

RIGHTS

Every person has the right to be treated with respect.

Every person has the right to grow up with love and understanding.

Every person has the right to live without fear of being hurt or abused.

Every person has the right to their bodies and their feelings.

Every person has the right to say 'no' if they are being abused or hurt.

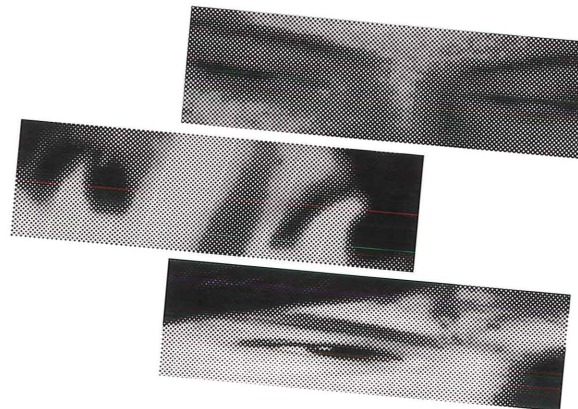
Every person has the right to share their feelings, their fears.

Every person has the right to be cared for...as children...as adults...as elders.

SEXUAL

ASSAULT:

A Help Book for Teens
in the Northwest Territories



Do friends and parties mean losing control of what happens to you?

What would you say if your best friend told you that they had been sexually assaulted?

Does dating mean being forced into sex?

WHAT MIGHT HAPPEN IN COURT

When sexual assault cases go to court, many things can happen. Sometimes the court decides that the accused person is guilty of the charge, and they are later given a punishment.

In other cases, there may not be enough evidence and the person is acquitted, meaning the court judges that the accused person is not guilty. In some cases, the court may reach a decision, and this is later appealed.

For many victims, it is difficult to understand why an accused person is found not guilty.

Here are some things you should know:

- In Canada, the law says that a person accused of a crime is INNOCENT until proven guilty.
- In the courts in Canada, it must be proven BEYOND A REASONABLE DOUBT that the person committed the crime in order to be found guilty.

For the court, it is something like putting a puzzle together. The Crown Prosecutor attempts to make all the pieces fit by asking the witnesses various questions. The Defence lawyer may ask many of the same questions, but

their job is to confuse things in such a way that the pieces do not seem to fit.

When enough pieces of the puzzle don't fit, it is then difficult for the court to say BEYOND A REASONABLE DOUBT that the crime was committed.

When many victims go to court, there is the hope that something will happen. The victim may want the accused person to be sent to jail. The victim may want the accused person to be ordered into counselling. Sometimes these things do not happen and the accused person is found NOT GUILTY.

For victims of sexual assault, a finding of NOT GUILTY might make them feel that...

"No one believed me...even though I told the truth."

"My lawyer didn't fight hard enough...so I lost."

Going to court is not a matter of winning or losing.

"I found the strength to stand up and say NO to being hurt."

"I know that even though the court said the accused was not guilty, I know they were, and they know too."



If you are a teenager, this book is for you. According to a recent Northwest Territories study, people aged 13 - 18 are at highest risk of sexual assault. The majority of sexual assaults are committed by someone known to the victim - such as a family member, friend, acquaintance or babysitter. Sexual assault is not acceptable - it is a crime, and it hurts people, relationships, families and communities.

If you have been sexually assaulted, this book will help you understand that there are people who care about you and can help you. If you know someone who has been sexually assaulted, or someone who is abusive, you may want to find out how to help them. If you're not sure what sexual assault is, or what you can do to "keep safe," this book may provide some answers. Being informed is important.

Library
Government of N.W.T.
Laing #
Yellowknife, N.W.T.
X1A 2L9

NWT GOVERNMENT LIBRARY
3 1936 00018 624 5





BEING A WITNESS

Take your time answering the questions. If you don't know the answer, or don't remember, say so.

If you don't understand the question you are being asked, tell the lawyer you don't understand.

Do not discuss the things you said in court with anyone else who is a witness.

Speak clearly when answering questions. Say yes or no rather than nodding your head. The court reporter needs to know your words.

If you need a glass of water or a kleenex when you are testifying, ask for one.

If you only remember bits and pieces of what happened, tell the court what you remember.

Sometimes you will be asked the same question a number of times. Try not to get angry, just answer truthfully.

Some words might be embarrassing to say, or it might be hard to describe some of the things that happened to you. You must try hard to explain what took place, so the Judge can understand what has happened to you. What you say will help put the pieces of the puzzle together so the Judge and the Jury can understand what took place.

letters

Dear Diana,

My stepfather has been arrested for sexually abusing me for the last four years. The police have talked to him and he has been charged. Why is there more than one charge?

B.R.

Dear B.R.,

When sexual assault takes place there is often more than one law that has been broken. A person can be charged for each one of these and that is why there is often more than one charge. Your stepfather may have broken a number of laws depending on what happened and is therefore being charged for more than one offence.

Dear Diana,

My uncle was arrested for abusing my sister. We are waiting to go to court. My uncle lives near us and keeps phoning my sister. I thought the Judge said he couldn't do this. What should we do?

J.K.

Dear J.K.,

In many cases, the accused person does not go to jail while he or she is waiting to go to court. The court has told your uncle that he must not contact your sister and that is a rule he must follow. He has broken an order and the police should be contacted so they know what he is doing. Your uncle is not obeying the law and can be arrested.

Written by Diana Barr

Published by Victims Assistance Committee
Department of Justice
Government of the Northwest Territories
P.O. Box 1320
Yellowknife, NT, X1A 2L9
Telephone: (403) 920-6911
Fax: (403) 873-0173

This publication provides teenagers with information about sexual assault in the Northwest Territories. It is not a legal document, and is not meant to replace legal advice.

Readers are encouraged to photocopy and distribute any or all portions of this book, with the following acknowledgement:

Reproduced from
Sexual Assault: A Help Book for Teens in the Northwest Territories
Department of Justice, Government of the Northwest Territories, 1992.

ISBN 0-7708-0052-1
April, 1992



Northwest
Territories Justice

Northwest Territories
Culture & Communications

letters

Dear Diana,

I am 17 years old and want to report being abused by my brother five years ago. He would touch me and try to have sex with me all the time. It started when I was eight and stopped when he moved away with my dad. This still bothers me. I am worried he will do this to someone else. Does the law cover things that happened a long time ago?

C.H.

Dear C.H.,

It is not uncommon for someone to want to charge someone even though the crime took place a few years ago. The laws are there to help and you should report what happened to the RCMP.

Dear Diana,

When I am sitting in the courtroom, do I have to look at the person who assaulted me?

C.C.

Dear C.C.,

Many people who testify in court are nervous about seeing the accused person in the courtroom. You can turn and face the Judge when you speak or look somewhere

else in the courtroom if that helps. When you are asked if the person who assaulted you is in the courtroom, you will have to identify that person.

Dear Diana,

I have to go to court in two weeks. How can I get myself ready? What do I do if I don't understand something?

K.S.

Dear K.S.,

The most important thing you can do to prepare yourself is to remember to tell the truth. You can also do other things to help you during court. Contact your Crown Prosecutor if you have questions. You can also ask someone from the RCMP or Social Services to explain what the courtroom will look like, or visit court in your community. Ask the RCMP or the Social Services worker for a copy of the book "Kids in Court in the Northwest Territories." Perhaps someone could read the book with you.

