

# I've Been Sexually Assaulted: Who Can I Tell?



Sexual Assault Reporting Options:  
Increasing Access For Women With Disabilities



**PROJECT CREATED BY**

Disability Alliance BC



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**GENEROUSLY FUNDED BY**

Ministry of Public Safety



**THANK YOU TO OUR PROJECT PARTNER AND CONTENT EXPERTS**

Ending Violence Association of BC, Community Coordination for Women's Safety Team

**PROJECT VIDEO**

ASL Video: I've Been Sexually  
Assaulted: Who Can I Tell?

**PROJECT HELP SHEET**

I've Been Sexually Assaulted:  
Who Can I Tell?

**ORIGINAL PROJECT ILLUSTRATIONS**

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This help sheet will explain who to talk to—or who to report to—if you have been sexually assaulted.

## What is Sexual Assault?

First, let's talk about what sexual assault is.

Sexual assault is any sexual contact that happens to you that you don't want, like.

- ✓ sexual touching you don't want,
- ✓ kissing you don't want, or
- ✓ sex you don't want.



When you say "Yes" to the sexual contact that is called "consent." Then it is not sexual assault. If you do not consent, then it is sexual assault.

## Sexual Assault is a Crime in Canada

No one has the right to force you, trick you or scare you into sexual contact with them. That is a crime. It doesn't matter if you didn't fight or say "No." It is still sexual assault if you did not want the contact.

It is also a crime for someone to have sexual contact with you:

- ✓ if you are asleep,
- ✓ if you are knocked out or
- ✓ if you have had a lot of drugs or alcohol and don't know what is happening.

## What Can I Do After an Assault

The assault may have happened to you a long time ago or only a week ago. You can report the assault any time you want.

Here are some things you can do if you have been sexually assaulted. It's your choice what to do.

1. Get emotional and practical support and help with safety planning at a support service like a Community-based Victim Services
2. Get medical help at a clinic or hospital.
3. Get a medical examination to collect samples for police, like hairs or body fluids.
4. Don't report to police.
5. Do report to police.
6. Make a report to police through a Community-based Victim Services. This is called a Third Party Report.
7. Make a civil claim.



**The information in this help sheet will only talk about Numbers 4,5, and 6.**

### Number 4 - Don't Report to Police

You may want to tell someone what happened, like a friend, worker or family member. But you may not want to report the sexual assault to the police. That is OK. Telling someone may help you get the emotional and physical support you need.

## Number 5 - Do Report to Police

You can report the assault to the police, if you want. You can do this by phone or by going to a police station. You can bring someone with you for support. You also have the right to ask the police to get a sign language interpreter to help you make your report.

You can choose the kind of report you give police.

- ✓ You can give an Information Only report. This means you give them information about the sexual assault, but you don't want police to do anything else about it or to go to court. But you should contact the police right away if you or anyone else is in danger from the person who sexually assaulted you.
- ✓ Another choice you have is to do a Full Report. This means the police will look into the sexual assault. You must choose this kind of report when you want the police to look for the person who assaulted you.



## Number 6 - Third Party Report

You can make a Third Party Report without giving the police your name, and without making an Information Only report or a Full Report. You do a Third Party Report through a Community-based Victim Services program (CBVS).



This is important: you should not choose Third Party Reporting if you or anyone else is in danger from the person who sexually assaulted you. You should contact the police right away.

You should also not choose Third Party Reporting if you want the police to look for the person who assaulted you.

## What Will the CBVS Do?

A CBVS program is a sexual assault or anti-violence community organization. You can go to the CBVS yourself or another community service can help you find one.

A CBVS support worker will explain the choices you have to report the assault. They can help you fill out the reporting form, but the information has to be in your own words.

The support worker will listen to you and keep your personal information private. They will then send your report to the police. Your name will not be on the report, but police will know what happened to you.

Your report can help police know there is someone that has committed a sexual assault. It may help them protect other people from being sexually assaulted by this person.



## What Will the Police Do?

The police will give your report a file number. They will give this number to the CBVS. The CBVS worker will then give the file number to you. You can use this number later if you decide you want to give a Full Report to the police.

The CBVS worker will let you know if police want to ask you for more information. You decide if this is OK or not. If you say "Yes," the support worker will:

- ✓ Give your phone number or other contact information to the police, or
- ✓ You can contact the police yourself and talk to the officer who is looking after your case.





## Getting Help

You can find help and support from these organizations.

### VictimLink BC

VictimLink BC is a free, telephone help line, available 24 hours a day, 7 days a week. VictimLink BC provides information and support to all victims of crime.

