

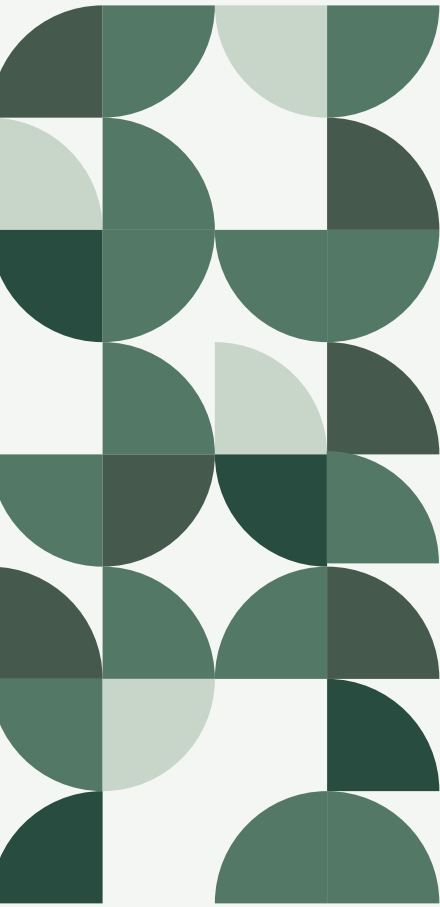


**AFTER SEXUAL VIOLENCE**  
A GUIDE FOR SURVIVORS



**Jade**  
— CENTRE —





## A note and advisory

You may identify with the word "survivor", "victim", both, or neither.

The criminal justice system may refer to you as "victim", "complainant", or "witness", even though you may not identify with those terms. This is the language used by the court and does not mean you or your reaction to the incident is being judged.

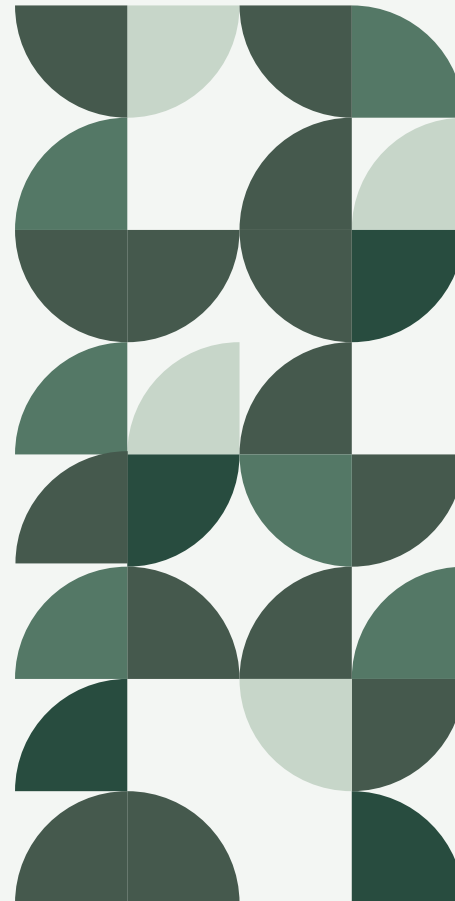
In this guide, we will use the term "**survivor**". However, we know that not everyone who has experienced sexual violence will identify this way.

## Trigger warning

There may be terms or information covered in this document that some may find triggering. If you are in need of immediate support, please call our 24/7 crisis line: [1-844-853-0811](tel:1-844-853-0811)

## About this document...

The Jade Centre's "Survivor's Guide: After Sexual Violence" has adapted this resource from similar guides provided by Sexual Violence New Brunswick (SVNB) and the Journey Project in Newfoundland





# TABLE OF CONTENTS

- 1. About us**
  - 2. Sexual Violence**
  - 3. Common Feelings**
  - 4. When a Response Isn't Helpful**
  - 5. Getting Medical Attention:  
What to Expect at the Hospital**
  - 6. What Now?**
  - 7. Community Resources in the  
Region**
  - 8. Contact Us**
- 