You can take a friend to court and ask him/her to sit in the courtroom for support. Just do your very best - that is important.

*Copies of "Kids in Court in the Northwest Territories" can be obtained free of charge from: Department of Justice, Policy and Planning, Victims Assistance Committee, Box 1320, Yellowknife, NT, X1A 2L9. Telephone: 403-920-6911. Collect calls accepted.

Inside

Part One: Relationships

Healthy Relationships	2
How Would You Rate Your Relationship?	2
The Healthy Family	4
What Do You Think?	5

Part Two: Sexual Assault

What is Sexual Assault?	
Consent	8
Sexual Assault in the Family	8
Incest	9
Party Rape	10
Keeping Safe	11
	14

Part Three: Getting Help

Your Feelings	16
Get Help Because...	17
Talk to Someone	18
Reporting Sexual Assault	20
Talking to the RCMP	22
What is Evidence?	25
Getting Medical Attention	25
Are You Abusive?	26

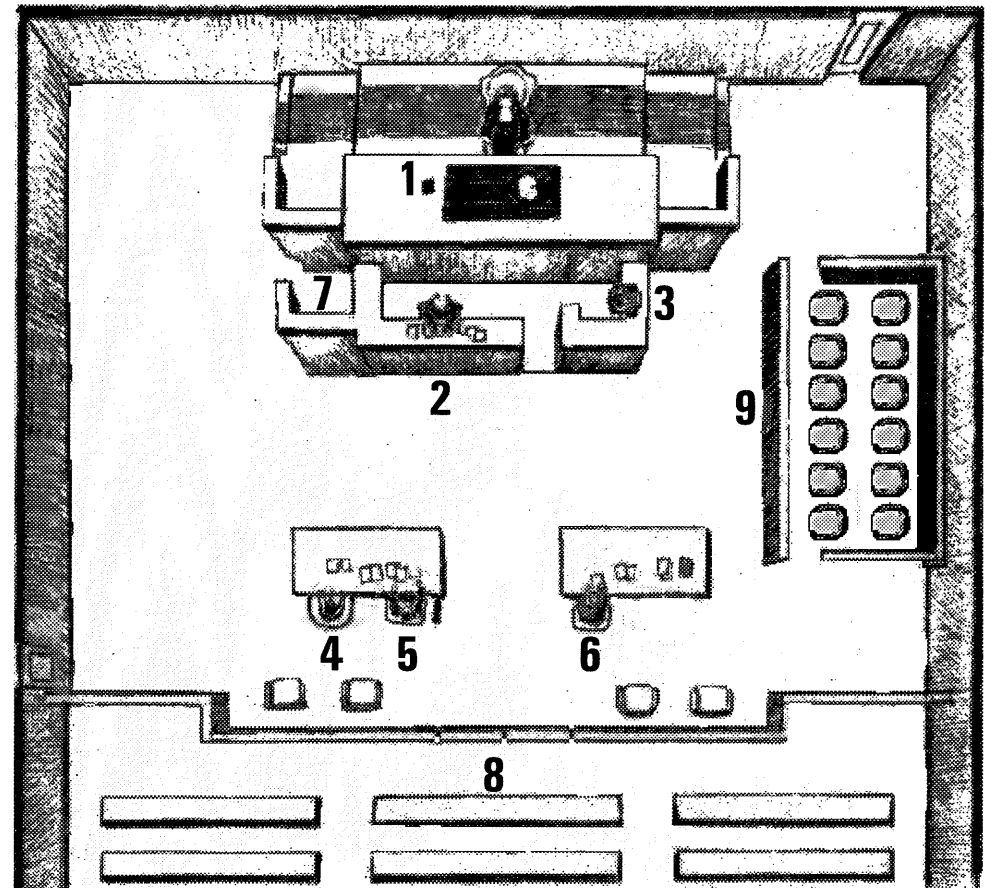
Part Four: The Law and Sexual Assault

What You Should Know	
Sexual Offences	28
You and the Law	28
Going to Court	30
Being a Witness	31
What Might Happen in Court	35
	36

The following organizations and departments were involved in the preparation of this book: the Territorial Government departments of Justice, Health, Social Services and Education; the Royal Canadian Mounted Police "G" Division; and, the Department of Justice, Canada.

This book contains illustrations by students of P.W.K. High School in Fort Smith. Credit and a special thanks to Eric Landry, Dean Holman, Bryan Versteeg and Seth Ellis for their illustrations. An additional thanks to Tim Dunbar for his illustrations and the guidance and expertise he provided to the students involved in this project.

A word of appreciation to the students of P.W.K. High School in Fort Smith for their thoughts and ideas on how to present this information to teens in the Northwest Territories.



1. Judge
2. Clerk of the Court
3. Court Reporter
4. Accused
5. Defence Lawyer
6. Crown Prosecutor
7. Witness
8. Public Gallery/Victim
9. Jury

Inside the courtroom...
what it might look like

This drawing will help you understand what the inside of the courtroom might look like and where everyone will be. This might look a little different for each community, but many of the things will be the same. Ask the Crown Prosecutor about the courtroom and how it will be set up.

Do I have to testify in court?

When you go to court you are a witness and what you have to say is very important. The Crown Prosecutor and the lawyer for the accused person will ask you questions. You cannot refuse to go to court or testify.

What is the oath and why it is important in court?

The oath involves a duty to tell the truth. This can be done by swearing on the Bible or swearing on your honour that what you say is the truth. If you do not understand what it means to take the oath, you may promise to tell the truth.

**Who will be in the courtroom?
Will people from the community be there?**

The court is open to the public unless the Judge feels it should not be. In addition to friends, family or community people, there will also be other people in the courtroom.

The Judge

A person with the authority to hear evidence and decide cases in court. When speaking to the Judge you should address him or her as "Your Honour."

The Court Clerk

This person helps the Judge with various courtroom duties.

The Court Reporter

This person operates a small machine to record everything that is said in court.

The Accused

A person who is charged with a crime.

The Defence Lawyer

This person is the lawyer for the accused. His or her job is to find every possible reason why the court should find the accused "not guilty." The defence lawyer will ask questions that might confuse or anger you. Just remember to tell the truth.

The Crown Prosecutor

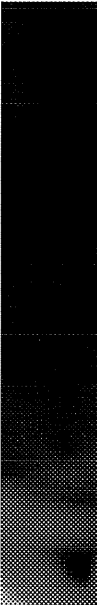
This person presents the facts about the crime to the court. You are a witness for the Crown Prosecutor. The Crown Prosecutor will ask you questions during the trial. He or she is there to help you and answer any questions you might have about court.

The Jury

In some cases, the Judge will be assisted by 12 other people who become the Jury. The jury listens to the evidence presented at a trial, listens to the judge's instructions on how to apply the law and then decides whether the person is guilty or not guilty.

Part One: Relationships

Healthy Relationships	2
How Would You Rate Your Relationship?	2
The Healthy Family	4
What Do You Think?	5



**Part One:
Relationships**

HEALTHY RELATIONSHIPS INVOLVE:

- having fun together
- trust
- respecting your friends
- feeling good about yourself

UNHEALTHY RELATIONSHIPS INVOLVE:

- being overly jealous
- wanting a lot of control
- being very critical
- making the other person always feel bad
- making threats
- forcing the other person to have sex
- being mean
- abusing or hurting the other person

Many young people are involved in unhealthy relationships.