**Toll-free:** (1-800-563-0808)

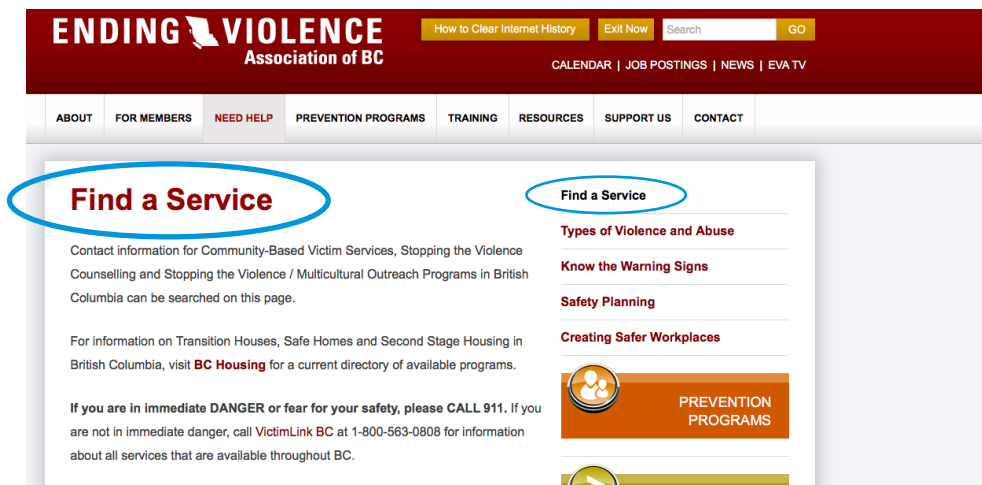
**Email:** [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

**Text:** 604-836-6381

**TTY:** 604-875-0885

### Find a CBVS Program

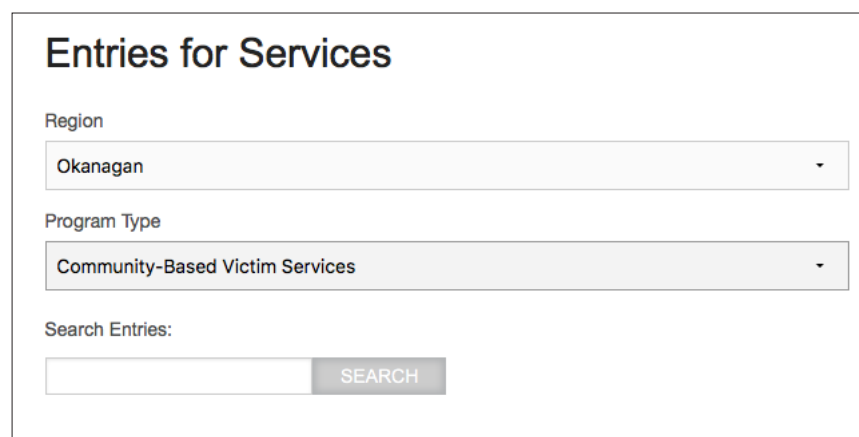
You can find a Community-based Victim Services program near you by using the internet.



The screenshot shows the website for the Ending Violence Association of BC. The header includes the organization's name, a search bar, and navigation links like 'CALENDAR | JOB POSTINGS | NEWS | EVA TV'. A menu bar contains 'ABOUT', 'FOR MEMBERS', 'NEED HELP', 'PREVENTION PROGRAMS', 'TRAINING', 'RESOURCES', 'SUPPORT US', and 'CONTACT'. The main content area features a 'Find a Service' section with a blue circle around the title. Below the title, there is text about Community-Based Victim Services, Transition Houses, and a warning to call 911 in immediate danger. To the right, there is a 'Find a Service' sidebar with a blue circle around the title and links for 'Types of Violence and Abuse', 'Know the Warning Signs', 'Safety Planning', and 'Creating Safer Workplaces'. A 'PREVENTION PROGRAMS' button is also visible.

1. Go to the page above on the Ending Violence Association of BC website:  
<http://endingviolence.org/need-help/services/>
2. Find the "Entries for Service" section.

3. Click on "Region" and choose where you live.
4. Then click on "Program Type" and choose "Community-based Victim Services."
5. Then click "Search." You will see the CBVS offices near you.
6. The picture below shows what this looks like, if you choose "Okanagan" for your "Region" and "Community-based Victim Services" for "Program Type."



**Entries for Services**

Region  
Okanagan

Program Type  
Community-Based Victim Services

Search Entries:

## Disability Alliance BC

Disability Alliance BC (DABC) has prepared other help sheets and videos for people who have had crimes done to them, including sexual assault. You can see them at these links:

### Help Sheets

<http://disabilityalliancebc.org/category/publications/violence-prevention/>

### Videos

<http://disabilityalliancebc.org/how-i-need-to-know-videos/>