

## IMPORTANT ADDRESSES & PHONE NUMBERS

### POLICE

<b>EMERGENCY</b> .....	<b>911</b>
Kettle Point Anishinabek Police Services .....	786-5445
North Lambton OPP .....	786-2349
Sarnia Police .....	344-8861
555 N. Christina St.	
South Lambton OPP .....	882-1011
Walpole Island Police Services .....	627-6011
<b>VICTIM SERVICES - SARNIA</b> .....	<b>344-8861</b>
555 N. Christina St., Sarnia .....	<b>ext. 5238</b>
Forest .....	786-3861
	Toll free - 1-888-281-3665
<b>AIDS HOTLINE</b> .....	<b>1-800-668-2437</b>

### COMMUNITY RESOURCES

#### **Canadian Mental Health Association**

210 Lochiel St., Sarnia .....	337-5411
450 Blanche, Petrolia .....	882-0013
25 King St. W., Forest .....	786-2334
<b>Crisis Line</b> .....	<b>336-3445</b>

#### **Children's Aid Society**

171 Kendall St., Point Edward .....	336-0623
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#### **Family Counselling Centre**

1086 Modeland Rd., Bldg. 1030-Bridge the Gap Program	336-0120
56 King St. W., Forest .....	786-2334

#### **John Howard Society**

300 N. Christina St. ....	336-1020
59 King St. W., Forest .....	786-2334

#### **Lambton Crisis Pregnancy Centre**

551 Exmouth St., Suite 204, Sarnia.....	383-7115
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#### **Rebound - A Program for Youth**

180 College St. N. ....	344-2841
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#### **St. Clair Child and Youth Centre**

129 Kendall St., Point Edward .....	337-3701
Community Girls' Home, 1258 Michigan St. ....	542-2481
Sarnia Facsimile .....	542-3537
Family Drop-In Centre, 180 College St., Sarnia ...	337-7750

**Sexual Assault Survivors' Centre**

118 Victoria St. N., Sarnia (Forest & Petrolia) ....	337-3154
24-Hour Crisis Line .....	337-3320
Toll Free	1-888-231-0536

**YMCA of Sarnia-Lambton**

The Jerry McCaw Family Centre	
1015 Finch Dr., Sarnia .....	336-9622
Dow Spirit, Mind, Body Centre	
1086 Modeland Rd., Sarnia .....	336-9183
Child Care Centres .....	336-9622
St. Anne's YMCA Day Care Centre .....	542-8846
Before & After School Programs	
Community & Social Services .....	336-5950
Immigrant Services .....	336-5950

**COURTS****Ontario Court of Justice**

Criminal .....	333-2950
Crown Attorney .....	333-2980
Enforcement Office (Sheriff) .....	333-2950
Family .....	333-2950

**Provincial Offenses Office of Lambton County**

150 Christina St. N., Sarnia .....	344-8880
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**Superior Court of Justice**

Civil Filing Office, 700 Christina St. N., Sarnia ....	337-5314
Small Claims, 700 Christina St. N., Sarnia .....	337-7964

<b>Victim Witness Assistance (Court Assistance).....</b>	<b>337-1766</b>
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<b><u>DISTRESS LINE SARNIA</u> .....</b>	<b>336-3000</b>
<b>or long distance in Lambton County</b>	<b>1-888-DISTRES</b>

**FINANCIAL ASSISTANCE**

Chippewa Social Services .....	
Ontario Works Assistance .....	
County Office .....	