If you feel that you are in an unhealthy relationship, decide if this is really how you like being treated. Think about whether you want this kind of relationship to continue. Talk to someone. Tell them what is happening to you.

Remember...everyone has the right to be treated with respect.

No one has the right to control another person.

Quiz

How Would You Rate Your Relationship?

Circle the letter that best describes your relationship.

ONE Your boyfriend/girlfriend encourages you to have friends and spend time with others.

- a. not very often
- b. once in a while
- c. most of the time

TWO Your boyfriend/girlfriend says positive things about you and what you do.

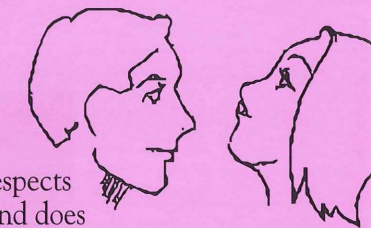
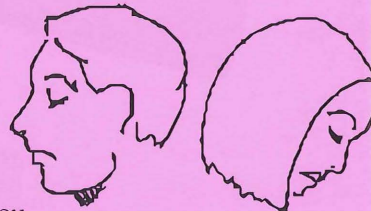
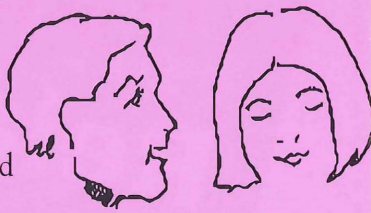
- a. not very often
- b. once in a while
- c. most of the time

THREE Your boyfriend/girlfriend respects when you say "NO" and does not pressure you into things you don't want to do.

- a. not very often
- b. once in a while
- c. most of the time

FOUR Your boyfriend/girlfriend lets you make decisions for yourself without trying to control you.

- a. not very often
- b. once in a while
- c. most of the time



Question:

Are the laws on sexual assault the same all across Canada? If I was assaulted in Edmonton, would the same laws apply even though I now live in the Northwest Territories?

Answer:

The answer to both questions is YES. The laws are written in the Criminal Code of Canada which means they are the same for every province and territory.

Question:

Are there separate laws for teenagers who might have committed a sexual assault?

Answer:

A person who is under the age of 18 who has been accused or is suspected of committing a crime will get a hearing in youth court. These people are known as young offenders and can be punished for crimes in different ways. The laws are however, the same for adults.

GOING TO COURT

Sexual assault cases are taken to criminal court. In the Northwest Territories, this court might be held in various places in your community. Court is sometimes held in the hotel, community hall, or in the courthouse.

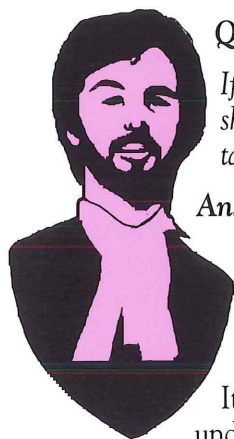
There are many reasons why some sexual assault cases do not go to trial. It could be that there was not enough evidence and the police were not able to lay charges, or the accused person has decided to plead guilty to the crime. If, however, the case goes ahead and you have to go to court, these are some of the things you might want to know...

How will I know if and when I have to go to court?

A subpoena (pronounced *sa-peena*) will be given to you. It is an order of the court telling you the exact date and time to be in court. The Crown Prosecutor who will be handling your case, or the victim/witness assistant who works with the Crown Prosecutor, might also get in touch with you.



YOU AND THE LAW Some Questions You Might Have



Question:

If I tell the police I was raped, shouldn't they know what I am talking about?

Answer:

We sometimes still hear about 'gang' rape or 'party' rape. However, these are not terms used by the police or in court. It is important that the police understand if force was used in the assault, if a relative was involved, or the kinds of sexual activity that took place. When you talk about what happened, you must give details.

Question:

The law seems to talk about consent or permission. If I was sexually assaulted but wasn't able to fight back, does that mean I consented?

Answer:

To give your consent, you have to be able to make a choice and decide freely about what you want to do. If you had no choice or were too afraid, or felt too threatened to fight back, your consent was not freely given.

Consent is an important question and you might be asked:

"Was the person who assaulted you in a position of trust or authority?" (eg. teacher, coach, etc.)

"Did the attacker threaten to hurt you?"

"Did you kick or scream or say no at the time of the assault?"

Question:

If someone tried to sexually assault me and I was able to get away, should I still report this? Is attempting to assault someone against the law?

Answer:

The answer to both questions is yes. If someone tries to assault you, he or she can be charged with attempted assault.

Question:

Are there laws to protect the person who has been assaulted?

Answer:

There are a number of laws which protect the rights of the victim when they go to court. For example, there are laws which allow the judge to make sure your name will not be on the radio or in the newspaper if you are a victim of sexual assault.

If I was sexually assaulted but wasn't able to fight back, does that mean I consented?

FIVE Your boyfriend/girlfriend enjoys spending time with you without doing drugs or alcohol.

- a. not very often
- b. once in a while
- c. most of the time

SIX Your boyfriend/girlfriend listens to your thoughts and concerns and respects what you say.

- a. not very often
- b. once in a while
- c. most of the time

SEVEN Your boyfriend/girlfriend makes you feel like you are your own person.

- a. not very often
- b. once in a while
- c. most of the time

EIGHT Your boyfriend/girlfriend speaks kindly to you and does not swear at you.

- a. not very often
- b. once in a while
- c. most of the time

NINE Your boyfriend/girlfriend treats your friends with respect.

- a. not very often
- b. once in a while
- c. most of the time

TEN Your relationship is a loving, caring one.

- a. not very often
- b. once in a while
- c. most of the time

What have you learned about your relationship?

Answers

First... give yourself the following marks for each answer:

1 point for "a"

2 points for "b"

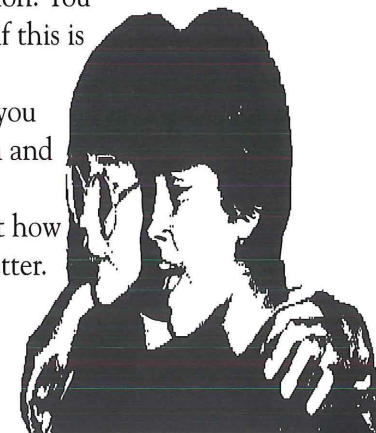
3 points for "c"

Add up your points and put your score here _____.

▲ If you have scored 24 points or more you seem to be in a good relationship. It is one built on trust and respect.

▲ If you have scored 15-23 points, you have a relationship that seems to have some problems. The problems seem to be communication and control. Look at the areas where your relationship needs more work.

▲ If you have scored less than 15 points, this is not a healthy relationship. It seems to need some work in areas of love, trust, respect and communication. You must decide if this is the kind of relationship you want to be in and perhaps you might look at how to make it better.



THE HEALTHY FAMILY SHOWS LOVE AND AFFECTION IN A POSITIVE WAY AND...

