

SFMH House Calls
May is Sexual Assault Prevention Month.

One of the most difficult things to accept about sexual assaults is that they are often committed by someone they know as a boyfriend, classmate, date, relative, or an authority figure.

Recognizing danger:

There are many ways in which you might be led into a dangerous situation. An aggressor might:

- Come on to you by flirting, complimenting you, or buying you drinks.
- Encourage you to go somewhere alone with him in order to be sexual.
- Try to get you drunk or stoned.
- Slip date-rape drugs into your drink to make you lose consciousness.
- Coax, pressure or shame you into giving in to his sexual desires.
- Physically use his body to hold you down while he forces unwanted sexual contact.
- Insist that going along with his sexual demands means you truly care for him.

There are many complicated reasons why some boys and men commit sexual assault. They may be receiving sexist and violent messages about how they should treat girls and women from a variety of sources including song lyrics, music videos, ads, friends, or relatives.

Trust your own judgment to identify when a boy or man is behaving in a threatening way. Avoid a guy who:

- Thinks that only his ideas and desires matter.
- Doesn't listen to you or talks over you.
- Focuses only on your body and your "attractiveness".
- Talks about girls and women only in a sexualized or derogatory way
- Drinks or takes drugs to excess.
- Tries to make you feel guilty if you don't give in to him.
- Invades your personal space and gets sexual too quickly.

If you are sexually assaulted:

Not being able to stop unwanted sexual contact does NOT mean you are to blame. The person who commits the sexual assault is always responsible for their actions.

If you are sexually assaulted, take the best possible care by:

- Telling someone you trust.
- Taking care of your immediate health needs.

You may need to be checked for injuries, pregnancy and sexually transmitted diseases. The St. Francis Memorial Hospital Assault Care Program consists of nurses specially trained to respond to sexual assault. They will talk to you about all your options. A

nurse can be reached 24 hours a day by calling 1-800-363-7222 or by going to the closest emergency department.

Let's STOP sexual assault

Most men are not abusive. So how can boys and men help to bring an end to violence against women? Organizations like the White Ribbon Campaign can support you in your efforts to fight sexism, discrimination and disrespect towards women.

Speak out against sexist ideas and messages. You can become part of the worldwide movement to achieve real equality between men and women and end sexual violence.

Caption for Attached Picture

Several men of SFMH supported a White Ribbon Awareness Campaign to fight violence against women. They included: Physiotherapist, Randy Peplinskie, Wayne Byers, Maintenance, Finance Manager Les Ott, Dwayne Brotton, Maintenance, Gerry Etmanskie, Maintenance, Physician Assistant Gilles Carriers, and Medical Student Alex Atfield.