**HOSPITALS/MEDICAL SERVICES****Bluewater Health**

89 Norman St., Sarnia .....	464-4400
220 Mitton St., N., Sarnia .....	464-4400

Addiction Unit .....	464-4400 ext.5370/5462
Sexual Assault Treatment Centre .....	464-4500
<b>Lambton Community Health Services Department</b>	
160 Exmouth St., Sarnia .....	383-8331
STD Clinic .....	ext. 450
Family Planning .....	ext. 437
445 Greenfield St., Petrolia .....	882-4844
59 King St. W., Forest .....	786-2148
<b>Lambton County Addiction Centre</b>	
59 King St. W., Forest .....	786-2334

### **HOUSING**

<b>The Inn of the Good Shepherd, Sarnia</b>	
Homelessness Program .....	344-1746
<b>Lambton County Housing Services</b> .....	344-2057
	Toll Free 1-800-387-2882

### **INFORMATION**

<b>AIDS Support Committee</b> .....	383-7704
<b>Drug and Alcohol Information Line</b> .....	1-800-463-6273
<b>Lambton County Social Services</b>	
150 Christina St. N., Sarnia .....	383-1648

### **KIDS HELP PHONE LINE** ..... **1-800-668-6868**

### **LEGAL SERVICES**

<b>Community Legal Assistance Sarnia</b>	
201 Front St. N., Sarnia .....	332-8055
59 King St. W., Forest .....	784-2334
<b>Legal Aid Ontario</b>	
201 Front St. N., Sarnia .....	336-9371
<b>Criminal Injuries Compensation Board</b>	
439 University Ave., Toronto ON M5G 1Y8 .....	1-800-372-7463
<b>Dial-a-Law</b> .....	1-800-387-2992
<b>Human Rights Commission - Windsor</b> .....	1-800-265-5140
<b>Law society of Upper Canada, Complaints Dept.</b> ....	1-800-268-7568
<b>Lawyer Referral Services</b> .....	1-800-268-8326

### **SHELTERS**



# **DATING VIOLENCE**

## **Did you know . . .**

The average age for the first physically violent dating experience is 15 years old.

Dating violence is the physical, emotional and/or sexual abuse of one person to the other in a dating relationship where the couple is not living together.

**Physical Abuse** is any of the following actions:

Slapping, kicking, punching, choking, pinching, pushing, hair pulling, biting and any use of a weapon or object that can be used as a weapon.

**Emotional and Verbal Abuse** can be any of the following:

- . Threatening to harm or kill you or someone you care about (friends, family, pets).
- Calling you insulting names or degrading you.
- Not wanting you to see your friends or family (isolating you).
- Destroying items of importance to you (pictures, furniture, clothing).
- Threatening to commit suicide if you leave the relationship (trying to make you feel guilty or responsible for their actions).
- Intimidation - scaring you by using looks, actions or gestures.

**Sexual Abuse/Assault** may include any of the following:

- Any kissing, touching, grabbing, fondling, sexual intercourse, etc., without your consent.
- Forcing you to have sexual intercourse (any sexual activity) with him or other people.
- Forcing you to participate in uncomfortable, painful, or even dangerous sexual acts.
- Not taking “No” for an answer (i.e. “I can’t stop now . . .”)

**Stalking** can be any of the following:

- Repeatedly following you or your friends/family.
- Trying to communicate with you or your family or friends (numerous phone calls, flowers, letters, cards and sometimes death threats)
- Watching you at school, home, work or where ever you go.

Most stalkers are an ex-boyfriend/girlfriend, ex-husband/wife, etc. Some stalkers are total strangers who become obsessed with wanting to know you. Either way, it is a threat to your safety, it can be very frightening and it is against the law.

**If you are being stalked:** Be very clear that you are not interested in the person stalking you. Do not accept any gifts, invitations or favours from them. Document every incident - the date, time and what happened. Keep everything - like notes, messages on answering machines, names of people who are witnesses. Call the police. Tell your family and friends so they can watch out for you and be ready to help out at any time. Try not to let the stalker control your life, go on about your business as much as possible.

*Did you know . . .*

At least 1 in 10 students have experienced violence in a dating relationship.

**Protect Yourself !!!**

It is important that you know that you are not to blame if any of these things have happened to you. The person who did this to you is 100% responsible for their behaviour. No one has the right to harm you in any way. If you have been harmed by anyone or if you have been threatened, you have a lot of options to choose from.

- If you are in danger . . . call the police for help immediately !

- If someone has hurt you physically you can:
  - Go to the hospital
  - Call the police to find out about having them charged with assault
  - Call your local women's shelter. (you are eligible for help from women's shelters if you are 16 years old and you have no other options [parents, relatives])
  - Talk to a counsellor, a trusted friend or adult who can give you the support and help that you need.