- ~ respects the feelings and privacy of others
- ~ uses respect and cooperation rather than power and control when dealing with family matters
- ~ works together
- ~ has a sense of tradition
- ~ fosters good relationships among family members



Every person has the right to love and respect.

letters

Dear Diana,

In my family there is lots of drinking and lots of fighting. My mom gets pushed around by my dad and lots of times he has hurt her. When I get a boyfriend, I don't want it to be like my mom and dad. A lot of girls in my community think it is okay to get pushed around. I don't. How can I make sure this doesn't happen to me?

C.R.

Dear C.R.,

You can certainly make decisions about how you want your life to work and how you want it to be. This will take some strength on your part and an understanding of what you want to have. No one needs to settle for a bad relationship. The key is to be with someone who feels the same way you do and believes in respect and communication. You have already taken the first big step by knowing what you do NOT want in a relationship.

4. Incest

This is a serious offence with a maximum penalty of 14 years in prison. This involves having sexual intercourse with a blood relative, including a parent, child, brother, sister, half-sister, half-brother, grandparent, or grandchild.

5. Sexual Interference

This is when a person touches the body of a person under the age of 14, for a sexual purpose. The touching can be with a part of the body, or with an object.

6. Invitation to Sexual Touching

This is when a person encourages a child under 14 years of age to touch the child's own body, or someone else's body, for a sexual purpose. The touching can be with a part of the body, or with an object.

7. Sexual Exploitation

This law is similar to #5 and #6 and is used in cases involving children over 14 years of age, but under 18. This is for cases involving a person in a position of trust or authority over the child, such as a parent, guardian, babysitter or teacher.

8. Anal Intercourse

This act is not allowed with anyone under the age of 18.

9. Bestiality

This is when a person participates in sexual acts with an animal or makes someone else watch or take part in sexual activity with an animal.

10. Parent or Guardian Procuring Sexual Activity of a Child

This is when a parent or guardian gets a child under the age of 18 involved in illegal sexual activity.

11. Householder Permitting Sexual Activity

This is when the owner or manager of a room knowingly allows anyone under the age of 18 to become involved in illegal sexual activity.

12. Living Off Prostitution

This is when a person lives off the profits from prostitution involving anyone under 18 years of age.

13. Indecent Acts

This is when a person performs an indecent act, such as exposing his/her private parts in a public place, to a child 14 or older.

14. Exposing Genitals

Similar to #13, this covers situations where a person exposes his/her private parts for a sexual purpose to a child who is under the age of 14.

Sexual activity without consent is always a crime!

Part Four: The Law and Sexual Assault

WHAT YOU SHOULD KNOW

In Canada, there are laws that say children and teenagers cannot be abused or sexually assaulted. These laws are used to protect children or help remove them from abusive situations. Some of these laws concern the use of force or violence during sexual activity; others involve sexual acts within the family or with young children. The laws on sexual assault are briefly explained here to help you understand these crimes.



First you should know that...

- * Sexual activity without consent or permission is always a crime regardless of the age of the individual.
- * Children aged 12 - 13 are considered unable to consent to sexual acts except in situations involving other children of the same age group.
- * Young people aged 14 - 17 are also protected by the law from certain sexual activity. This includes sexual touching by a person who is in

a position of trust or authority, or when the young person is dependent on that individual.

- * It is not against the law for two teens who are close to the same age to agree to sexual activity, but permission or consent by both teens is necessary.
- * It is against the law for someone in your family to have sexual intercourse with you.

SEXUAL OFFENCES

There are several different kinds of sexual offences. Words such as 'rape' are no longer used in law and have been replaced by other terms. Sexual offences are briefly described here to help you understand the law and sexual assault.

1. Sexual Assault

Any sexual contact with another person without that person's consent.

2. Sexual Assault with a Weapon, Threats, or Causing Bodily Harm

This is a serious offence. It involves situations where a sexual assault is committed while carrying or using a weapon, threatening or causing bodily harm.

3. Aggravated Sexual Assault

This is a very serious offence with a maximum penalty of life imprisonment. This involves situations where the life of the victim is endangered during a sexual assault or where the victim is wounded or seriously hurt.

What Do You Think?
Is it okay for a male to force a female into sex if ...

1. he has spent a lot of money on her?
 Agree Disagree
2. she has had a lot to drink or is passed out?
 Agree Disagree
3. she says she will have sex with him, then changes her mind?
 Agree Disagree
4. she has had sex with him before?
 Agree Disagree
5. they know each other and are the same age?
 Agree Disagree
6. he has given her money?
 Agree Disagree
7. she was at the party alone, so she must have been asking for it?
 Agree Disagree
8. they have been dating for a long time?
 Agree Disagree
9. she is related to him?
 Agree Disagree
10. she always wears sexy clothes?
 Agree Disagree

If you DISAGREE with all of the statements, you have a good understanding of what healthy, respectful relationships are about.

If you AGREE with some of the statements, you need to understand that forcing someone into sex for whatever reasons or under whatever conditions is not okay and is against the law.

letters

*Dear Diana,
My boyfriend is always forcing me to have sex with him. Last time he really hurt me and I have lots of bruises on my arms. I don't want this to happen again, but he is my boyfriend. What should I do?*

C.H.

*Dear C.H.,
What is happening to you is not right and might continue. Relationships should not be built on force or violence and it seems that you are involved in just this kind of relationship. You must decide whether this is what you want.*

letters

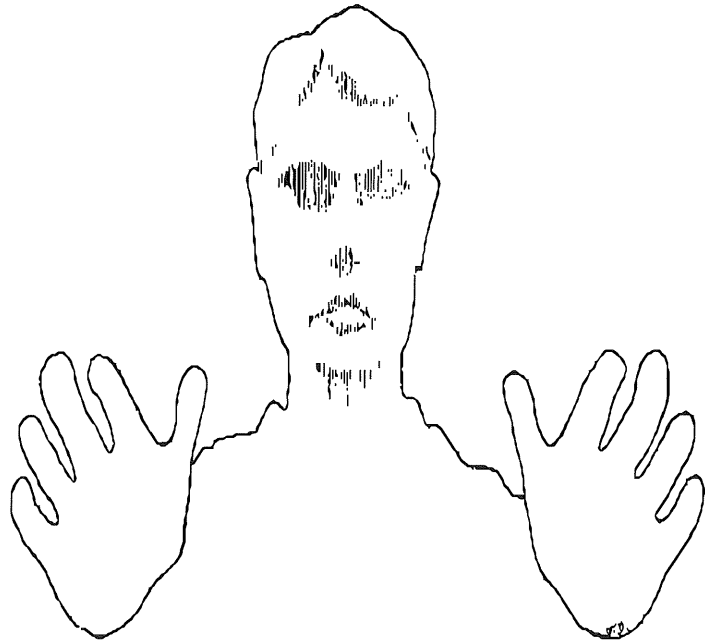
Dear Diana,

I am a boy and I was sexually assaulted by an older man from another community. It hurt me very much but I am afraid to tell anyone here. What can I do? Does this mean I am gay?

D.L.

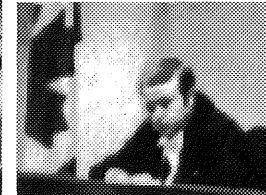
Dear D.L.,

You were probably not the first child who was abused by this man, and you may not be the last. What happened is not your fault and there are people who can help you. You need to report what happened to Social Services or the RCMP in your community. Even though this happened to you, it does not mean you are gay. What this man did is not right.