# 1. ABOUT US

**Here at the Jade Centre, our mission is to support anyone impacted by sexual violence in a trauma-informed approach, as well as educate members of the community on gender-based violence and sexual violence prevention - by doing so, we hope to develop societal changes within South East New Brunswick to end sexual violence.**

**We recognize that sexual violence can happen to anyone, especially marginalized groups such as cis and trans women, 2SLGTBQIA+ people, sex workers, youth, Indigenous women, immigrant women and other racialized folks.**



## 2. SEXUAL VIOLENCE (CONT)

Sexual violence is any type of unwanted sexual contact. This can include words and actions of a sexual nature.

**There are many forms of sexual violence:**

- **Sexual assault**
- **Sexual harassment**
- **Child sexual abuse**
- **Exposure and voyeurism**
- **Forced marriage**
- **Denial of right to use contraception**
- **Human trafficking**
- **Stealthing**
- **Cyber-sexual violence**
- **Coercion**
- **Denial of reproductive rights**
- **Forced abortion**
- **Forced sex work**

**Sexual violence can happen to anyone, regardless of gender, sexual orientation, or age.**

## 2. SEXUAL VIOLENCE (CONT)

There are no right or wrong reactions to sexual violence, and everyone has different fear responses according to the situation. Here are a few examples:

### Fight

When you feel in danger and believe you can overpower the threat, you are in fight mode. This would look like **physically fighting, pushing, struggling and fighting verbally** (for ex: saying no).

### Flight

This happens when you feel like you can defeat the danger by running away. This would look like **putting distance between you and the attacker** by running or backing away.

### Freeze

**Going tense, still, and silent.** Some people freeze towards danger to avoid fights or further harm. Freezing is not giving consent, and is a common reaction to sexual assault

### Fawn

Fawning is when you try to **escape harm** (or more harm) by **pleasing or appeasing** the aggressor. Some survivors describe this as "letting go" or "submitting", or "going along with it". This is not the same as giving consent.

# 3. COMMON FEELINGS AND REACTIONS

There is no "right" way to feel after sexual violence.

Sexual violence can be a traumatic experience that can impact your life at home, work, and/or school, as well as your relationships with friends, family, and coworkers.

**It is important to remind yourself there is a wide range of emotions and feelings you may experience and however you are feeling is valid.**

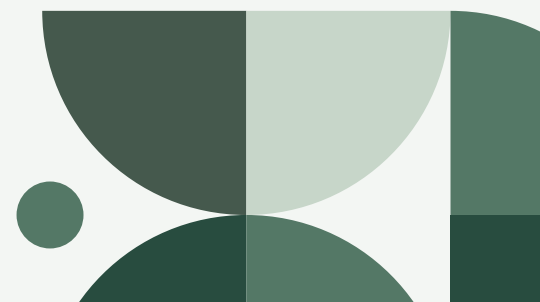
## Emotional

- Guilt, shame, self-blame
- embarrassment
- fear, distrust
- sadness
- isolation
- lack of control
- anger
- numbness
- shock, disbelief
- denial

## Psychological

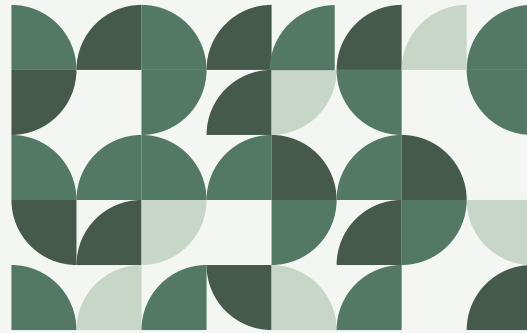
- difficulty concentrating
- anxiety
- low self-esteem
- dissociation
- flashbacks, or re-experiencing the trauma
- depression
- PTSD
- substance use or abuse
- difficulty with sexual intimacy

It is common for people who have experienced sexual violence to feel as though it was their fault, or they did something to contribute to what happened to them. **Sexual violence is never the victim's fault.** It does not matter who you were with, what you were doing, or where you were. Absolutely nothing you did caused what happened.