### **Early Warning Signs of Dating Violence**

Are you dating someone who:

- is jealous and possessive, won't let you have friends, checks up on you or won't accept breaking up?
- Tries to control you by giving orders, making all the decisions, and disregarding your opinion?
- Threatens you and leads you to worry about how he/she will react to things that you might do or say?
- Is violent, has a bad temper, or brags about bullying or harming others?
- Attempts to make you feel guilty by saying stuff like "If you really love me you would . . .?"
- Gets too serious about the relationship too quickly?
- Abuses drugs and alcohol? (he/she is still responsible for what they do and say even when they are intoxicated).
- Blames you when he/she mistreats you?
- Believes that men should be in control and women should be submissive? (or vice versa)
- Your family and/or friends have warned you about, or say that they are worried about your safety?
- You only feel safe with them when there are other people around, not when it is just the two of you? (You get treated differently depending on who is around).
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## SEXUAL VIOLENCE

### **HOW MUCH DO YOU KNOW???**

#### **True/False**

- ( ) 1. Most rapists are scary looking men who hang out in the bushes and dark alleys.
- ( ) 2. Rape? It could never happen to me.
- ( ) 3. Rapists are motivated by power, not sex.
- ( ) 4. If you stay out of the parks, dark alleys and inside after dark, then you won't get sexually assaulted.
- ( ) 5. A lot of women get sexually assaulted because they "ask for it" by the way they dress and act.
- ( ) 6. A woman can't charge her partner with sexual assault if she has consented to having sex on other occasions.
- ( ) 7. It isn't really sexual assault if he doesn't use a weapon, leave cuts and bruises, or threatens to hurt you.
- ( ) 8. Sexual assault doesn't happen very often in our society.
- ( ) 9. Teenagers are most often sexually assaulted by someone they know.
- ( ) 10. Many women falsely accuse innocent men of sexual assault for reasons of revenge, to protect their reputations or because of an unplanned pregnancy.

#### **ANSWERS**

- 1. *False* - In 75% of sexual assaults the attacker is someone known to the victim. He looks just like an average, everyday, normal guy.
- 2. *False* - All people are potential victims. The biggest "target group" are females in the age range of 14-24 years of age.
- 3. *True* - Sexual assault is a crime of violence acted out in a sexual way. Power and control are the motives for this crime.
- 4. *False* - Most sexual assaults take place in someone's home. The second most common place is in a vehicle.
- 5. *False* - No one asks to be sexually assaulted. Most assaults are planned or deliberate. What you are wearing or how you act

doesn't give anyone the right or the message to sexually assault you. Don't blame the victim. It is the offender who is responsible for his actions.

6. *False* - Because you are in a relationship or have consented to having sex with the person before, it doesn't give that person permission to force you into sex. Any unwanted sexual act is a crime, no matter who commits it, a boyfriend, husband, lover, relative . . .
7. *False* - Some sexual assaults are committed with a weapon, but the threat of one, or even verbal pressure (coercion) are considered sexual assault. You don't have to have physical wounds after being sexually assaulted. The emotional and mental ones are too much as it is.
8. *False* - Sexual assault happens way more than you think. It is estimated that only one in every ten sexual assaults are reported to the police and that in Canada a female is sexually assaulted every six minutes.
9. *True* - Up to 84% of women know the person they are assaulted by. A lot of the time he is a friend, an acquaintance, a date, or even a relative.
10. *False* - False accusations of sexual assault are rare. They occur with the same frequency that false accusations of other crimes do (approximately 3%).

### **SO . . . WHAT EXACTLY IS SEXUAL ASSAULT/DATE RAPE?**

The word "rape" was actually dropped from the Criminal Code of Canada in 1983 and was replaced with three levels of sexual assault which are based on the level of personal injury, just like the laws concerning physical assault.