Part Four: The Law and Sexual Assault

What You Should Know	28
Sexual Offences	28
You and the Law	30
Going to Court	31
Being a Witness	35
What Might Happen in Court	36



ARE YOU ABUSIVE?

Have you ever hit your girlfriend or boyfriend out of anger, or jealousy, or for some other reason?

Have you ever felt that using force or violence was the only way to handle problems in your relationship?

Have you ever sexually forced yourself on someone ?

If you have answered YES to any or all of these questions, your behaviour is abusive and you need help.

Many abusers deny that this kind of behaviour is a problem. Many place the blame on the actions of the victim, or on alcohol, or on some other factor. Many abusers feel their actions are not always that harmful or will not leave lasting damage.

If you are an abuser, here are some things you should know about abusive behaviour.

- Verbal abuse can be hurtful and have longlasting effects. Putting someone down, insulting them, or being critical, can make a person feel worthless.

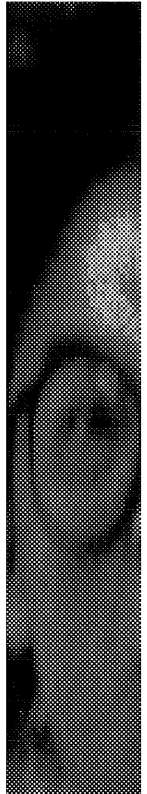
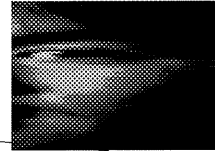
- Physical and sexual abuse are ways of gaining power and control over a person. These kinds of abuse are against the law and you can be charged for these types of assaults.

- Drugs and alcohol are not excuses for what happens. If the victim of the assault has been drinking, or if you have been drinking or taking drugs, you are still responsible for what happens.

- Blaming your abusive behavior on drugs, alcohol or sickness and apologizing after the violence will not solve the problem. You need to take responsibility for your behaviour. Your violence will increase if you don't take action to stop it. Contact the Social Services worker or alcohol and drug counsellor in your community for help.

- Abuse and violence does not have to be a way of life. This may have been part of your family history as a child, or you may have been abused as a child. You know how this felt when it happened to you. You know how it hurt. You know how the pain did not go away. It is important to think about this and get help so you won't hurt others.

Part Two: Sexual Assault



What is Sexual Assault?	8
Consent	8
Sexual Assault in the Family	9
Incest	10
Party Rape	11
Keeping Safe	14

Part Two: Sexual Assault

WHAT IS SEXUAL ASSAULT?

You have been sexually assaulted if you have been kissed, fondled or forced to have sexual intercourse against your will.

Sexual assault includes:

- * being touched in places you don't want to be touched
- * being forced to touch someone for a sexual purpose
- * having sexual intercourse with a blood relative (This is called **incest**.)
- * being forced into a sexual act
- * being threatened into a sexual act, including being threatened by someone who has a weapon
- * being involved in sexual activity with an animal



For more definitions of sexual assault, see pages 28 and 29

Sexual assault is a crime and should be reported as soon as possible.

CONSENT

If something happens "against your will," it means you did not agree to it - you did not give your permission or consent. Some people are confused by the word "consent."

Consent means giving permission, through words or actions, for something to happen.

CONSENT DOES NOT MEAN...

"I was too drunk. I couldn't do anything about it."

"He said he would kill me if I didn't do what he wanted...so I had to."

"I shouldn't have been there...so I guess I was asking for it."

"I have been sexually abused since I was a child. I don't know how to make it stop."

"He's my boyfriend so it must be okay."

"I've had sex with him before so what could I do?"

"My grandfather says that 12-year-old girls are supposed to let adults touch their private parts...but I don't like it."

WHAT IS EVIDENCE IN A SEXUAL ASSAULT?

Sometimes when a sexual assault takes place there are things that help the police in their investigation. These include blood stains, hair samples, clothes or sheets or perhaps marks that might have been caused if force was used. Evidence might also include a diary or journal page describing the assault, the names of witnesses or people who may have seen the assault, photographs or pictures that might have been taken or perhaps medical evidence. Evidence is also what you say about the assault, or what others have to say.

Sometimes there is very little evidence, or the evidence has been lost, destroyed, or washed away. Even if you feel that there is no evidence, it is important that you report the assault.

Remember

You can help the police if you...

- One** - Report the assault as soon as possible.
- Two** - Keep anything that might serve as evidence.
- Three** - Give the names of witnesses if there are any.
- Four** - Give as many details of the crime as you can.

GETTING MEDICAL ATTENTION

This is important for your safety and health. Seeing a doctor or nurse can also help in the police investigation. When you have been sexually assaulted you may have cuts, bruises, teeth marks or other injuries that need medical attention.

1. The doctor or nurse can assist with these injuries and do tests for sexually transmitted diseases and other infections.
2. Samples may be taken to help with the investigation. These might include hair, semen, or blood.

You might feel a bit embarrassed or uneasy about all of this. Remember this is for your safety and health.

This information might also help the police: identify the accused or provide evidence of the amount of force used during the assault or show that intercourse took place.

The evidence collected by the doctor and the police is like the pieces of a puzzle. The more pieces there are, the clearer the picture. You also need to be cared for and that is very important.

WHAT WILL THE RCMP WANT TO KNOW?

Anything you tell the RCMP about the assault will help. Here are some of the things they may want to ask you or know about.



Who Assaulted You?

- * Was there more than one person?
- * What did the person(s) look like?
- * Do you know the name(s) of the person(s) who assaulted you?
- * Do you know where the person(s) live?
- * Is there anything else you remember about the person(s) who assaulted you?

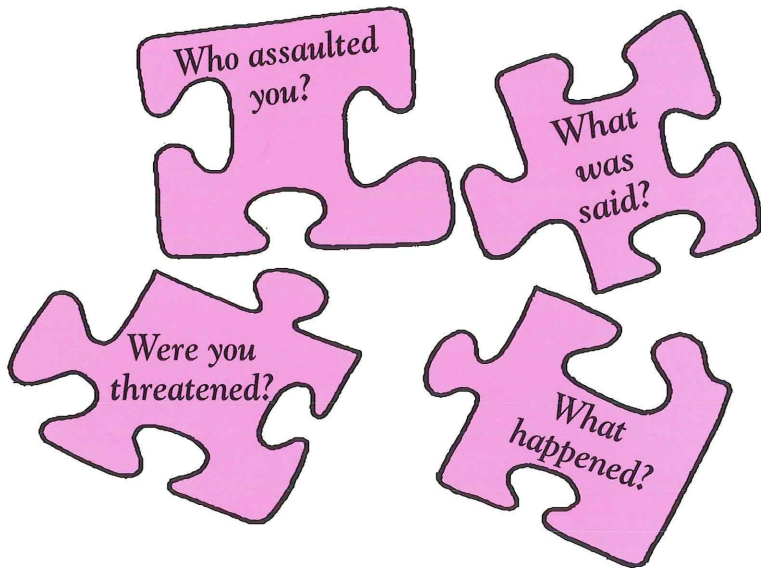
What was said?

- * What did the person(s) say to you?

Were You Threatened?

What Happened?

