

Numbers for you to be aware of:

Sexual Assault Nurse Examiner (SANE) Response Line	425-0122
SANE Business Office	422-6503
Halifax Regional Police	490-5016
Avalon Sexual Assault Centre	422-4240
Help Line	421-1188
Halifax Police Regional Victims' Services	490-5300
Public Prosecution Service	424-8734
Family Services Association	420-1980
Metropolitan Immigrant Settlement Association (MISA)	423-3607
Mobile Crisis	429-8167
Planned Parenthood Metro Clinic	455-9656
Lesbian, gay, Bisexual Youth Project (for individuals aged 25 and under)	429-5429

About Avalon Sexual Assault Centre Who We Are

Avalon Centre is the only sexual assault centre in the Halifax Regional Municipality. We are a registered, not-for-profit, community based, charitable organization. The agency was established in 1983 and incorporated in 1984. We are a women-centred organization and provide a leadership role in ending all forms of sexual violence against women and children. We are committed to providing support programs, counseling, education, and advocacy for women affected by sexual violence. Our vision is to eliminate sexual violence, social injustice and other forms of oppression.

We gratefully acknowledge the core funding support provided by the Province of Nova Scotia, Department of Community Services; Capital Health; and the Law Foundation of Nova Scotia.

All donations from the public are gratefully accepted. Tax receipts will be issued upon request. We are an Associated Member of the Donor Option program, through the Metro United Way.

Avalon Sexual Assault Centre
1526 Dresden Row, 4th Floor
Halifax, Nova Scotia
B3J 3K3
Business Line: (902) 422-4240
Sexual Assault Nurse Examiner After
Hours Response Line: (902)425-0122
Fax Line: (902) 422-4628
E-mail: avaloncentre@eastlink.ca
www.avaloncentre.ca



Thoughts on Acquaintance Sexual Assault Prevention for Men and Women

Avalon Sexual Assault Centre

1526 Dresden Row, 4th Floor
Halifax, Nova Scotia B3J 3K3

Business Line: (902) 422-4240

Fax Line: (902) 422-4628

SANE Business Line: (902) 422-6503

SANE Fax Line: (902) 422-4962

SANE Response Line: (902) 425-0122

avaloncentre@eastlink.ca

bzareski_saneprogram@yahoo.com

www.avaloncentre.ca

Thoughts on Acquaintance Sexual Assault Prevention for Men and Women

Most people who experience sexual assault know their attacker. This kind of sexual assault is known as acquaintance sexual assault, and often happens in (although is not limited to) the context of a dating situation. Most sexual assaults occur in a private home or car, and many victims do not have visible physical injuries.

Acquaintance assault occurs when one person makes a conscious decision to take advantage of another person's trust. The perpetrator is always 100% responsible for the assault.

The information in this pamphlet is intended to make men and women aware of beliefs and behaviors that contribute to the dynamics of sexual assault. Sexual assault occurs in a context of power and control, and is perpetuated by gender stereotypes.

Being aware of the dynamics of sexual violence is a good place to begin the prevention of sexual violence. However, the most important way that you can prevent sexual assault is by not committing it yourself. Challenge sexism in your community and in the media, and speak out against sexual violence. Let your elected officials know that you will not tolerate this issue.

For Men

Question:

Do you think your date's opinion is as important as yours? Do you take her seriously?

Things to think about :

It's important, if a dating situation is going to be safe, for both partners to have an equal amount of control. Self-assessment is very important with this question. If you think men should make decisions, and that women should obey, there is an imbalance that could lead to trouble, especially in a sexual situation. Both people have a right to self-determination, and have the right to input in all decisions.

Question:

Do you believe that women 'play hard to get'? Do you believe that pressuring someone to have sex is ok?

Things to think about:

If you think that women play 'hard to get', or say no when they mean yes, that will probably have an effect on whether you take hearing 'no' seriously. And No means No. If you coerce or threaten someone who has said no into having sex, you commit sexual assault.

Question:

Do you have any clear set agenda in terms of sexual activity? Do you think that you 'deserve' sex in certain situations?

Things to think about:

You can never assume, for any reason, that you have consent to sexual activity from your date unless you ask. Paying for an evening out, dating for a certain amount of time, or engaging in foreplay does not mean that you 'deserve' sex or can expect it.

For Women

Question:

Does this person make you feel comfortable? Do they invade your personal space or try to get you to talk about things you aren't comfortable talking about? Do they make you feel pressured to be overly open or sexual?

Things to think about:

If someone makes you uncomfortable for any reason, you are not obligated to stick around. Trust yourself. Someone who respects you should not put pressure on you. If you feel uneasy or pressured, leave. This is especially important if the person tries to make you stay through guilt or manipulation. Do not feel obligated to be 'nice' or not to hurt his feelings.

Question:

Does your date take women seriously? Does he talk about other women in a derogatory way, or talk about your body in a derogatory way?

Things to think about:

If your date doesn't take women seriously, or sees women as sexual objects, you should be concerned. Men who think about women in this way are unlikely to see you as an equal, and therefore unlikely to treat you as an equal. If he sees you as unimportant, he'll see what you want as unimportant. This can lead to sexual assault.