The law states that **Level 1 Sexual Assault** occurs when "any form of sexual activity is forced upon another person without that person's consent (with no physical injury). The next level - **Level 2** - is **Sexual Assault with a weapon**. This means that the offender: 1) has a weapon or threatens to use one, imitation or real, 2) they threaten to hurt someone else (friend, family or child), 3) they cause bodily harm to their victim, or 4) they are involved in some way in the act of sexual assault

with someone else. **Level 3** is called **Aggravated Sexual Assault** and it is the most physically severe. It has occurred when the offender wounds, maims, disfigures, brutally beats or endangers the life of a person during a sexual assault. **Sexual Interference (against children under 14)** - It is a crime if someone, for a sexual purpose, touches any part of the body of a child (under the age of 14). **Invitation to Sexual Touching (against children under 14)** - It is a crime if someone, for a sexual purpose, encourages a child to touch him/her with any part of the child's body or with an object. **Other sexual abuse crimes** - Exposure of genitals to a child under 14 or in public to a person over the age of 14; incest; buying or attempting to buy the sexual services of a person under the age of 18.

### **IMPORTANT FACTS TO CONSIDER . . .**

- You have to be 14 years old before you can even legally consent to having sex with anyone.
- If the person who is wanting to have sex with you is 2 years older than you and has been in a position of trust, influence or authority, then it is illegal for them to have sex with you. An example of this could be a camp counsellor, a babysitter or a young person looking after a disabled teenager.
- If a person who is in a position of authority or trust wants you to have sex with them, it is illegal if you are under the age of 18. An example of this would be a teacher or a counsellor.

**Sexual Assault** may also include the following:

You get drunk and he "takes advantage" of you while you are in no condition to give consent.

You get drunk at a party, pass out, and he has sex with you while you are asleep. It is illegal - even if he is your boyfriend.

### ***ONE MORE TIME !!!***

**Sexual Assault is any sexual activity without consent** (kissing, fondling, oral or anal sex, intercourse, etc.) No matter what the relationship between the people involved (marriage, dating) sex without consent is always a crime.

Did you know . . .

The risk of being sexually assaulted is 4 times higher for women ages 16-24.

WHERE DO SEXUAL ASSAULTS HAPPEN?

It can happen anywhere - in a house, car, at a party, or a park. Most commonly, sexual assaults take place in private homes, vehicles are the second most common location.

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**DATING TIPS**

          WHAT YOU NEED TO KNOW TO STAY SAFE

FOR WOMEN (These can apply to males as well)

- Trust your instincts!
- **Decide what your sexual limits are and tell him/her**
- Be assertive
- React immediately and negatively to unwanted sexual pressures.
- Find out about the person that you are going out with, ask around.
- Always tell someone where you and your date are planning on going and what time you will be back. If your plans change, make sure to let the same person know of those changes.
- Arrange to have your own ride home before you go out.
- If possible, try double dating or going out with a group until you know the person better. Try to go to places that are familiar to you.

FOR MEN (These can apply to women as well)

- Don't put pressure on a women(man) to have sex. You can still have an awesome date without "scoring".
- Don't assume that you know what a women wants and vice versa.
- Speak up if you feel like you are getting a double message from your date. If you are still unsure, don't have sex with him/her.
- If you have sex with someone who is not old enough to give consent (age 14) it is NOT a defense to say that they looked older  
If in doubt . . . don't do it. It is a crime!

These tips can apply to both men and women! Get to know the laws pertaining to dating violence and sexual assault !!

- IF YOU ARE CONSIDERING HAVING SEX WITH SOMEONE WHO IS INTOXICATED (drunk or stoned) KEEP IN MIND THAT THEY CANNOT GIVE LEGAL CONSENT, it would be illegal if you did. AND . . . in court cases of sexual assault - drunkenness cannot be used as a defense for the offender's behaviour.
- Always keep in mind that you are at a significantly higher risk of being sexually assaulted when alcohol and drugs are involved !!!

**SPEAKING OF DRUGS** . . . ever heard of ROHYPNOL?, also called Roofies, Roachies, La Rocha, The Forget Pill. Or: Liquid Ecstasy, Liquid X, Grievous Bodily Harm for G.H.B. (gamma hydroxybutyrate) . . . Special K (Ketamine) ????