- * Where were you when this took place?
- * When did this happen?
- * What took place?
- * Was a weapon involved?
- * How were you touched or sexually assaulted?
- * Did you have to touch the person who assaulted you sexually?
- * Were there any witnesses?
- * Were drugs or alcohol involved?



The information you give is like the pieces of a puzzle. The more information you provide, the clearer the picture of what happened.

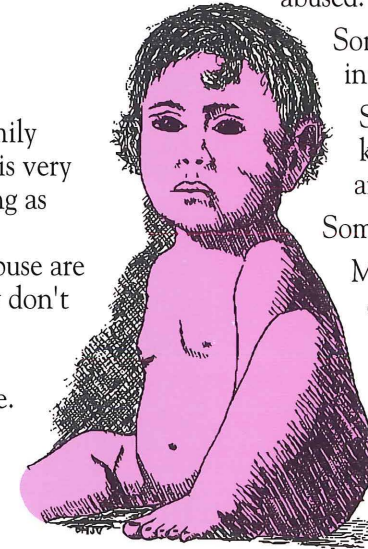
Sexual Assault in the Family

Did you know?

Sexual abuse within a family often starts when a child is very young, sometimes as young as one or two years old. Many victims of sexual abuse are afraid to tell because they don't want their family broken apart. They do not want anyone to get into trouble.

Sometimes sexual abuse might begin with touching and fondling, then change to other forms of sexual activity.

Victims, especially children, may often still care about the person who has abused them.



Boys as well as girls can be sexually abused.

Sometimes the child is threatened into sexual activity.

Sometimes the victim is told to keep the abuse a secret or they are promised money or gifts.

Sometimes children are tricked.

Many times the victim is accused of wanting to take part in the sexual activity. They are often accused of asking for it, being a troublemaker or being a bad person.

What happens in a sexual assault is NOT the victim's fault. The abuser has done something wrong and is responsible for his or her actions.

letters

Dear Diana,
Our family is very close and we enjoy doing things together. Sometimes we ask kids from families that are not so good to go camping and visit us. Is this okay? Does it make more problems when these kids go home?

Dear A.D.,
If your friends enjoy coming to your house or going camping, then I feel you should continue to invite them. Perhaps there are things they can learn from you to help improve their lives at home.

A.D.

INCEST

Incest is the word used when sexual intercourse takes place between blood relatives including a parent, child, sister, brother, half-brother, half-sister, grandparent or grandchild.

Incest can...

- start when children are very young
- continue into the teenage years
- happen to both boys and girls
- sometimes go on without other family members knowing what is happening
- sometimes involve more than one abuser
- sometimes involve more than one victim
- sometimes involve situations where the abuser stops abusing one person in the family and starts abusing a younger child in the family...or perhaps other members of the family



Incest is against the law and is a very serious crime. It must be reported.

letters

*Dear Diana,
Our family hugs and kasses a lot. But my uncle always touches my breasts and between my legs when he is holding me. He even comes into my room at night and does it. I don't know who to tell. I don't like it.*

L.L.

Dear L.L.,
What your uncle is doing is very wrong and he should be stopped. Is there someone you could tell who can help you...maybe your mother or a sister? The social worker in your community might also be able to help you with this. Your uncle must know that what he is doing is wrong. Remember that this is not your fault. Tell someone as soon as you can.

*Dear Diana,
My father has been touching my breasts and under my pants since I was 6. Now I am 13 and he tries to have sex with me. He tells me this is okay but I shouldn't tell anyone. I am scared. What should I do?*

A.G.

Dear A.G.,
What your father is doing is not right. It seems this started with touching and has now become an attempt to have sex with you. Since this has gone on for a long time, and this is your father, you might feel that you will be getting him into trouble. What your father is doing is wrong and it should be reported to the police. Get someone to support you.

You might remember later on. The questions, and your answers, will help the RCMP put together a picture of what happened.

The important thing to remember is to tell the truth.

The RCMP will want to know how you were touched and on what part of the body. They will want to know if someone made you touch the private parts of their body. You can help by giving the RCMP the details. You might feel embarrassed or think the police should know what you are talking about, but remember that you are the one who knows what took place. It is important to describe the assault.



If you tell the RCMP that you have been raped, you will have to tell them what took place. The police need to hear the details from you in your own words.

letters

*Dear Diana,
I don't understand why the police asked me so many questions about what happened to me. Didn't they believe me?*

L.K.

Dear L.K.,
Maybe I can explain this by having you think of a puzzle. Every piece of information is like one of the pieces. The RCMP need to ask questions to see what the pieces look like and how they fit together. This gives the police, and later the court, a picture of what took place.

letters

Dear Diana,

My little brother told me two older boys were at the community hall, and started putting their hands down his pants. He said they did this before, but he started to cry and someone came. Is this right? What should I do?

B.I.

Dear B.I.,

You should tell your brother to stay away from the two boys if he can and say NO if they start to touch him. He should also tell an adult, perhaps the community hall supervisor. What the boys are doing is not right. Help your brother by talking to him.

Dear Diana,

I am 15 years old. Last weekend I was raped by two men in our community. I was afraid to go to the nurse or police, but now I want to tell someone. What they did was not right. Is it too late to do anything?

C.K.

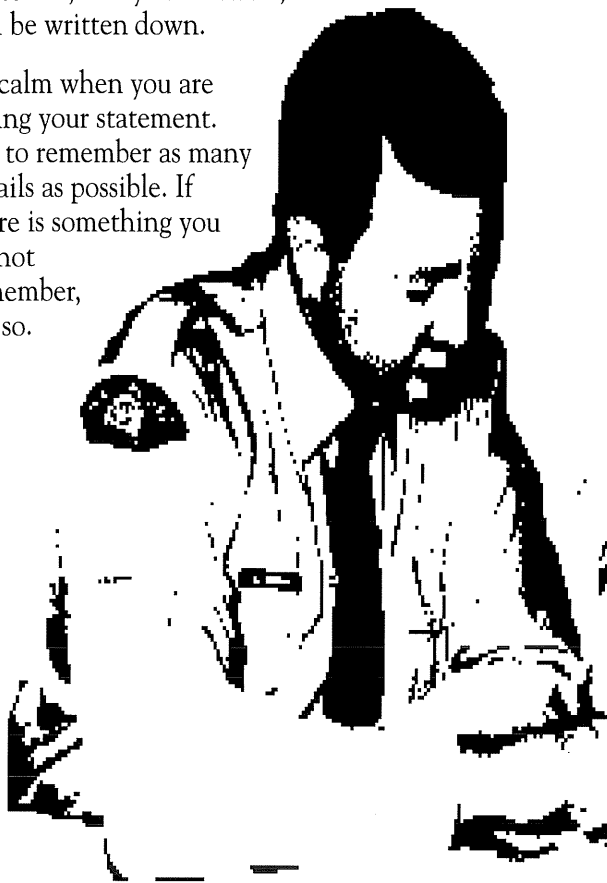
Dear C.K.,

Even though this happened last weekend, it is not too late to tell the police. Try to remember as many details as you can. You will have to tell the police everything about the assault. You have used the word "rape" and that word does not give the police what they need to know to describe what happened. Have someone go with you.

