

# Sexual Violence Awareness Month May 2013

## Action Sheet

### What do we know about sexual assault?

- It's an unwanted act of a sexual nature imposed by one person on another.
- 1 in 4 women and 1 in 6 men will experience sexual assault in their lifetime.
- More than 95% of all sexual assaults are committed by men.

### What are men's responsibilities with respect to sexual assault?

- We need to recognize that sexual assault takes many forms, from unwanted gropes to touching someone who is unconscious to rape.
- We need to speak up and challenge people when we hear comments that glorify or make light of sexual assault.
- We need to challenge men's actions to show that sexual assault is not acceptable and will not be tolerated in our community.

### What resources are available for men wanting to learn more about how to help prevent sexual assault or for male survivors of sexual assault?

- Tri-County Women's Centre - 742 0085
- Yarmouth Centre for Sexual Health—742-0085
- Yarmouth Mental Health and Addiction Services - 742-4222 or 742-2406

### Online resources available for men wanting to learn more about how to help prevent sexual assault or for male survivors.

- [www.1in6.ca](http://www.1in6.ca) - An informative website for male survivors of sexual assault.
- [www.themenproject.ca](http://www.themenproject.ca) - A great start for service providers wanting to learn more about what they can do to bolster support services for men who are at risk of committing assault.

### What can you do to prevent Sexual Assault?

- Challenge the status quo. Speak out against jokes and comments that make light of sexual assault. Speak out for respecting women and against aggression. Don't be a by-stander.
- Encourage your local health authorities and school boards to introduce sexual assault prevention materials in our schools and communities.
- Write your MP & MLA to support the Avalon Model for Nova Scotia - a comprehensive province wide approach to sexual violence prevention and intervention services.



Juniper House



Tri County Women's Centre



Parent's Place Yarmouth FRC



Acadia First Nation

Tri County  
Women's Health  
Coalition

**NO MORE SEXUAL ASSAULT!**