These are just some of the names of drugs that are commonly used in sexual assault and date rapes. This does not rule out the use and danger of other street drugs like cocaine, heroin, speed (amphetamines) or even common prescription drugs like Valium or even Halcion. These drugs (and many more like them) have been used and are being used to make the victims virtually helpless by intoxication that is often so extreme it can lead to seizures, unconsciousness, respiratory arrest, coma and even death. In some cases, it can lead to death depending on how the victim's body reacts to the substance and on how the substance reacts to what other substances (drugs, alcohol, medication) are already in their system; a person can overdose on a very small amount.

### **Reality Check !!**

If you go to parties, have parties or ever leave your drink unattended in a social setting, you could be in danger of being drugged for the purpose of being sexually assaulted. These drugs come in many forms, some of them are odourless and cannot be tasted if mixed in a drink, some come in the form of cloudy liquids that could be passed off as an alcoholic beverage.

**These drugs are being used on both men and women.**

**You can reduce the risk for yourself and your friends by:**

- 1) Being on the “buddy system”. Watch out for your friends, have them watch out for you.
2. Never, ever leave your drink unattended, not even to go to the bathroom, the dance floor, or anything. If you aren’t watching it, have a trusted friend watch it.
3. Never accept a drink from someone you don’t know, or don’t trust 100%. This is your life we are talking about here! Always mix your own drink, get it yourself or watch it being poured.

**Warning signs of being drugged:**

- Extreme intoxication after having only a small amount of alcohol or none at all.
- Sudden unexplained drowsiness and/or trouble with motor coordination.
- Confusion, dizziness, impaired judgment and a lack of inhibitions.

You know what your friends are usually like, they should know what you are usually like. **If you suspect that you or a friend has been drugged, get help immediately by calling 911, a family member, a friend, the police, or go to the emergency department of the nearest hospital.**

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**What to do if you have been sexually assaulted (you have options)**

1. GET TO A SAFE PLACE
2. Go to a HOSPITAL EMERGENCY ROOM. Some hospitals have a **Sexual Assault Treatment Centre** where the specially trained staff can help by caring for any injuries, giving support and information as well as gathering evidence (i.e. semen, saliva, hair) so you will have physical evidence if you choose to press charges. The evidence is gathered and compiled into what is called the Rape Kit. Most treatment centres will hold onto the evidence for six months, sometimes even longer. This is to give you time to decide whether or not you want to involve the law. Many treatment centres also have preventative treatment for pregnancy as well as testing for STDs. If

you do go to the hospital DO NOT change your clothing, brush your hair or teeth, shower or bathe, douche or go to the bathroom.

This is so you can preserve the physical evidence. \*\*\* It is important to try to get these samples as soon as possible after the assault - every hour counts. (bring a change of clothing, clothes worn during the assault can have important evidence on them)

3. **Call the Police**. You can find out about what happens if you choose to press charges and they can inform you of what happens and what is expected of you during the court process. If you think that you may want to involve the police, it is a good idea to record the details of the assault. This information will help the police in their investigation.
4. Call the **24-Hour Sexual Assault Crisis Line**. They offer emotional support, information about your options about the resources that are available to you in your community. The trained volunteers will also accompany you to the hospital and wait with you while you are treated.
5. Contact the **Sexual Assault Survivors' Centre**. If you are 16 you are eligible for their free services. You can get counselling, information, accompaniment to the hospital, court, crown attorney's office and to the police station. If you are 18 and under, you can contact the **Bridge the Gap Program** at the **Family Counselling Centre**. There they provide counselling services and support for you and your family.
6. If you are concerned about diseases or pregnancy, contact the **Lambton Health Unit** or your family doctor.

Whether or not you choose any of the options above, it is still very important that you talk to someone that you can trust. Having a good support system of friends, family and/or a counsellor plays an important role in your recovery and healing after the assault.