TALKING TO THE RCMP

The RCMP can help if you have been assaulted. Tell the RCMP who assaulted you, when and where it happened, or if anyone else was there. There might be other important things you remember. When you go to the RCMP station you will be asked to give a statement. A statement is a record of your complaint. It includes everything you can remember about the sexual assault. Your statement is the basis of the police investigation and may be used later in court. When you have made your statement, you will be asked questions about the assault. The questions, and your answers, will be written down.

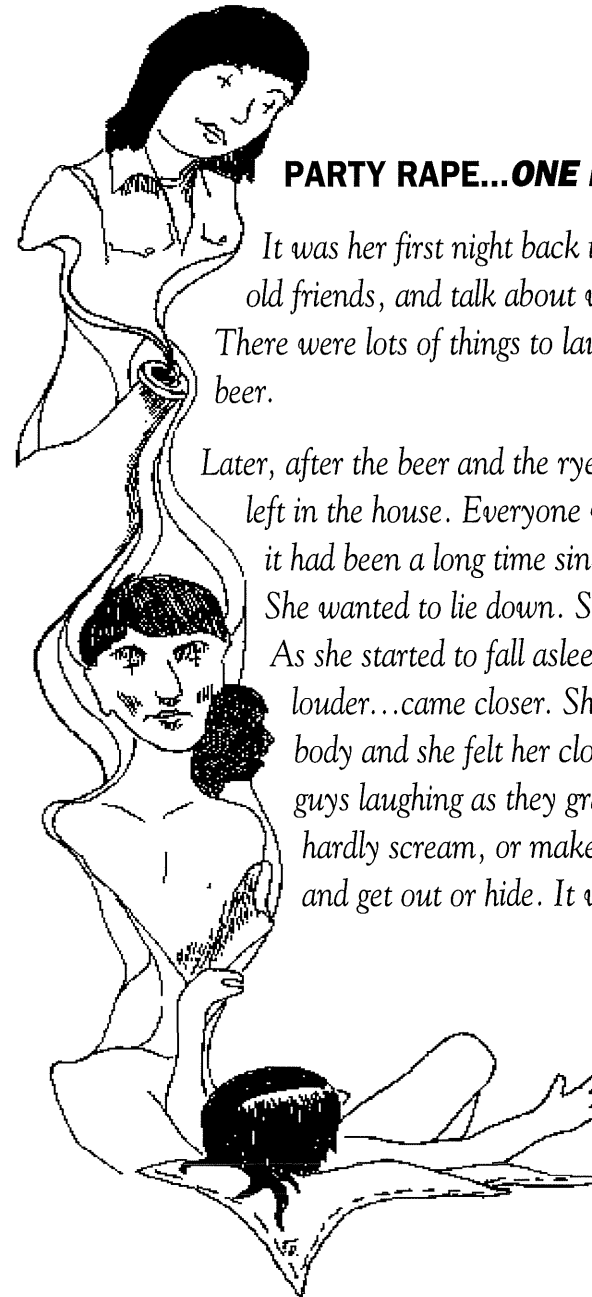
Be calm when you are giving your statement. Try to remember as many details as possible. If there is something you do not remember, say so.



PARTY RAPE...ONE PERSON'S STORY

It was her first night back in the community. It was fun to see old friends, and talk about what had happened in the last year. There were lots of things to laugh about...and there was lots of beer.

Later, after the beer and the rye, only Jennifer and four guys were left in the house. Everyone was quite drunk. Jennifer felt sick - it had been a long time since she had had so much to drink. She wanted to lie down. She went into the nearby bedroom. As she started to fall asleep, the guys' voices grew louder...came closer. She felt hands on her breasts and her body and she felt her clothes being torn off. She heard the guys laughing as they grabbed her. She felt sick. She could hardly scream, or make a sound. She tried to push them off and get out or hide. It was too late.



**Party Rape -
What do you think?**

• Do you think it is right to sexually assault someone because they are drunk and not in control?

• Do you think that because your friends have sexually assaulted someone, you should too? How could you deal with this pressure?

• If party rape happens a lot in your community, how could you deal with this problem?

• Do you think that, because the victim is drunk, being raped won't bother them so much?



What happened to Jennifer is sometimes called "party rape." In many party rape situations, there is the feeling that because the victim is drunk or is unable to say "no," they are "asking for it." This is false. Sexual assault is a crime, whether the victim is asleep or awake, drunk or sober.

When drinking is involved, it is difficult to make decisions about taking care of yourself. It is even harder to protect yourself or deal with being forced into something.

Sometimes the victim of this type of assault may feel that he or she should have known better or that they were at fault for being drunk. It may be difficult to talk about or remember all the details of this kind of assault, but it must be reported.

It is important to contact the RCMP and Social Services and report the names of everyone who was involved in the assault or the names of witnesses.

If someone has tried to touch you, or has tried to have sex with you, it is important that you report what happened...

- ~ even if you have not been physically hurt or injured
- ~ even if you are not sure if you can tell who abused you
- ~ even if you have washed or showered
- ~ even if you were too afraid to report right away
- ~ even if you are afraid you can't remember everything that happened

What To Do If The Assault Happened Some Time Ago

REMEMBER that what happened to you is not your fault. You have not done anything wrong and it is important that you tell someone if you have been assaulted.

You can still report a sexual assault even if it happened some time ago.

Call the RCMP or the Department of Social Services and tell them what happened.

You can also call the health centre or perhaps the community school counsellor if you need someone to talk to.

Talk to someone you know and trust and ask them to go with you when you report what happened to you.

If someone sexually assaulted you some time ago, report the assault...

- ~ even if you can't remember everything that took place
- ~ even if you are not sure where the accused person is living
- ~ even if you feel there is no evidence
- ~ even if you can't remember all the details



letters

Dear Diana,

My best friend's boyfriend is always putting her down. He is also very jealous and will not let her be with her friends or go out. She says this means he cares for her but I don't think she is happy. Do you think this is a good relationship for her to be in? How can I help?

B.G.

Dear B.G.,

You cannot make any decisions for your friend. She must decide on her own if this is a good relationship for her to be in. However, it might be a good idea to talk to her about relationships and the fact that being in a relationship does not mean being 'owned.' You might also talk to her about her feelings when her boyfriend puts her down. She may not have much self confidence or feel good about herself. You can help build that up by talking to her and making her feel stronger. You must be a good friend to care so much.

Abuse is against the law and must be reported. Share this book with your friends and help them understand that abuse must be reported.

Reporting Sexual Assault

After you have talked to someone, report the sexual assault. Talking to someone will help you find support, but sexual assault is a crime, and you must report it to the RCMP or Social Services worker in your community.

Reporting Cases of Sexual Assault That Have Just Happened

If you have been sexually assaulted:

- Call the RCMP or the Social Services worker as soon as possible.
- Call the nursing station or the community school counsellor to help you make a report.

If you have been sexually assaulted and someone has had intercourse with you or forced you into sex...

- Do not take a bath or shower.
- Do not throw away clothes or wash sheets, or other things the RCMP might need in their investigation.
- Find a friend to help you.
- Go to the hospital or the nursing station for medical attention.

After the "party rape," Jennifer wrote a letter to her friend Carla. The help that Carla gave Jennifer was important. It gave Jennifer the support she needed.

Dear Carla,

It has been a long time since I saw you. The last time was after that party at Joe's. I guess we shouldn't have gone visiting there. It was a bad time... I have tried to forget about what happened.

