. The perpetrator may use threats, weapons or other types of coercion that do not leave physical marks. She may have been unconscious or otherwise incapacitated.
It wasn’t rape, so it wasn’t sexual violence.	Any unwanted sexual contact is considered sexual violence. Many forms of sexual violence—such as stalking or distributing intimate videos—involve no physical contact. All of these acts are serious and can be damaging.
It’s no big deal to have sex with a person who is drunk, stoned or passed out.	If the person is unconscious and cannot legally give consent or is incapable of consenting due to the use of alcohol or drugs, it’s sexual assault.
If it really happened, the person would be able to remember what happened and in the proper order.	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 the trauma. In addition, memory loss is common if alcohol or drugs were involved.
When a person says “no”, it usually means “yes”.	When a person says “no”, it means “no”. By ignoring the person’s refusal or choosing not to understand, the offender is not respecting her decision. Without mutual consent , it’s sexual assault.

¹² [Developing a Response to Sexual Violence: A Resource Guide for Ontario’s Colleges and Universities](#) (PDF). Ontario Women’s Directorate, in collaboration with the Ministry of Training, Colleges and Universities. January 2103.

¹³ [Developing a Response to Sexual Violence: A Resource Guide for Ontario’s Colleges and Universities](#) (PDF). Ontario Women’s Directorate, in collaboration with the Ministry of Training, Colleges and Universities. January 2103.

¹⁴ [Information Guide for Sexual Assault Victims](#) (PDF). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.

¹⁵ [Document de formation sur l’intervention psychosociale auprès des victimes d’agression sexuelle](#) (PDF, in French). Agence de la santé et des services sociaux de la Mauricie et du Centre-du-Québec. April 2003.

Myth	Reality
Women lie and make up stories about being sexually assaulted.	The number of false reports of sexual assault is very low, consistent with the number of false reports for other crimes in Canada. Sexual assault carries such stigma that many women prefer not to report.
Some women just ask for it because of how they behave and dress.	A woman does not ask to be sexually assaulted through her actions or appearance. Things like hitchhiking, staying out late, drinking or doing drugs, dressing seductively, wanting a relationship or expressing a desire to go home with a man—none of these constitutes an invitation or provocation to sexual assault.
Persons who become sexually excited or have an orgasm during a sexual assault are consenting because they're experiencing pleasurable feelings.	It's possible for a person to have a physical reaction to sexual stimulation, even when being sexually assaulted. Regardless of the person's physical reaction, it doesn't mean the person consented to the assault.
Offenders can't control their sexual urges.	Sexual assault is an act of violence. It is not about sexual desire. These assaults are not about attraction or an inability to control urges. They are about control over another person. There are no physiological conditions that prevent offenders from being able to control themselves. Everyone has control over their body's sexual urges.
All offenders have mental health problems.	Most of the time, the alleged attacker is a member of the victim's family or an acquaintance who has no mental health problems.
All men who sexually assault other males are homosexuals.	There are offenders who have preferences as to the sex or age of their victims. Most men who sexually assault other males are heterosexual.

Alcohol and drugs

On college and university campuses, alcohol and drugs are two of the most significant risk factors for [sexual violence](#). In fact, alcohol is the most commonly used substance in drug-facilitated sexual assaults. The second most common is marijuana. Other substances include prescription drugs, over-the-counter medications and date-rape drugs. Attackers use these substances to avoid seeking [consent](#) or to render a victim unable to resist the assault.

Symptoms and effects

There are a number of symptoms exhibited by a person that has been drugged. Note, however, that the effects can vary from one person to another. Symptoms can be similar to those of being drunk, even if you've consumed little or no alcohol.

- Blurred vision
- Confusion
- Disorientation
- Dizziness
- Drowsiness
- Impaired judgement
- Inability to stay awake; unconsciousness
- Loss of coordination
- Loss of inhibition
- Memory loss, amnesia
- Nausea
- Slurred speech
- Vomiting

Date-rape drugs¹⁶

"Date-rape" drugs are used to lessen a person's ability to resist sexual assault or to render a person unconscious. The table below provides information on some of the more commonly used drugs.

	GHB (gamma-hydroxybutrate) "G" or "Liquid X"	Ketamine "K" or "Special K"	Rohypnol "Roofies" or "the forget pill"
Onset	<ul style="list-style-type: none"> • 15 to 20 minutes 	<ul style="list-style-type: none"> • Immediate 	<ul style="list-style-type: none"> • 20 to 30 minutes
Duration	<ul style="list-style-type: none"> • Several hours 	<ul style="list-style-type: none"> • Up to five hours • Usually one hour 	<ul style="list-style-type: none"> • Up to 24 hours • Usually eight hours
Appearance	<ul style="list-style-type: none"> • Liquid 	<ul style="list-style-type: none"> • Liquid • White powder 	<ul style="list-style-type: none"> • Small round white pill with the word "Roche" on it • Green oval-shaped pill with "542" on it
Characteristics	<ul style="list-style-type: none"> • Colourless and odourless • Bitter; salty or soapy taste (when dissolved) 	<ul style="list-style-type: none"> • Odourless • Very bad taste 	<ul style="list-style-type: none"> • Odourless and tasteless (when dissolved) • Makes liquid blue or dark
Possible effects	<ul style="list-style-type: none"> • Respiratory depression • Vomiting 	<ul style="list-style-type: none"> • Trance-like state • Numbness • Hallucinations • Loss of consciousness 	<ul style="list-style-type: none"> • Respiratory depression • Serious intoxication • Memory loss

These drugs are illegal and can result in death if mixed with alcohol.

¹⁶ [Drug-facilitated sexual assault](#) [Ottawa Rape Crisis Centre]

Remember that sexual assault is NEVER a victim's fault. Nonetheless, there are some precautions you can take to limit the chances of being targeted as a victim:

Go out with a friend

- Watch out for each other.
- Stay together at all times.
- Don't let your friend go home alone or with a stranger

Know your limits and protect yourself

- Don't go out on an empty stomach—eat something if you know you'll be drinking.
- Drink responsibly—don't abuse drugs or alcohol.
- Keep your glass covered with a coaster when you're not drinking from it.
- Don't mix different types of alcohol or drugs.
- Don't accept drinks from anyone you don't know or trust.
- Don't drink from a bottle you didn't open yourself or watch a bar staff open.
- Don't drink from a glass you've left unattended or if your beverage looks strange or smells or tastes "off"—best to get a new drink.
- Don't mix alcohol with any prescription or over-the-counter drugs.

If you think you've been drugged

Make sure you're safe

Your priority is to go to a place where you feel physically and emotionally safe. Talk to someone you trust.