After surviving a sexual assault there are many feelings to deal with. It is not uncommon for a person to feel that it was their fault, that they should have or could have done things differently (i.e. fought back harder, not frozen up from shock or fear). This is not true. **It is not your fault. You are not responsible for someone else's behaviour. The offender is always 100% responsible!** Other common reactions are: guilt, shame, anger, fear, shock, denial, flashbacks, disbelief, depression,

numbness, anxiety, sleep disturbances, nightmares, embarrassment, sense of unrealness, and powerlessness. There is no right or wrong way to feel or react.

*Did you know . . .*

In Canada, 1 in 4 sex offenders are teenagers.

*Did you know . . .*

Approximately 1 in 12 sexual assaults result in pregnancy.

**MORE SAFETY TIPS:**

- You already know that hitchhiking is stupid.
- When walking after dark stay in well lit areas where there are people nearby in case you need help.
- If you are being attacked scream and yell "FIRE". The screaming might startle the attacker and alert bystanders.
- At home, keep the doors locked. Only allow people that you know and trust into your home. Ask for I.D. from service people (i.e. meter readers, hydro or telephone representatives, repair persons) call the company they represent. If they ask to use the phone, make the call for them, without letting them in.
- Take a self-defense course. Articles 34-37 of the Criminal Code say that you are allowed to use reasonable force to defend yourself.
- Always be aware of your surroundings.

**. . . Think up some tips of your own that will apply to your life, school, job, and lifestyle.**

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## A FEW WORDS ON SEXUAL HARASSMENT

**Sexual harassment is any behaviour, comment, gesture or contact of a sexual nature that could be considered objectionable or offensive.**

Some examples are:

- unwanted physical contact, cat calls, sexual advances
- threats, intimidation or verbal abuse, whistles
- unwelcome comments about sexual identity or sexual orientation
- displaying sexist or demeaning posters/pictures
- passing or failing a test at school based on your gender or whether or not you engage in sexual activity

P.S. Grunting, staring, “mmm mmmm”, “oh baby” and sexual gesturing, etc. are not good ways to meet people of the other sex . . . they are sexist and can be threatening or intimidating to some people.

### *Did you know . . .*

In an Ontario study, 80% of women in high school report having been harassed in a school setting.

Sexual harassment happens almost everywhere . . . at work, school . . .

If a woman agrees or consents to a particular behaviour then she is not being harassed. But if a woman feels that she has to put up with someone's attitude or behaviour or learns to tolerate it because she has no control over the situation - she is being harassed.

Men get sexually harassed too, but the numbers are far less than the numbers of women that are being harassed. It is a reflection of the imbalance of power in our society. When someone sexually harasses another person, they are interfering with that person's right to learn, live, work and play without fear as well as the right to be treated equally.

Did you know . . .

It is estimated that 1 out of every 3 girls and 1 out of every 6 boys will experience some unwanted form of sexual contact by the time they reach the age of 18.

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## **CHILD SEXUAL ABUSE**

Child sexual abuse occurs when sexual activity is forced on a child by either an adult or an older, stronger or more powerful child.

**Children under 14 can never give legal consent to any sexual activity.**

Some forms of child sexual abuse are:

- touching, fondling or kissing for sexual purposes
- rubbing body parts, exposure of genitals, oral sex
- nudity that is sexually motivated, sexual/anal intercourse
- forcing a child to watch sex acts
- making a child view pornographic material of any sort and or involving a child in pornography

If you were molested, fondled or made to participate in any sexual activity by an adult or a person who was in a position of authority (i.e. babysitter, sports coach, family friend) you are not alone. That is sexual abuse, and it is not your fault. There is nothing wrong or different about you that made the abuser choose you. **The abuser is 100% responsible for their behaviour.** The number of male offenders is significantly higher than that of female offenders, however, the trauma experienced by all survivors is similar.