After those guys assaulted me, I just felt too dirty and so mad that I didn't want to tell anyone what had happened. I didn't want to tell you. I thought you wouldn't like me anymore. But you really helped me. When I first started to talk about it, I was scared. You listened to me and didn't speak. You let me talk about my feelings and didn't make me feel stupid. When you said that what happened was not my fault, I felt weird. I thought I was wrong, or that I asked for it. I didn't stop them because I thought they would hurt me more. It took me a long time to understand what you were saying... that **they** were wrong.

The first time we talked I thought you would tell everyone and the whole community would know. You didn't say things about me. You kept your promise. Best of all you helped make me feel brave. You know how scared I was to tell the cops. Then you said we should talk to that one cop who always says "hi" to us. I felt good talking to him. I was glad you went with me. I felt much better then. I felt safe. You really helped me. Tomorrow I go to court. I feel scared, but okay. Those guys were wrong and I heard they assaulted someone else too. I'll write to you when it is over.

Your good friend,

Jennifer

KEEPING SAFE



Being drunk or high on drugs makes it difficult to judge dangerous situations, or to be in control of what happens to you.

Don't leave your friends at a party if it doesn't seem safe.

Be choosey about who you hang out with.

If you can't make it home by yourself, get a friend to take you home.

If you feel uncomfortable with the way someone is treating you...leave the situation.

If you feel you are in an unhealthy situation, think about why you are there.



FRIENDS HELPING FRIENDS

What Can You Do When Someone Tells You They Have Been Abused?

Here are some things to do if someone tells you about abuse:

- * Listen, listen, listen.
- * Believe what the person is saying to you and tell them you believe them. Most people do not lie about abuse.
- * Do not make fun of what the person tells you.
- * If your friend tells you to keep this a secret, tell them this is not a good secret to keep. The only person protected by this secret is the abuser.

- * You cannot help your friend by yourself. Your friend cannot stop the abuse on their own. There are other people who must help. If this is kept a secret, then no one can help.
- * Tell your friend that this is not their fault.
- * Tell your friend that you believe what they are saying.
- * If you cannot deal with what your friend is saying, if you cannot deal with the abuse, tell the person it is too hard for you. If you cannot help, find someone who can.
- * What your friend has told you is private. It is not for everyone in the community to know. Only people who can help should know.
- * Sometimes in a small community, it is hard to keep things about abuse private. If your friend is hurt by things others are saying, be a friend, believe your friend and understand that they did not ask for this to happen.

Dear B.R.,

Your friend must trust you. But she does not want you to tell anyone and this is very hard. Her secret is not a good one to keep and I think you do not like keeping this secret either. When someone tells you about abuse, you might have many thoughts and feelings. You wonder what to do and what to say. Listed on this page are some ideas to help you. Your friend is lucky to have someone in her life who cares so very much.



TALK TO SOMEONE

If you have been abused or someone has hurt you, you may need help to deal with these things. Talking to someone is important. Telling someone about what happened is a way to start dealing with the abuse. Even though this is important, it is not always easy.

Here are some things to think about if you need help:

- Talk to someone you know and trust. If that person can't give you the help you need then you must keep searching for someone who will listen to you.
- Someone you know and trust might not be able to help you because they cannot deal with the abuse. This does not mean they do not care. Abuse is often very difficult for some people to understand or talk about. You need to talk to someone who can deal with this problem.
- You might want to tell and, at the same time, keep the abuse a secret. By keeping it secret the only person you protect is the person who hurt you. This is not a good secret to keep.
- You might be afraid to tell because you think no one will believe you. Abuse is difficult for some people to believe. It is very hard sometimes if you know the person who abused you. You must keep trying until you find someone who can help.

- You might think you are the only one who has been abused. You are not alone. There are many other children, teenagers and adults who have been abused.

- It might be hard to tell someone what has happened. You might want to write about it in a letter to a friend or in your journal or diary. Give people enough information so they can help you.



letters

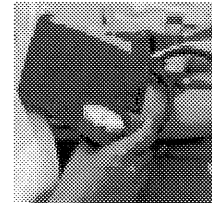
Dear Diana,

Yesterday, my best friend came to sleep over. It was late at night and we were sharing secrets. My secret was about someone I really like. My friend's secret was about her uncle having sex with her. My friend said she didn't want me to tell anyone. She said she hated what was going on and she couldn't make it stop. I know that abuse is wrong and this is not my friend's fault, but I don't know what to do. Please help.

B.R.

Part Three:
Getting Help

Your Feelings	16
Getting Help Because...	17
Talk to Someone	18
Reporting Sexual Assault	20
Talking to the RCMP	22
What is Evidence?	25
Getting Medical Attention	25
Are You Abusive?	26



**Part Three:
Getting Help**



If you have been sexually assaulted, or think you have been, you need to GET HELP. You can get help by talking to someone who will listen to you and give you support. It is also important to report the assault to the RCMP or Social Services worker in your community. The sooner this is done, the better your chance of remembering what happened. The police will also have a better chance of collecting evidence or possibly finding the person who assaulted you.

Sometimes it is hard to decide what to do first. You might want to wait, or forget about it, or you might be too afraid to do anything. This part of the book can help you with some of these decisions.

The RCMP are there to deal with sexual assaults, collect evidence and talk to the person who assaulted you. It is important that the assault be reported to the RCMP as soon as possible. The Social Services worker will help make sure you are protected and will work with the RCMP. The doctor at the hospital or the nurse at the health centre will also help by collecting evidence and making sure you are okay.

Your feelings...
After the Assault

At First...

- EMBARRASSED:** "I don't know what to do. I don't want anyone to know."
- SHOCK:** "I don't feel anything...it was no big deal. I just want to forget it."
- DENIAL:** "Well, he didn't hurt me...he just touched me so I don't need to do anything about it."
- ANGER:** "I just want to kill him...he should pay for this."
- CONFUSED:** "I really like him, but how could he do this to me?"
- GUILTY:** "I shouldn't have been there. This must be my fault."



As time passes, your feelings about the assault may change...

- "I wish I could talk to someone, but how do I start? No one will believe me."
- "What will everyone think of me? Will they think I wanted this to happen? I don't think I should take the blame."
- "I still feel badly even though it happened a few days ago. I need to talk to someone."
- "One of my friends said this happened to him...I need to talk to someone."
- "I thought it was my fault, but now I don't think I did anything wrong. I need to report this to the police."



As your feelings about the abuse start to change, you might need to talk to someone. Start by talking to a friend or someone who will listen. Ask that person to go with you to the RCMP if you need support.

IT IS IMPORTANT TO GET HELP BECAUSE...

- * sexual assault is a crime
- * no one has the right to touch the private parts of your body
- * the person who assaulted you might try to assault you again
- * it helps to sort out your feelings about the assault so you can feel better about yourself
- * the person who assaulted you might try to assault someone else
- * what happened to you is not your fault...you did not do anything wrong

YOU MIGHT BE AFRAID TO TELL SOMEONE BECAUSE...

- * you might think no one will believe you
- * you might think it was your fault
- * you were passed out and don't remember everything that happened
- * you know the offender
- * the offender threatened you or someone close to you
- * you might feel that you weren't hurt and that it wasn't all that serious