- Call the police (911) or the Protection Services (613-562-5411).
- Go to a safe place, like the home of a friend, parent or any other person you trust. Always have someone with you.

Seek medical attention

Get medical attention immediately. It is imperative for your safety and to ensure evidence is collected. Have someone you trust accompany you.

- Go to the nearest hospital or to the Health Services. If necessary, call Protection Services, who will help make sure you get medical attention.

The Ottawa Hospital (bilingual)

1053 Carling Avenue
613-798-5555 ext. 13770

Montfort Hospital (bilingual)

713 Montreal Road
613-746-4621

Health Services (bilingual)

100 Marie Curie
613-564-3950



Protection Services (bilingual)

141 Louis Pasteur
613-562-5411



IMPORTANT! Although you may find it difficult to do so, do not wash, urinate, eat, drink, smoke or chew gum before being examined. Also, never change, wash or destroy your clothing before being examined.

- Try to be sure you give a urine sample within 24 hours of being drugged. This will make it possible to determine what substance you were given.
- If possible, bring what you were drinking with you so it can be analyzed.

Effects of sexual violence

Sexual violence is a traumatic experience with wide-ranging and longlasting effects. Some survivors may turn to drugs or alcohol to cope while others might try to minimize what has happened and try hard to forget the assault. **Each survivor reacts differently.** There are nevertheless many common ways people react to and deal with such a trauma. Some of the effects can show up at different times throughout a person's life. Here are some examples of the common effects sexual violence can have on its victims:

Physical	Psychological	Social
<ul style="list-style-type: none">• Fatigue or exhaustion• Gynecological problems• Injury• Irregular sleep patterns or insomnia• Loss of appetite, anorexia or bulimia• Migraines• Sexually transmitted infections• Skin or hair conditions• Stomach or intestinal problems• Stress-induced conditions• Unwanted pregnancy	<ul style="list-style-type: none">• Chronic stress, anxiety• Confusion or amnesia• Depression• Difficulty concentrating or lack of motivation• Difficulty enjoying sex• Fear, aggressiveness, rage• Feeling empty inside or sad• Feelings of discomfort or loss of control over your body or life• Feelings of grief, loss or despair• Feelings of guilt, shame, disgust or contempt• Flashbacks• Lack or loss of identity• Loss of interest• Low self-esteem• Mood swings• Nightmares• Self-harm• Suicidal thoughts	<ul style="list-style-type: none">• Dependence on others for support• Difficulties dealing with others or intimacy problems• Difficulty taking care of yourself in relationships• Feelings of distrust• Inability to be touched• Isolation or loneliness• Promiscuity or avoidance of sexual relations• Rejection (others distancing themselves from the survivor)• Sensitivity to prejudices• Victimisation (difficulty trusting others, avoiding intimacy, difficulty asserting oneself)

Survivors may find it difficult to come back to the University after an attack or to avoid seeing the attacker on campus. Many effects can have a negative impact on a student's studies (lower grades, failures, absences, academic probation, etc.) or on her ability to continue studying (suspension or dropping out). However, help is available for students through the University's [Access Service](#).

Common reactions¹⁷

Whether a recent or past sexual assault, it has a devastating effect on the victim. This effect will be felt by most survivors and can take various forms or be triggered by a certain situation. The effects can show up immediately after the assault or many years later, and that is, for a long period.

Some of the effects you may experience...

- **Physical problems**
Headaches, fatigue, sexually transmitted infections, unwanted pregnancy, injuries, etc.
- **Psychological problems**
Sadness, denial, depression, guilt, anger, shame, fear, nightmares, irritability, etc.
- **Sexual problems**
Decreased desire or promiscuity, disgust, pain during intercourse, avoidance, etc.
- **Interpersonal problems**
Dependence on others for support, isolation, rejection, lack of trust, victimisation, etc.
- **Frustration or anxiety**
Related to the legal process (trial, testimony), heightened sensitivity to prejudices, feelings you have no power over your life, etc.
- **Financial, social or family problems**
Difficulty at work, rejection by friends, stay in a shelter or crisis centre, loss of income, etc.
- **Addiction problems and other self-defence mechanisms**
Alcohol, drugs, gambling, medication, food, exercise, self-harm, etc.

Seek help as soon as possible in order to lessen the negative effects and get the support you need.

Recent sexual assault

In the days following a sexual assault, the effects may be unique and influenced by a number of factors, such as: age, personality, type of assault, connection with the attacker, past trauma, degree of violence involved, reaction from family and friends and other stress factors. The following section describes the different stages of short-term effects you may experience in this type of situation. Note, however, that you may not necessarily have all these reactions or have them in the order shown. Each person's experience is unique to the individual. It's very important for you to keep in mind, too, that no matter what you feel or how you react, **it's completely normal.**

¹⁷ Drawn from [Information Guide for Sexual Assault Victims](#). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.

1. Initial shock: Immediately after the assault

You may feel your life has been completely shattered and may also experience very intense emotions that can range from extreme sadness to euphoria.

Possible reactions and feelings

- Anger and aggressiveness directed at those around you for no apparent reason
- Confusion and anxiety
- Depression
- Feelings of being misunderstood and loneliness
- Feelings of guilt
- Feelings related to your inner self (feeling empty inside, despair, revulsion for your own body, feeling tainted)
- Frequent mood swings
- Intense fear
- Lower tolerance for situations perceived as a threat to your safety and security (not wanting physical contact or being in close proximity to others)
- Sadness
- Shame and humiliation

Possible physical symptoms

- Generalized or specific pain
- Loss of appetite, stomach pain, nausea
- Nightmares and sleep disorders

This phase is usually the most intense. You can react in any number of ways. You may exhibit unusual behaviours or thought patterns, try unsuccessfully to push away the constant thoughts of the assault, continuously relive the attack and wonder “why me?” and what you could have done differently. You may no longer recognize yourself, feel you’re losing touch with reality or want to hide from others. You can feel extremely calm and in control and may try to hide your emotions. You may be eager to return to your normal activities as soon as possible, try to avoid crowds or do the opposite—seek them out, etc.

2. Reorganization: The weeks following the assault

You want to forget the assault, return to normal and focus on the aspects of your life that you’ve been neglecting.

Possible reactions and feelings

- Fears or phobias (staying inside, group, loneliness, individuals resembling your attacker, smells, objects, sounds, textures or places reminding you of the attack, sexual relations)
- Increased energy
- Nightmares or violent dreams
- Relief that you’re less obsessed with what has happened to you

You may have a less urgent need to talk about what happened and your feelings. You may try to deny that the sexual assault is still affecting you. You may also be startled when someone enters the room or if someone suddenly touches you. You may want to change your phone number, move to another residence or change jobs. You might want to get right back to life where you left off. The reorganization phase can last several weeks. As you emerge from your state of shock, you’ll begin the process of reorganizing your daily life, although you may still have some difficulty functioning as you did before the attack.

