

When you need help

If you or someone you know has experienced a sexual assault there are options. A few things to consider after being sexually assaulted are listed below. If at any time you have a question or require assistance do not hesitate to contact the Sexual Assault Response Committee.

- ◆ Within 72 hours to 5 days after the sexual assault you can seek medical treatment from your local hospital.
- ◆ After 6 days since the sexual assault you can still access your local hospital, your family doctor, or sexual health nurses for medical treatment.
- ◆ You can report to police at any time after a sexual assault (days, months, years).
- ◆ Counselling is an option at every stage.
- ◆ SARC's Network Navigation Specialists can help guide you through the system processes at any time.

Who to call if you need help

- ◆ **Emergency Medical/Police Services**
In case of emergency call 911
- ◆ **Non-Emergency Police Assistance**
403-529-8400
- ◆ **Distress Centre**
Toll-free 1-800-784-2433
- ◆ **Medicine Hat Women's Shelter**
Crisis Line 403-529-1091
- ◆ **Sexual Assault Response Committee**
For Advocacy, referral, and support
403-548-2717



**SEXUAL ASSAULT RESPONSE
COMMITTEE**
Suite 108, 640 3rd Street SE
Medicine Hat, AB T1A 0H5



Information About:

Drug-Facilitated Sexual Assault

SEXUAL ASSAULT RESPONSE COMMITTEE

*Suite 108, 640 3rd Street SE
Medicine Hat, AB T1A 0H5*

PH: 403-548-2717

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What is drug-facilitated sexual assault?

When a person uses alcohol or drugs as a method to make it easier to sexually assault another person. The alcohol and/or drugs used may have been taken voluntarily by the person sexually assaulted, or added to something by the person who sexually assaulted them.

FACT: Alcohol is the most common drug used in drug-facilitated sexual assault.

How do you know if you've been assaulted?

Depending on the drug that was used, you may have little memory of being sexually assaulted at all.

Some indicators that you may have been assaulted:

- ◆ Soreness in genital or anal areas
- ◆ Marks or bruises on the skin
- ◆ Abnormal discharge and/or bleeding
- ◆ Loss of memory
- ◆ Waking up in different surroundings and not knowing how you got there
- ◆ Waking up with clothes missing or put on differently
- ◆ Flashbacks/sudden memories
- ◆ Confusion/disorientation
- ◆ Sense/feeling that something wrong happened or is “not right”

Feelings you may have after experiencing a drug-facilitated sexual assault

Individuals who have experienced drug-facilitated sexual assault may not recall exactly what happened to them. This can lead to the individual to feeling:

- ◆ She/he is “going crazy”
- ◆ She/he is to blame for what happened

The individual may feel that they were at fault because they got intoxicated and “let themselves get out of control”. However, even if the alcohol or drugs were taken willingly, consent cannot be granted when intoxicated.



Consenting to consuming alcohol or drugs is **NOT** consenting to sex

What to do if someone discloses to you that they have been assaulted

- ◆ Listen to them
- ◆ Let them know it's not their fault
- ◆ Thank them for confiding in you
- ◆ Tell them you believe them
- ◆ Support their feelings
- ◆ Help them find places where they can get help

Common myths

- ◆ **MYTH:** *Drug-facilitated sexual assaults are not common.*
FACT: About 25% of survivors report that drugs were a factor in their sexual assault. Drug-facilitated sexual assault is highly underreported, so no one can say for sure just how often it occurs.
- ◆ **MYTH:** *Sexual assaults are usually committed by strangers.*
FACT: Most sexual assaults are committed by someone known to the victim such as a friend, partner, or acquaintance, not strangers.
- ◆ **MYTH:** *Drug-facilitated sexual assaults occur because people don't watch their drinks when out at bars.*
FACT: Date rape drugs can be used in many locations, not just in bars. For example, it could happen at house parties, restaurants, and when camping.
- ◆ **MYTH:** *If a person is sexually assaulted after they get really drunk, it's partly their fault because they were asking for it.*
FACT: Only one person is responsible for sexual assault – the person who commits it. Being intoxicated is NEVER an invitation for sex.
- ◆ **MYTH:** *Only teenage girls are victims of drug facilitated sexual assault.*
FACT: Statistically, women between 16-24 are at high risk of being sexually assaulted; however, anyone, regardless of age, gender, or sexual orientation, can be assaulted.