

## I've just been sexually assaulted; what are my options?

**You can get medical care.**

**You can make a complaint to the police.**

**You can get counseling.**

If you have been sexually assaulted, you have the right to supportive and non-judgmental care, and you have the right to make all of the decisions about what happens to you next.

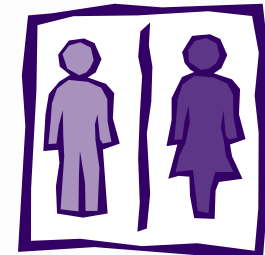


*If you need help after a sexual assault, call one of the numbers on the back of this pamphlet.*

Emergency	911
Avalon Sexual Assault Centre	422-4240
Avalon Sexual Assault Nurse Examiner Program	422-6503
After Hours Response Line	425-0122
Mobile Crisis	429-8167
Help Line	421-1188
Planned Parenthood Metro Clinic	455-9656
Halifax Regional Police	490-5016
HRP Victim Services	490-5300
Public Prosecution Service	424-8734
RCMP Victim Assistance	865-6649
Bedford/Sackville Mental Health	865-3663
Dartmouth Mental Health	464-3116
Family Services Association	420-1980
Metropolitan Immigrant Settlement Association	423-3607
Lesbian, Gay, Bisexual Youth Project	429-5429



## Drugs, Alcohol and Sexual Assault



### 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](mailto:avaloncentre@eastlink.ca)

[bzareski\\_saneprogram@yahoo.com](mailto:bzareski_saneprogram@yahoo.com)

[www.avaloncentre.ca](http://www.avaloncentre.ca)

**Drugging someone in order to sexually assault them is illegal.**

- **Rape is rape— whether drugs are involved or not. Sexual assault in Canada is a criminal offense.**
- Alcohol and other drugs have been used to sedate people to facilitate sexual assault for decades: designer drugs like rohypnol and GHB put a new spin on a very old idea.

**If you subdue someone for the purpose of sexually assaulting them, with drugs or otherwise, YOU ARE COMMITTING A CRIME.**

## **Most people are sexually assaulted by someone known to them.**

Prevention efforts often warn against ‘stranger danger’, telling people not to accept open beverages from strangers, etc. Most sexual assaults are planned, and attackers often choose to exploit the trust of a friend or acquaintance. Most sexual assaults occur in a private home, or a car.



*An acquaintance can be someone that you just*

***If you are sexually assaulted, whether drugs or alcohol were involved or not, it is not your fault.***

***Sexual assault is always the responsibility of the perpetrator.***

## **FAQs**

**Q:** Have rape drugs increased rates of sexual assault?



**A:** No. Drugs provide attackers with a very dangerous tool, but the offender causes the assault, not the drug.

**Q:** How are rape drugs administered?

**A:** ‘Designer’ drugs like GHB and rohypnol can be slipped into any beverage; they can be tasteless, odourless and colourless.

**Q:** What are the effects of these drugs?

**A:** You may feel unusually inebriated, disoriented, drunk, or may pass out entirely. Some people report having memory loss when they wake up.

**Q:** Can I protect myself against sexual assault?

**A:** You can trust your instincts and take any precautions that you feel are helpful to you. If someone chooses to attack you, it is not your fault.