3. Reintegration: The months after the assault

During this period of introspection, life will slowly start to return to normal.

Possible reactions and feelings

- Anger at people who don't seem to understand or who treat you unfairly or with indifference (you may also take your anger out on those close to you)
- Discouragement (if you're afraid, having nightmares, unable to have sex, etc.)
- Feelings of being very apart from others
- Frustration, anger and guilt related to the assault
- The need to be alone in order to reflect on what's happened
- The need to move forward with your life
- The need to think about the assault in order to gain insight into questions or emotions that continue to bother you

This phase can last several months. During this time, you may feel uncertain about some of the progress you've made. You may have or will begin to recover your peace of mind. This is a time when you may try to reconcile your thoughts and emotions related to the sexual assault. You may have resolve rationally certain aspects of the assault. You may feel a need to talk to someone who can help you shed some light on certain points. You might find you question some of the decisions you made in order to make yourself feel safe, such as moving in with family members or friends, etc.

If you're a survivor of sexual violence

There are numerous services and resources available to you if you have experienced any form of [sexual violence](#). Choose the one(s) that is best for you.



Refer to the list of [resources](#) for more information on services available to you (description and complete contact information) or for alternative services. Don't forget that you can have someone you trust with you before, during and after any meetings or appointments.

We urge you to:

Make sure you're safe

Your priority is to go to a place where you feel physically and emotionally safe. Talk to someone you trust..

- Contact the police (911) or Protection Services (613-562-5411) if you (or others) are in immediate danger or if you fear for your safety.
- Go to a safe place, such as the home of a friend, a parent or any other person you trust.
- Call one of the following services if you're afraid to travel alone.

[Foot Patrol](#) (bilingual)

University Centre (1st Floor)
613-562-5800 ext. 7433



[OC Transpo's Night Stop and Safe Stop](#)

- Shelters and crisis centres are good options if you don't know where to go or if you don't want to be alone.

[Evelyn Horne Young Women's Shelter](#) (bilingual)

Shelter for females ages 12 to 21
613-789-8220

[Young Men's Shelter](#) (bilingual)

Shelter for males ages 12 to 21
613-907-8975

[Maison d'amitié](#) (French)

Shelter for women and their children
613-747-0020
613-747-9116 (TTY)

[Interval House](#) (English)

Shelter for women and their children
613-234-5181
613-234-5393 (TTY)

[Oshki Kizis Lodge](#) (bilingual)

Shelter for Aboriginal women and their children
613-741-5590

Seek medical attention

It's important to receive medical care as soon as possible after a **sexual assault**. Even if it's been a while since it happened, this care is essential.

- Go to a hospital or the Health Services (to have injuries treated, tests for sexually transmitted diseases, emergency contraception, etc.).

The Ottawa Hospital (bilingual)

1053 Carling Avenue
613-798-5555 ext. 13770

Montfort Hospital (bilingual)

713 Montreal Road
613-746-4621

Health Services (bilingual)

100 Marie-Curie Street
613-564-3950



- If you want to report the assault (now or down the road), gathering evidence is critical. The Ottawa Hospital's [Sexual Assault and Partner Abuse Care Program](#) is equipped and trained to perform a sexual assault evidence exam (rape kit) and properly collect forensic evidence

IMPORTANT! Although you may find it difficult to do so, do not wash, urinate, eat, drink, smoke or chew gum before being examined. Also, never change, wash or destroy your clothing before being examined

What to expect at the hospital

- A nurse in the emergency room will examine you (take your vital signs, etc.) and determine if you require medical treatment. If so, the nurse will follow up with a doctor.
- The doctor will give you the medical care you need and provide information on services available to you. The Ottawa Hospital can complete a sexual assault evidence exam (rape kit) through its [Sexual Assault and Partner Abuse Care Program](#).
- If you choose to get services through programs for survivors of sexual violence, you can, for example, get a physical exam, obtain a sexual assault evidence kit, receive medical and legal information, have the police involved, have an anonymous report, get tests and treatment for injuries or sexually transmitted diseases and pregnancy, etc.
- If you undergo a sexual assault evidence exam, a number of specimens will be taken (sperm, saliva, blood, urine, etc.) in order to find any physical substances left on your body or clothing as well as chemical substances you may have ingested.

! Some hospitals keep the specimens for up to one year. This give you time to decide what you want to do.

What to expect from the Health Services

- A nurse will assess your situation and give you recommendations.
- You will quite likely be encouraged to go to the Ottawa Hospital, where you'll be taken care of by a team of specialized staff. If you wish, Health Services can alert the nurse practitioner on duty at the hospital before you arrive.
- If you choose not to go to the hospital, a nurse or doctor at the clinic will provide the necessary care and give you the information you need.

Report the incident

By reporting **sexual assault** quickly, you increase your chances of finding and preserving evidence linking your attacker to the crime. Choosing to report is not a simple or obvious decision. You can take time to think about it and discuss it with someone you trust before filing a complaint.

- Contact the police (911) or the Protection Services (613-562-5499) at any time to report the assault. You can also contact the Human Rights Office (613-562-5222) for help.

Ottawa Police Service
(bilingual)

474 Elgin Street
613-236-1222 ext. 5944

Protection Services
(bilingual)

141 Louis-Pasteur Street
613-562-5499



Human Rights Office
(bilingual)

1 Stewart Street (Room 121)
613-562-5222



- Sexual assault is a crime that can be reported no matter how much time has passed since the assault.¹⁸
- If you wish to report the assault (now or later), gathering evidence is critical (a sexual assault evidence kit will allow you to collect forensic evidence).

IMPORTANT! Be sure not to clean the crime scene or to change, wash or destroy your clothing.

Reporting a case of **sexual harassment** quickly makes fast and effective intervention possible. Choosing to report is not an easy or obvious decision. You can take time to think about it and discuss it with someone you trust before filing a complaint.

- Contact the Human Rights Office (613-562-5222), Protection Services (613-562-5499) or Human Resources, Health and Wellness Sector (613-562-5832 ext. 1473) to report all forms of sexual harassment.

Protection Services (bilingual)

141 Louis-Pasteur Street
613-562-5499



Human Rights Office (bilingual)

1 Stewart Street (Room 121)
613-562-5222



Human Resources Health and
Wellness Sector (bilingual)

550 Cumberland Street
(Tabaret Hall, Room 017)
613-562-5800 ext. 1473



- If you wish to file a complaint (now or later), it's very important that you document as much detail as possible (dates, times, places, descriptions, witness names, etc.).

