

**Sexual harassment** is unwanted or unsolicited sexual attention that continues even when the person knows or should know the attention is unwanted. It includes things like making personal comments about another person's body; asking for sex in exchange for a favor; or threatening someone if they refuse to do something sexual.

**Sexual assault** is touching someone in a sexual way when they do not want to be touched. The most extreme form of sexual assault is forcing someone to have sex.

Saint Mary's University believes everyone deserves to work and study in a safe place. There is a policy to deal with sexual harassment and sexual assault. The Sexual Harassment Advisor is an employee of the University who is available to talk to you and advise you if someone is treating you in a sexual manner that is upsetting to you. She can also help if you have questions about how to treat other people. Her office is in the Student Union Building Room 416. Anyone can

visit that office or call 420-5113 for confidential information.

Sexual harassment and sexual assault are against the law in Canada. Besides dealing with the problem through the University's policy and the Office of the Sexual Harassment Advisor, a victim can go to the police or to the Human Rights Commission and bring charges against the person who is harassing or who has assaulted.

You have the right to say "no" to any sexual activity with anyone. You have the right to change your mind. Also, it is very important to be sure the person you are with says "yes" to any sexual activity before you proceed. Without consent, sexual activity could be considered sexual assault. If you are confused about what your date wants or thinks, ask questions and respect the answers.

Most sexual assaults are committed by someone the victim knows. These are called "acquaintance rapes" or "date rapes". Most of these assaults involve drinking alcohol. They

happen much more often than sexual assault by a stranger.

### **How to Protect Yourself**

Say clearly what you mean to say. Say "NO" when you do not like how someone is acting toward you. Do not be afraid of hurting their feelings in expressing how you feel.

Be watchful. Stay with friends and people you trust when you go out. Do not go to places where you will be alone with someone you do not know and trust well.

Always tell someone where you are going and with whom.

If you drink, drink responsibly. Watch out for anyone who tries to get you drunk or high. Do not drink so much that you cannot think clearly and act quickly if you need to. Avoid being with someone who is drinking too much.

Ask your date about sexual activity and be sure you agree and understand

each other. You have the right to set limits.

In Canada in recent years there has been a use of drugs in sexual assaults. These drugs are called “date rape drugs.” Sometimes people put these drugs into another person’s drink when they are not looking. These drugs are illegal. Do not accept a drink from someone you do not know and do not trust. When in a bar or at a party, accept drinks only from the person who is serving (the bartender or host). Do not set a drink down, walk away and come back to drink it later.

Even if you have been careful and have done everything right, sometimes sexual assault happens. If it does, there are things you can do to help yourself:

- 1) Tell someone. Find someone you trust. They can help you. They can just listen or they can go with you to get help.
- 2) Go to a hospital. The doctor and specially trained nurses

can help treat any injuries, test for sexually transmitted diseases and pregnancy (if you are a woman).

- 3) Write down what has happened. If you decide to tell the police and charge the person later, it is important to have details.
- 4) Report to the police. You can call 911 for the police. They will take charge of the investigation and decisions about bringing charges.
- 5) Saint Mary’s University has counselors through the Student Centre. Someone would be happy to help support you during your emotional recovery.

Your time in Canada and at Saint Mary’s University should be a time of learning and enjoyment. The faculty and staff are available to help you in your adjustment and learning experience. Please ask if there is any way we can assist you.

## Sexual Harassment And Sexual Assault

## Information for International Students



One University. One World. Yours.