Some common effects and feelings after being sexually abused are:

- difficulty trusting anyone, numbness, feeling like you are crazy
- using or abusing drugs and alcohol, low self-esteem
- powerful feelings of anxiety, depression, rage, shame, disgust
- not being able to say no, having trouble setting personal boundaries
- problems sleeping-can't sleep or want to sleep all the time
- sexual problems, suicidal thoughts and/or actions, flashbacks, nightmares, reoccurring memories, guilt, fear

**If you have been sexually abused it is not your fault.** You may feel overwhelmed after reading about sexual abuse, or after hearing people talk about it. It can be scary, uncomfortable, make you feel sick or a whole bunch of other things. It is important for you to talk about these feelings with someone that you feel safe with and can trust. There are a lot of places to go to get help if you have been sexually abused. The Children's Aid Society (if you are under 16), Sexual Assault Survivors' Centre, the Family Counselling Centre, Sertoma Centre and private therapists (etc.) are only some of the options available to you. What is most important is that you find some healthy ways to deal with your feelings so that you can begin to heal.

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### **THE CRIMINAL JUSTICE SYSTEM** (a very brief look)

Every person has the right to peace, safety, and protection. You have the right to insist that Police lay charges against anyone who has assaulted you. You have the right to use criminal law for your security and to ensure that justice is done where a criminal offense has been committed.

WARNING: Making a false report which results in a Police investigation could lead to the criminal charges of Public Mischief. Also, if a case makes it to court and you lie while under oath . . . you can be charged with Perjury.

#### **How are Criminal Charges Laid?**

They can be laid in two different ways. The most common way is for the Police to lay the charges. The second way is for you to go to a Justice of the Peace and file a report against the offender.

### Can I Drop the Charges?

Once criminal charges have been laid by the Police or a JP, they are the only people, along with the Crown Attorney, who can withdraw the charges.

If you have been assaulted, sexually assaulted, threatened, stalked, sexually harassed, or sexually abused as a child and you want to know more about what you can do legally or what your rights are you can call: Sarnia Police Services, the OPP, Children's Aid Society, Victim Services, Women's Interval Home, Sexual Assault Survivors' Centre, Human Rights Commission, etc.

If you know/suspect that someone under the age of 16 has been or is being abused . . . contact Children's Aid Society and the Police.

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### *Did you know . . .*

Suicide is the 2nd highest cause of death in young people and teenagers in most provinces across Canada.

Pretty sad, eh? There is a good chance that you know someone who has attempted or committed suicide. Maybe you have thought of it or tried it yourself. You are not alone.

## **SUICIDE**

It is estimated that 1 in 17 people have at least thought about suicide. Sometimes it may feel like suicide is the only answer to making problems go away or to making a lot of painful or confusing feelings stop. Life can be really difficult and complex which makes it hard to figure out but that does not mean that suicide is the only option. It is never, ever, the only option! Maybe a lot of bad things have happened in your life, maybe you feel really down about everything . . . sometimes you might wish the pain would just go away and that is why you think of dying. It is really

important that you understand that these feelings are temporary. These feelings might not feel so intense or scary tomorrow or next week. You won't be killing just those feelings, you won't be solving any problems - - you will be dead forever. No more friends, laughter, parties, school, family, holidays . . . no chance to ever see the sun rise or set, to hold a hand, get a hug or fall in love. **Suicide is not a solution, please don't make it an option.** There are a lot of people who care and can help you through whatever you are facing. It is really important that you talk to an adult who can help you; your doctor, a teacher, your parents or relatives that you trust, a counsellor, call a crisis line, friends or even your friend's parents. **If you ever feel like you are in danger of hurting yourself, call 911.** Give yourself a chance to live.

Don't ever be afraid to ask someone if they are thinking about suicide. Asking someone if they are considering suicide does not give them the idea to try it, instead it creates an opportunity for them to talk and get the help they need and it can show them that they are not alone.

**Important numbers to call . . .**

DISTRESS LINE	336-3000	or	1-888-DISTRES
Lambton Mental Health Crisis Service-Crisis Support			1-800-307-4319
Sarnia General Hospital			464-4500
Kid's Help Hone			1-800-668-6868

**IMPORTANT INFORMATION ABOUT AIDS & HIV**

**What is HIV?** HIV or Human Immunodeficiency Virus attacks and weakens the body's immune system. It is also believed to be the virus that causes AIDS. People who contract HIV often get AIDS later.