## 4. WHEN A RESPONSE ISN'T HELPFUL

**The support of friends, family, or significant others is very important during this time, but their reaction to your experience may not be what you anticipate or would like it to be.**



People in your life will react in different ways; some may express blame, others may give you their full support. Others may not know how to react, or how to support you. If you feel ready, allow those who offer their support to help you through this period. The decision to talk about your experience is a personal choice.

**You do not have to share your experience with anyone until you feel ready.**





## 4. WHEN A RESPONSE ISN'T HELPFUL (CONT.)

If you decide you want to tell someone about the assault, how they respond can impact your healing and experience. We know that many survivors experience what is called 'secondary wounding'.

Secondary wounding is any response to a disclosure that blames, shames, or in any way harms the survivor.

This response might make you feel like what happened was your fault or something you should be ashamed of – it's not.

**You deserve to be believed, to be listened to, and to be supported, no matter what**





## 5. MEDICAL ATTENTION



Regardless of whether you are injured, it is still important to seek medical attention. You may need to consider your risk for sexually transmitted infections and pregnancy. It is important that you go to the hospital, clinic, or your family doctor after a sexual assault. Additionally, physical injuries may be internal or not visible immediately after an assault.

Within the Greater Moncton region, the Moncton City Hospital is the only hospital which has the **SEXUAL ASSAULT NURSE EXAMINER** program (formerly **SANE**, now **FNE**). The Forensic Nurse Examiner is a registered nurse who is specifically trained in performing comprehensive, objective assessments on patients who have been experienced sexual and/or domestic violence.

A volunteer from the Jade Centre can accompany you to the FNE program at the Moncton City Hospital. You do not need to go through this process alone.



**The Moncton City Hospital**

**135 MacBeath Ave.,  
Moncton, New Brunswick,  
E1C 6Z8**

**506-857-5111**



# GETTING A FORENSIC EVIDENCE KIT AT THE HOSPITAL (WHAT THE PROCESS LOOKS LIKE)



- 1.** When you go to the hospital, go to the emergency department. You don't have to explain the reason for your visit, just ask the triage nurse to see the FNE (SANE) nurse.

The hospital will contact a FNE nurse. You can request a private room, instead of sitting in the waiting area.

**2.**

**3.**

If you are doing the forensic kit with the intention of reporting to the police, you should not eat, drink, shower, or go to the bathroom before seeing the FNE.

The FNE may ask if you'd like to report what happened to the police. If you're still unsure, you can still have the FNE kit and evidence collected.

**4.**

The kits are stored for up to 6 months.

**NOTE:** The FNE (SANE) program is for **ALL genders** who are victims of sexual violence and domestic violence.

\*If you are under the age of 16, hospital staff will be required to report the sexual assault to the police



## GETTING A FORENSIC EVIDENCE KIT AT THE HOSPITAL (WHAT THE PROCESS LOOKS LIKE)



5.

**With your consent, the FNE (SANE) nurse will:**

- ask you questions about the assault
- perform a physical examination to check for injuries
- conduct screening tests to check for sexually-transmitted, blood-borne diseases, and/or pregnancy
- offer to collect samples for forensic purposes. These samples may be submitted to the police OR kept in storage for up to six months if you don't want to report the assault immediately

### PLEASE NOTE:

6. If certain parts of the examination make you uncomfortable, **you can always say no, or change your mind at any time.**

The nurse will respect your decision/choices.



# WHAT NOW?

No experience of sexual violence will be exactly the same as another...