¹⁸ [Information Guide for Sexual Assault Victims](#). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.



Confidentiality can only be broken if the person is in immediate danger or if she is a danger to herself or someone else.

What to expect from the Protection Services

- You will first meet with a safety officer (you can request to meet with an officer of a specific gender), who will complete a confidential report. Depending on your situation, the officer may work closely with the [Human Rights Office](#) or refer you there. An investigation may follow, depending on the circumstances.
- If you wish, the officer will follow up with the police.
- The officer will listen to you and support you as best possible, providing you with information on the various [resources](#) available.
- The officer will help you with any appropriate steps you should take, including those with your faculty, department or service with or requesting a No Trespassing Notice (legal document governing your assailant's presence on campus). This, however, will depend on the details of your case.

What to expect from the police

- You will meet with a police officer (you can request to meet with an officer of a specific gender) in a private and safe place for an interview. The purpose of the interview is to gather as many details as possible, including any information you have about the assailant.
- The police will gather all the evidence from the crime scene and ask you questions necessary to gather information for the investigation.
- If the police have reasons to believe that a crime has been committed, in consultation with you, they will bring charges, which will be transferred to the prosecutor's office (Crown) for legal proceedings.

What to expect from the prosecutor (Crown)

- The role of the prosecutor, or the Crown, is to examine the evidence and ensure that the criminal justice system is fair for the public, you and the accused.
- A staff member from the Victim/Witness Assistance Program will support you and provide you with information concerning the legal process and, in particular, about your case.

[Victim/Witness Assistance Program \(OVSS\)](#)

150 Metcalfe Street, Suite 1400

Ottawa, ON K2P 1P1

Telephone: 613-239-0451

Fax: 613-239-0691

OVSS.East.Region@ontario.ca

What to expect from the Human Rights Office

- You will meet with a harassment and discrimination prevention officer who will listen to you and explain your rights and options in complete confidentiality.
- If you wish to start a formal or informal process, you will be given advice and assisted with this process. In cases of sexual harassment, information collected during the process includes the aggressor's name, address and job title as well as dates and places of the incidents and a brief description of each incident (including the gestures, remarks, proposals, threats, touching, etc.) and their impact (job lost, bad evaluation, emotional trauma, etc.).

What to expect from Human Resources

- You will meet with a counsellor who will listen to you and explain your options and the [resources](#) available in complete confidentiality.
- The counsellor will be able to determine if you're able to continue working or should go on leave, and depending on the situation, will file a complaint on your behalf.
- The counsellor will, with your consent, ensure that all parties involved are notified of the situation and will follow up as necessary at the appropriate times. The counsellor can also contact labour relations if you so choose.
- If you want to file a complaint, the counsellor will direct you to the [Human Rights Office](#), whose role is to handle complaints of discrimination and sexual harassment.

Find support

Talking about sexual assault or sexual harassment is not an easy decision. Breaking the silence can, however, allow you to get the necessary help and deal with this traumatic experience

- Speak to a worker to obtain individual consultation in a respectful, safe and comforting environment.

Accompaniment and individual/group consultation services provided on and off campus

[CALACS francophone d'Ottawa](#) (French)

613-789-8096

[Ottawa Rape Crisis Centre](#) (English)

613-562-2334

Other services offered

[Peer Help Centre](#) (bilingual)

613-562-5604



[Pride Centre](#) (bilingual)

613-562-5800 poste 3161



[Women's Resource Centre](#) (bilingual)

613-562-5800 poste 5755



[The Men's Project](#) (bilingual)

613-230-6179

[Counselling Services](#) (bilingual)

613-562-5200



[Catholic Family Service Ottawa \(CFSO\)](#) (bilingual)

613-233-8478

- Call one of these 24-hour support lines for immediate active listening service.

Fem'aide
(French)

Support line for women

1-877-336-2433
1-866-860-7082 (ATS)

Ottawa Rape Crisis Centre
(English)

*Support line for women and
their family members*

613-562-2333

Catholic Family Service Ottawa
(CFSO) (bilingual)

Support line for women and men

1-866-887-0015

What to expect from workers

- The workers have all received professional training on how to listen actively and without judgment. They will present you with various options, will direct you towards other services, if necessary, and will support you throughout the process.
- The Student Federation of the University of Ottawa services are made up of students and volunteers. Although they have been trained (active listening), they are not professionals.

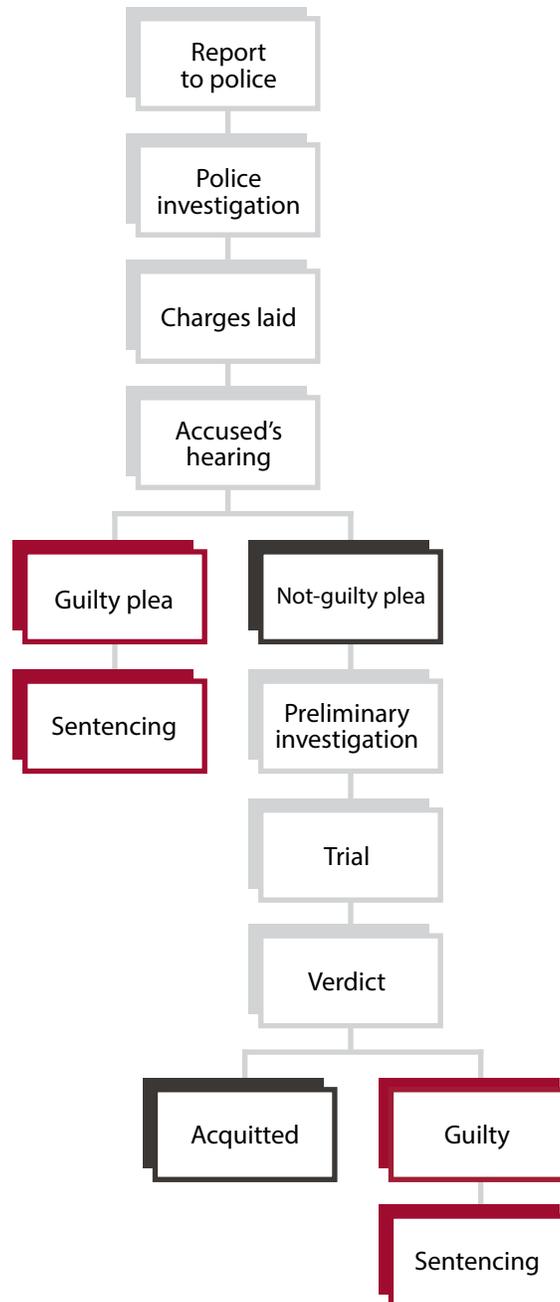
-
- Confide in a person you trust. The support of family and friends is crucial to your healing. **Above all, do not hesitate to express your needs**, as your loved ones must try to understand what triggers your reactions and what you actually need. Here are some examples¹⁹:

- To be believed and listened to
- To be encouraged in seeking help
- To be respected in the means used for survival
- To have your emotions validated
- Not to feel judged or blamed
- To obtain information on the healing process
- Not to hear the person defend the aggressor
- To feel that the person you confide in has confidence in you

¹⁹[Information Guide for Sexual Assault Victims](#). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.