**What is AIDS?** Acquired Immune Deficiency Syndrome is a viral syndrome - a group of diseases - that weakens the body's immune system. Once weakened, the body is really vulnerable to infections that can become deadly. There is no known cure or vaccine for AIDS.

HIV is NOT contracted through: sharing cups and glasses, handshakes, the preparation of food, sweat, vomit, urine, saliva, toilet seats or insect bites.

HIV CAN be contracted through: direct contact with an infected person's bodily fluids, including: semen, vaginal secretions, breast milk and blood (including menstrual blood).

HIV can be spread through:

- unprotected sexual contact with an infected person (oral, anal, vaginal, shared sex toys)
- infected bodily fluids entering your body through cuts and sores in or on your body.
- sharing contaminated needles and syringes
- from a mother to a child during pregnancy, giving birth, and breast feeding
- contaminated tattoo or body piercing equipment.

. . . there is no such thing as “100% safe sex”, anything can happen, a condom could break, skin could tear . . . etc. However, with a little effort you can have “safer sex” which can protect yourself and your partner(s) from HIV, pregnancy and all kinds of other sexually transmitted diseases.

**YOU CAN PROTECT YOURSELF BY:**

- **Abstaining from sex.** It can be done. This is not only the safest route, it gives you a lot of time to decide what you are really looking for in a partner, what you want from them and what you are willing to give.
- **Talking about AIDS and STD prevention before you have sex!** If you feel too shy, embarrassed or stupid talking about it with your partner then perhaps you should re-think your choice of partners. Or, maybe you should wait awhile, you might not be completely ready for a sexual relationship with that person. You could end up with a life long or life-threatening disease if you don't speak up.
- **Use condoms every time!** Use lubricated latex condoms for any kind of sexual activity that involves penetration of the vagina or the anus. This can protect you from unplanned pregnancy and STDs.

For anal sex avoid using condoms that are lubricated with Nonoxynol-9 spermicide because it can irritate the skin and make it tear which will make it easier to contract HIV and other diseases. Use only water based lubricants - - Do not use oil based lubricants (i.e. Vaseline or baby oil) because they will weaken the condom and cause it to break.

- **For oral sex with a female:** use a dental dam or non-microwavable plastic wrap to stop any bodily fluids from getting into your mouth.
- **For oral sex with a male:** use an unlubricated latex condom.
- **Do not use injectable drugs!** Aside from the obvious reasons for not using intravenous drugs - sharing contaminated needles is one of the easiest and surest ways to get HIV (AIDS), you can also get Hepatitis B and C, and a number of other serious and life threatening diseases. Only use new or clean needles - every time! (To clean - rinse used needle twice in water, twice in bleach for 30 seconds, twice in water again).
- **If you are into tattooing or body piercing always make sure that it is done with sterilized equipment** - once again, you are risking Hepatitis B and C as well as HIV and numerous other diseases.

**For more information contact the Lambton Health Unit, your doctor, or the AIDS Hotline.**

One more very important thing. Once you have read this booklet you are responsible for the knowledge that you now have. You know what is considered dating violence, assault, sexual assault, sexual harassment, stalking and child sexual abuse. You also know what some of the laws are surrounding these issues. You know where to call if you are in trouble or suicidal. And, you probably have a good idea of how you can protect yourself from AIDS . . .

**Knowledge provides options and choices, yet, it also increases your level of responsibility towards yourself . . . and others.**

**This project has received financial support from the Ontario Women's Directorate and does not necessarily reflect the views of the Government of Ontario.**

**February 19, 1999**

**TEEN  
HANDBOOK**

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- **Reduce your risk - practice safer sex!** Safer sexual activities prevent contact with semen, vaginal fluid or blood. Remember, a person may appear healthy, but it is possible that their past sexual or drug use behaviour has exposed them to HIV.

- **Do not use injectable drugs!** Aside from the obvious reasons for not using intravenous drugs - sharing contaminated needles is one of the easiest and surest ways to get HIV (AIDS), you can also get Hepatitis B and C, and a number of other serious and life threatening diseases.
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