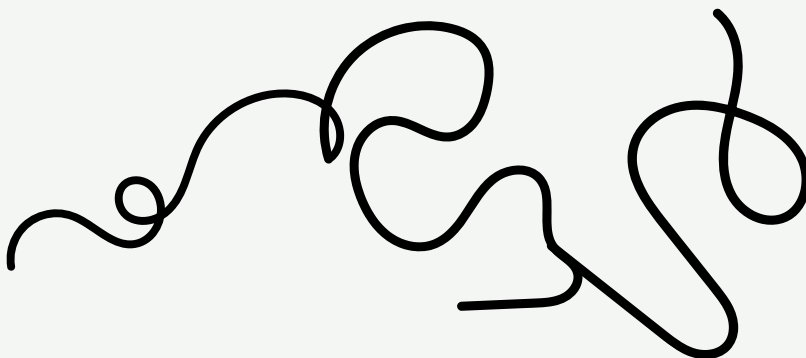
- maybe you're reading this, years after it happened
- maybe you're reading this sooner than that, but you didn't tell anyone
- maybe you're reading this after you tried telling a loved one, and they were unsupportive

No matter where you are in your life, know that whatever you want to do next will be the best decision that you need to make in this moment

Healing is never linear. Often, our brains assume that the process should look like this:



When in reality, it can look like this, and is unique to each person:



No matter the circumstance, know that it was not your fault, and that you are not alone.

# COMMUNITY RESOURCES (IN SOUTH-EAST NEW BRUNSWICK)

**Jade Centre (Moncton)** 24-hour support line  
1-844 853-0811

**Jade Centre (Moncton)**  
(506) 295-0151 | jadecentre.ca

**Centre Océanne (Shédiac)**  
506 533-9100

**Boréal Child and Youth Expertise Centre**  
(Dieppe location):  
(506) 383-8300

**Sexual Violence New Brunswick  
(Fredericton)**

Phone, text, and chat support.

Support Line: (506) 454-0437 | [www.svnb.ca](http://www.svnb.ca)

## VICTIM SERVICES

Moncton: (506) 856-2875

Elsipogtog : (506) 523-4747

## Campus Sexual Violence Resources

· Collège communautaire du Nouveau-Brunswick:  
Counselling services

· Mount Allison University: <https://mta.reesecure.com>  
<https://mta.ca/current-students/health-and-wellness/sexualized-violence-services>

· New Brunswick Community College:  
[counsellors@nbcc.ca](mailto:counsellors@nbcc.ca)

· Université de Moncton (Moncton): 506-858-4912

# COMMUNITY RESOURCES (IN SOUTH-EAST NEW BRUNSWICK)

Domestic Violence Outreach (DVO) workers ensure those living in or leaving abusive relationships have access to someone who can respond to their crisis and support them. DVO workers facilitate the development of community-based sexual assault crisis and prevention services.

· Moncton: (506) 855-7222

Also in Moncton: Crossroads for Women

For their outreach workers:

[outreach@crossroadsforwomen.ca](mailto:outreach@crossroadsforwomen.ca)

For more information:

<https://crossroadsforwomen.ca/en/programs-services/family-violence-crisis-centre>

· Shediac: (506) 533-9100

· Sussex: (506) 433-6579

## **Indigenous Domestic Violence Outreach**

· Bouctouche (Elsipogtog, L'nui Menikuk, Tjipogtotjg): [Alanna.peters@gnb.ca](mailto:Alanna.peters@gnb.ca)

· Tobique First Nation (Neqotkuk & Wotstak): (506) 273-5557

· Fredericton Region (Sitansisk, Bilijk, Welamukotuk) : (506) 452-2760

· Miramichi (Esgenoôpetitj, Natoaganeg, Metepenagiag): (506) 626-1399

# OUR CONTACTS AT JADE



**1-844 853-0811 (Crisis Line)**



**(506) 295-0151 (JADE manager)**



**[www.jadecentre.ca](http://www.jadecentre.ca)**



**[info@jadecentre.ca](mailto:info@jadecentre.ca)**