Legal process

If you choose to file a complaint, you will be starting a process that can be long and complex (see diagram below). This process is not easy, but may provide you with some justice.



The [Ottawa Legal Information Centre](#) provides free legal information and referral services on a confidential basis, with or without an appointment, to residents of the Ottawa region. The Centre is not authorized to offer legal advice or legal assistance but offers general explanations regarding the law and other legal topics.²⁰

²⁰[Ottawa Legal Information Centre](#) [Association des juristes d'expression française de l'Ontario]

Making a difference

Each individual has a role to play in preventing sexual violence. Whether it is obtaining willing and enthusiastic [consent](#) or having healthy relationships based on safety, honesty, acceptance, respect and pleasure, you can make a difference.

Role of loved ones

It is very difficult for a survivor to speak about her traumatic experience, so be patient and understanding. The mere fact that she is willing to confide in you means a lot. The following advice²¹ will help you adjust your behaviour and attitudes to help a survivor to the best of your abilities.

! Do not hesitate to consult professionals to support you if you experience difficulties distancing yourself emotionally from the situation. Refer to our [resources](#).

Harmful reactions	Helpful reactions
<p>Judging <i>Asking her direct questions, trying to pull out details or talking incessantly.</i></p>	<p>Listening <i>Listening to what she says without judgement and letting her express herself in her own way and at her own pace.</i></p>
<p>Doubting <i>Appearing to be sceptical or questioning what she tells you.</i></p>	<p>Believing <i>Believing what she tells you because it's her experience and her perception. For the moment, you must focus on what she is saying and experiencing.</i></p>
<p>Trivializing, minimizing or over-dramatizing</p>	<p>Receiving <i>Receiving what she says without minimalizing or amplifying the facts, emotions or consequences.</i></p>
<p>Emphasizing her weaknesses, what she could have said or done</p>	<p>Encouraging her strengths <i>Recognizing her accomplishments and stress her strength and courage for talking about the traumatic experience.</i></p>
<p>Ignoring <i>Not getting involved in her story under the pretext that it's not your business or that it's not your problem or ignoring her request for help.</i></p>	<p>Giving your support <i>Showing that you're available whether for talking or to accompany her. If you feel incapable of helping her, it is important to tell her and to help her find another person who will be able to do so.</i></p>
<p>Blaming <i>Blaming her for what she didn't do or implying that she must have provoked the incident or that she is partially responsible for what happened to her.</i></p>	<p>Removing guilt <i>Getting her to understand that it's not her fault, that the aggressor is completely responsible for his actions and that her responsibility is to take care of herself.</i></p>
<p>Over-protecting <i>Smothering her or over-protecting her by forbidding her to go out, see friends or sleep away from her home.</i></p>	<p>Foster her independence <i>Helping her take back power over her life while also being there and giving her room to breathe and start functioning normally again.</i></p>
<p>Turning the page <i>Keeping her from expressing negative emotions she feels under the pretext that she mustn't live in the past or that it isn't good for her.</i></p>	<p>Validate her feelings <i>Helping her express what she feels by normalizing her reactions, emotions and feelings (anger, resentment, guilt, low self-esteem, etc.).</i></p>

²¹ [Information Guide for Sexual Assault Victims](#). Table de concertation sur les agressions à caractère sexuel de Montréal. 2008.

If she confides in you immediately after the incident

Make sure she is safe

- Contact the police (911) or Protection Services (613-562-5411) if she (or others) is in immediate danger or if she needs medical attention.
- Encourage her to preserve the evidence, for example, by going to the hospital for a sexual assault evidence exam (rape kit). She will be able to use this evidence later if she wishes.
- She may need to change her locks or install a surveillance camera or outdoor lights, even move. Respect her decision and help her, if necessary.

Offer your support

- Listen to her *without* interrupting and encourage her to take her time if necessary. Don't forget that every survivor reacts differently (see [common reactions](#)).
- Believe her and respect her reactions and how she expresses herself. Tell her **what she feels is normal**. Remind her that she is not to blame and that although talking about it is difficult and uncomfortable, she is brave to do so. Tell her she did what she had to in order to survive.
- Help her determine individuals or loved ones she could trust, whether for emotional support or a place to stay temporarily, etc. Remember that **it's not your place to tell others what has happened to her**.
- Encourage her to find the necessary support and **let her make her own decision**. If she wants, help her explore her options and accompany her through the process.
- Ask her what you can do to help her but do not advise her ("If I were in your situation..."; "You should tell..."; "If you do nothing, he'll do it again..."; etc.). She is speaking to you so that you listen to her and support her in her healing, not for you to tell her what to do.

Recognize your limits

- Supporting a survivor is not always easy. You may need a bit of time for yourself to speak about your own feelings with someone else.

Refer her to other resources if necessary

- Help her explore her options and go with her if she wishes, for emotional support. Let her choose which services or resources she wishes to use.
- If you are unable to emotionally distance yourself or to provide the appropriate support for meeting her needs, provide her with information on other professionals and resources (see list of [resources](#)).

Supporting a survivor

If you were to ask me what to do to support me, this is what I would say:

First and foremost, listen to me with your heart and believe that what I am sharing with you is the truth. It is highly likely that the people in my group have already accused me of lying, exaggerating, or attention-seeking. It is highly likely that people have tried to defend the person who attacked me and blame me – as if it were my fault, as if I had provoked or deserved it. I need you to believe me. I need you to listen to me. Without interruption. Without asking me questions. Without judgement.

Tell yourself that if I'm confiding in you, it's because I really need to talk about it and it's not easy for me to open up on the topic. Respect my pace. It may be that I want to talk to you about it. Or it may be that I need to not think about.

If you're not sure how to go about it, ask me!!! Asking me is a way to show me that you care about me and that you respect my limits and my choices. Maybe it's hard for me to tell you what I need. At that moment, you could offer me some options and leave me free to choose what would be good for me. Know that what is good for me today will not necessarily work tomorrow.

I understand that it's not always easy to understand me. I don't even always understand me! There are a number of resources to help you to support me. I encourage you to take the time to find out, read a book, see a movie. I don't always have the energy to help you understand. It really helps me when you do that. You can talk about it with other survivors or workers. They could surely coach you.

Become an ally in the struggle to end sexual violence. Report degrading, sexist or misogynistic comments. Seek to create equal relationships. Speak openly about women's reality. Your openness and support will start to be recognized. You will bring comfort and hope to the women in your group, at times even without realizing it. You will lead the men to challenge the power they have acquired in a patriarchal society. What's more, I will feel your commitment to me. I will be very proud of you and happy to have you in my life on the road to healing from the sexual assault or assaults I experienced.²²

²²Translation of [Soutenir une survivante](#), Centre de l'aide et de lutte contre les agressions à caractère sexuel (CALACS).

Role of witnesses

Examples of situations you might witness

I was having a drink with my friends at a bar. I saw the guy put something in the drink of the girl he was with. No one noticed...except me.

The party was in full swing. They were a lot of people and they were drinking. I saw a guy go into a room where a girl was unconscious. I heard him lock the door.

I left my apartment and I saw two people a little further down the hallway. He seemed reluctant to enter the apartment. The other person convinced him to go in. It didn't seem right.

A group of us got together at the park. A girl was sitting next to her boyfriend. He started talking about their sex life. She asked him to stop. He laughed and started kissing her to keep her quiet.

I was leaving the photocopy room at work. I saw a supervisor standing behind one of his employees. He was caressing her shoulders and whispering something in her ear. I saw a tear running down her cheek.

**Don't stay there watching what's going on without doing anything.
Be an active witness and do something to prevent sexual violence.**

An **active witness** is someone who observes an unacceptable behaviour toward someone else and intervenes to change the course of events.

If you witness unacceptable or questionable behaviour

BEFORE: Assess the situation

- Look at the environment you are in.
- Decide (rely on your instinct) if what you are seeing is unacceptable and whether you can intervene.
- Figure out what your options are and the associated risks. Decide if you want to act now or later.
- Call the police (911) or the Protection Services (613-562-5411) if the person (or others) are in immediate danger or if you're afraid for your safety.

DURING: Intervene

After assessing the situation, decide if and how you will intervene.

- Put an abrupt end to the behaviour by interrupting it (e.g., ask the potential victim if you can call a taxi for her) or by distracting the aggressor (e.g., ask the person for the time or directions, knock over your glass, start up a conversation or say someone is looking for them "over there").
- Speak in terms of yourself: "I feel _____ when you _____. Please stop."
- Use humour if appropriate (e.g., "Ouch!"), or use body language or silence to show your disapproval.
- Change the perspective: "I hope that no one talks about you like that." Or "What if someone said what you just said about someone you care about?"
- Tell a bouncer, bartender, security guard or a friend of the potential victim what is going on.

AFTER: Break the silence

- Ask the person how they are doing and whether you can help (e.g., “Are you okay? I saw what happened and I was wondering if there is anything I can do?”).
- Talk to the aggressor in private if it’s someone you know well (e.g., “I know you well enough to know that you didn’t want to hurt anyone by your comment, but I’m not comfortable with that kind of humour in this environment – I think it was hurtful.”).
- Report the incident, with or without names, to a person who is better able to intervene ([Protection Services](#), [Human Rights Office](#), etc.).
- Learn more about sexual assault. The more you know, the more you can share your knowledge with others.

For more information

- [Draw-the-Line](#)
This campaign created by Action ontarienne contre la violence faite aux femmes (AOcVF) and the Ontario Coalition of Rape Crisis Centres (OCRCC) engages the community in a dialogue on sexual violence. It aims to debunk the myths and inform everyone how to intervene effectively and safely.

Resources

On campus

- **Centre for Psychological Services and Research (CPSR)**

The CRSP is a training unit of the School of Psychology. It provides, among other things, psychological services to people from the Ottawa-Gatineau area, including individual therapy, couple therapy and family therapy.

136 Jean-Jacques-Lussier Street (Room 4031)
Ottawa, ON K1N 6N5
Telephone: 613-562-5289
cpsr@uOttawa.ca

Open on Mondays, Wednesdays and Thursdays from 8:45 a.m. to 8 p.m. and on Tuesdays and Fridays from 8:45 a.m. to 5 p.m. (8:45 a.m. to 4 p.m. during the summer)

- **Foot Patrol**

The Foot Patrol is a service offered to the university community by the Student Federation of the University of Ottawa and Protection Services. It provides an escort service to the person's destination (on or off campus).

University Centre, Room 08A
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-2800 ext. 7433
foot.patrol@sfuo.ca

Open Mondays, Tuesdays and Thursdays from 10 a.m. to 5 p.m., Wednesdays from 10 a.m. to 4 p.m. and Fridays from 10 a.m. to 3 p.m.

Services offerts en 2015-2016 :

Summer

Monday	8 a.m. to 4 p.m.
Tuesday	8 a.m. to 4 p.m.
Wednesday	8 a.m. to 4 p.m.
Thursday	8 a.m. to 4 p.m.
Friday	CLOSED

Fall

From September 7 to October 30	8 p.m. to 2 a.m.
November 2 to December 21	5 p.m. to 2 a.m.
December 22	5 p.m. to 11 p.m.

Winter

January 11 to March 11	5 p.m. to 2 a.m.
March 14 to April 26	8 p.m. to 2 a.m.
April 27	8 p.m. to 11 p.m.

- **Health Services**

Health Services offers a wide range of services to the community: a walk-in clinic, sexually transmitted infections testing, prevention and treatment, consultation sessions with psychiatrists or mental health counsellors, etc.

100 Marie-curie Street (walk-in, family medicine and specialties)
1 Nicholas Street, Room 302 (mental health)
Ottawa, ON K1N 6N5
Telephone: 613-564-3950

Open Monday to Friday from 8 a.m. to 8 p.m. * and Saturday and Sunday ** from 10 a.m. to 2 p.m.

* *Holiday hours are 10 a.m. to 2 p.m.*

** *From June 1 to August 31, closed on Sundays.*

- **Human Rights Office**

The Human Rights Office serves the student population, staff and visitors on campus. It mainly deals with discrimination and harassment complaints and offers an impartial service to everyone. Its services are confidential.

1 Stewart Street (Room 121)
Ottawa, ON K1N 6N5
Telephone: 613-562-5222
respect@uOttawa.ca

Open Monday to Friday from 8 a.m. to 4 p.m.

- **Pride Centre**

The Pride Centre offers a non-judgmental active listening service to community members. This student service offers, among others things, anonymous consultations (please use door 215B).

University Centre, Room 215C
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-5800 ext. 3161
pride@sfuo.ca

Open Monday to Friday from 9 a.m. to 4 p.m.

- **Protection Services**

Protection Services can help you if you want to report an incident or if you want to talk to someone. It can write a report, but it will respect your decision if you would rather not pursue the matter. It also provides a self-defense class for women

Protection Services

141 Louis-Pasteur Street
Ottawa, ON K1N 6N5
Telephone: 613-562-5499 or 613-562-5411 (emergency)

protection@uOttawa.ca

Always open

Rape Agression Defence (RAD) course

Eight sessions in English, offered from September to April
(bilingual instructors)
Telephone: 613-562-5800 ext. 6654

martin.gregoire@uOttawa.ca

- **Women's Resource Centre**

The Women's Resource Centre offers an inclusive, non-judgmental, pro-choice and feminist space. This student service offers, among other things, a support service and a semi-private space for telephone calls and personal support.

University Centre, Room 220
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-5800 ext. 5755
wrc@sfuo.ca

Open Mondays to Fridays from 11 a.m. to 4 p.m.

Resources for students who have been sexually assaulted

- **Access Service**

The Access Service is responsible for assessing, establishing and implementing academic accommodations for students who have a disability, with respect and reliability, while adhering to the various regulations and laws.

Desmarais Hall, Room 3172
55 Laurier Avenue East
Ottawa, ON K1N 6N5
Telephone: 613-562-5976
adapt@uOttawa.ca

Open Monday to Friday from 9 a.m. to 4:30 p.m. (from September 1 to May 31)

- **Counselling and Coaching Service**

The Counselling and Coaching Service offers fully confidential support and advice to students. It has professional counsellors who, after an initial assessment meeting, will help you overcome the difficulties you encounter in the short term.

100 Marie-Curie Street (4th Floor)
Ottawa, ON K1N 1A2
Telephone: 613-562-5200
couns@uOttawa.ca

Open Monday to Friday from 8:45 a.m. to 4:30 p.m.

- **Peer Help Centre**

The Peer Help Centre is a student service that offers academic, personal and social support in an empathetic and non-judgmental environment. In particular, it offers an active listening service, a peer support phone line and a chat service.

University Centre, Room 211D
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-5249
Support line (from 7:00 p.m. to 1 a.m. in Fall and Winter): 613-562-5604
peerhelp@sfuo.ca

Open Monday to Friday from 10 a.m. to 5:30 p.m. (from 10 a.m. to 1 a.m. for the chat service)

Resources for employees who have been sexually assaulted

- **Employee and Family Assistance Program**

The Employee and Family Assistance Program helps University staff and their family to resolve various problems or difficulties affecting their work, health and personal life. It offers, among other things, a psychological consultation service. The services it provides are confidential.

24-hour support line: 1-800-361-5676

Resources for students who have been or are currently experiencing sexual harassment

- **Access Service**

The Access Service is responsible for assessing, establishing and implementing academic accommodations for students who have a disability, with respect and reliability, while adhering to the various regulations and laws.

Desmarais Hall, Room 3172
55 Laurier Avenue East
Ottawa, ON K1N 6N5
Telephone: 613-562-5976
adapt@uOttawa.ca

Open Monday to Friday from 9 a.m. to 4:30 p.m. (from September 1 to May 31)

- **Counselling and Coaching Service**

The Counselling and Coaching Service offers fully confidential support and advice to students. It has professional counsellors who, after an initial assessment meeting, will help you overcome the difficulties you encounter in the short term.

100 Marie-Curie Street (4th Floor)
Ottawa, ON K1N 1A2
Telephone: 613-562-5200
couns@uOttawa.ca

Open Monday to Friday from 8:45 a.m. to 4:30 p.m.

- **Peer Help Centre**

The Peer Help Centre offers academic, personal and social support in an empathetic and non-judgmental environment. This student service offers, among other things, an active listening service, a peer support phone line and a chat service.

University Centre, Room 211D
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-5249
Support line (open 7 p.m. to 1 a.m. during Fall and Winter terms): 613-562-5604
peerhelp@sfuo.ca

Open Monday to Friday from 10 a.m. to 5:30 p.m. (to 1 a.m. for the chat service)

- **Student Rights Centre**

The Student Rights Centre provides information and support to students regarding the University's regulations and practices, appealing an administrative decision and making formal or informal human rights complaints against non-students.

University Centre, Room 101
85 University
Ottawa, ON K1N 8Z4
Telephone: 613-562-5800 ext. 4752
rights@sfuo.ca

Open Monday to Friday from 10 a.m. to 4 p.m.

Resources for employees who have been or are currently experiencing sexual harassment

- **Employee and Family Assistance Program**

The Employee and Family Assistance Program helps University staff and their family to resolve various problems or difficulties affecting their work, health and personal life. It offers, among other things, a psychological consultation service. The services it provides are confidential.

24-hour support line: 1-800-361-5676

- **Human Resources**

The vision of the University's Human Resources department is to ensure the best work experience possible. Its Health and Wellness Sector offers, among other things, resources for staff members who are experiencing work-related problems.

Human Resources, Health and Wellness Sector
Tabaret Hall, Room 017
550 Cumberland Street
Ottawa, ON K1N 6N5
Telephone: 613-562-5832 ext. 1473
hrhealth@uOttawa.ca

Open Monday to Friday from 8:45 a.m. to 4:30 p.m. (until 5 p.m. by telephone)

Open Monday to Friday from 8:45 a.m. to 3:30 p.m. (until 4 p.m. by telephone) during the summer
(June 1 to August 30)

Off campus

- **Catholic Family Services of Ottawa (CFSO)**

The CFSO is a charitable organization offering a range of social services to people in the Ottawa area. In particular, it offers counselling and a support program for victims of sexual abuse (men and women). All services are offered free of charge

310 Olmstead Street
Ottawa, ON K1L 7K3
Telephone : 613-233-8478 or 613-233-1866 (TTY)
24-hour support line: 1-866-887-0015
info@cfsottawa.ca

Open Monday to Thursday from 9 a.m. to 8 p.m. and Fridays from 9 a.m. to 5 p.m.

- **OC Transpo's Night Stop and Safe Stop**

OC Transpo's Night Stop and Safe Stop ensures passenger safety after 9 p.m. In particular, it provides night stops, well-lit central locations that are clearly identified by the yellow TRANSECURE logo, safe stops in a community and a service to make it easy for you to get a taxi at stations.

- **The Men's Project**

The Men's Project is a charitable men's counselling agency that provides services to men and their families. The programs are tailored to specific needs and are open to straight, gay and bisexual men.

180 Argyle Avenue (Room 327)
Ottawa, ON K2P 1B7
Telephone: 613-230-6179
general@themensproject.ca (general information)
counsellingservices@themensproject.ca (counselling services)

Open Monday to Friday from 9 a.m. to 5 p.m.

Resources for victims of sexual assault

- **Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS)**

The CALACS francophone d'Ottawa is a feminist organization that is managed and operated by and for women, offering a wide range of services to women aged 16 and older in French. All services are confidential and free of charge.

40 Cobourg Street
Ottawa, ON K1N 8Z6
Telephone: 613-789-8096
24-hour support line (Fem'aide): 1-877-336-2433
calacs@calacs.ca

Open Monday to Friday from 8:30 a.m. to 4:30 p.m.

- **Ottawa Rape Crisis Centre (ORCC)**

The ORCC is a pro-active, anti-racist, feminist organization that counsels and supports women who have been sexually abused. It also provides services to family, friends and partners/spouses of women who have been sexually abused.

Ottawa, ON K1N 9P4
Telephone: 613-562-2334
24-hour support line: 613-562-2333

Open from 9 a.m. to 4 p.m. (by appointment only)

Other resources

- **Children's Hospital of Eastern Ontario (CHEO)**

The CHEO sexual assault assistance program provides patients under the age of 18 and their families with all the necessary support. The team, which consists of nurses, social workers and emergency doctors, provides care while ensuring psychosocial support.

401 Smyth Road
Ottawa, ON K1H 8L1
Telephone: 613-737-2328
webmaster@cheo.on.ca

Always open

- **Ottawa Police Service Victim Crisis Unit (VCU)**

The VCU provides professional assistance and crisis counselling to victims of crime or tragic circumstances. PLEASE NOTE that you will be required to leave a message, and a crisis counsellor will return your call as soon as possible.

245 Greenbank Road
Ottawa, ON K1G 6H5
Telephone: 613-236-1222 ext. 2223
Call centre: 613-236-1222 ext. 7300
TTY: 613-760-8100

Open Monday to Friday from 7 a.m. to midnight and Saturdays and Sundays from 8 a.m. to midnight

- **Sexual Assault and Partner Abuse Care Program**

This Ottawa Hospital program offers private and confidential medical care to any person 16 years of age and older who has experienced sexual assault or abuse by a partner. It provides short-term care and full outpatient consultation services.

1053 Carling Avenue (Ottawa Hospital Civic Campus)
Ottawa, ON K1Y 4EY
Telephone: 613-798-5555 ext. 13770 or 613-761-4140 (TTY, from 8 a.m. to 4 p.m.)

Always open

- **Sexual Assault Support Centre (SASC) of Ottawa**

The SASC provides support services to women and by women who have experienced sexual violence. In particular, it offers a crisis line, individual consultations, support groups and accompaniment and advice about the legal process.

Ottawa, ON K1S 5B4
Telephone: 613-725-2160
24-hour support line: 613-234-2266
TTY: 613-725-1657
info@sascottawa.com

Open Monday to Friday from 9 a.m. to 4 p.m.

Resources for victims of sexual harassment

- **Ontario Human Rights Commission**

The Ontario Human Rights Commission is an independent agency that plays a leading role in, among other things, protecting human rights in Ontario. It provides information and advice on your rights in different areas and on various grounds.

180 Dundas Street West (Suite 900)

Toronto, ON M7A 2R9

Telephone: (Human Rights Legal Support Centre): 416-597-4900 or 1-866-625-5179 (toll free)

TTY: 416-597-4903 ou 1-866-612-8627 (toll free)

info@ohrc.on.ca

- **Social Justice Tribunals Ontario**

The mandate of the Human Rights Tribunal of Ontario is to resolve claims brought under the Ontario Human Rights Code. It provides all the information needed to complete and present a claim and provides additional information.

655 Bay Street (14th Floor)

Toronto, ON M7A 2A3

Call Centre: 416-326-1312 or 1-866-598-0322 (toll free)

TTY: 416-326-2027 or 1-866-607-1240 (toll free)

hrto.tdpo@ontario.ca

Online

- **Draw-the-line**

This website engages the community in a dialogue about sexual violence, challenges common myths and equips bystanders with information on how to intervene safely and effectively.

- **Mental Health & Wellness**

This website provides information, advice and resources related to a wide range of topics, such as stress management and depression.

- **More feet on the ground!**

This educational website provides information on how to recognize, respond to and refer students experiencing mental health issues on campus.

- **Ottawa Legal Information Centre**

This website provides free legal information and referrals to residents of Ottawa to help them in their quest for legal information.

Resources for victims of sexual assault

- **Sexuality and U**

This website explains sexual assault in different situations and in the eyes of the law. You can also get information on drug-facilitated sexual assault, the effects of different drugs used and ways to protect yourself.

Resources for victims of sexual harassment (employees only)

- **Collective agreements and unions**

This website provides links to the collective agreements as well as unions that can assist the University's employees.

- **University of Ottawa Labour Relations**

This website provides definitions of harassment and discrimination as well as links to current legislation, University policies, training, etc.

- **WorkHealthLife**

This website provides information and advice on topics such as health and well-being, careers and workplaces, financial security and life events.

References

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CANADIAN FEDERATION OF STUDENTS-ONTARIO, [Sexual violence on campuses](#) (PDF). April 2013.

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Ontario Women's Directorate in collaboration with the Ministry of Training, Colleges and Universities, [Developing a Response to Sexual Violence: A Resource Guide for Ontario's Universities](#) (PDF). January 2013.

[Ottawa Legal Information Centre](#) [Association des juristes d'expression française de l'Ontario]

[Ottawa Rape Crisis Centre](#)

[Prevention of harassment and discrimination](#) [University of Ottawa]

TABLE DE CONCERTATION SUR LES AGRESSIONS À CARACTÈRE SEXUEL DE MONTRÉAL, [Information Guide for Sexual Assault Victims](#) (PDF). 2008.

TASK FORCE ON RESPECT AND EQUALITY, [Report of the Task Force on Respect and Equality: Ending Sexual Violence at the University of Ottawa](#) (PDF). 2015.

WORLD HEALTH ORGANISATION, [Understanding and addressing violence against women](#) (PDF). 2012.

Websites of other universities

[Assault counselling and education](#) [University of Toronto]

[Sex and sexuality](#) [University of Calgary]

[Sexual assault](#) [Dalhousie University]

[Sexual assault](#) [University of British Columbia]

[Sexual assault and your safety](#) and [Sexual assault](#) [University of Saskatchewan]

[Sexual assault centre](#) [University of Alberta]

[Sexual assault prevention](#) [McMaster University]

[Sexual violence](#) [University of Western Ontario]

[Sexual violence: assault, abuse and harassment](#) [Queen's University]