

FOR MORE INFORMATION:

Please view the Sexual Violence Strategy of Nova Scotia Youth Engagement Conversations Report:

<http://novascotia.ca/coms/svs/docs/Strategy-Report.pdf>

You can also check out our brochure about **Consent**. You can get a copy at the Sexual Health Centre for Cumberland County, or through the Sexual Violence Outreach Program.



Sexual Health Centre for Cumberland County

11 Elmwood Dr. (side entrance)

Amherst, NS

Tel: 902.667.7500

shccc@ns.aliantzinc.ca

www.amherstsexualhealth.ca

Office Hours: Monday – Thursday

9AM – 4:30PM

By chance or by appointment

-IN PARTNERSHIP WITH-

Sexual Violence Outreach Program Cumberland County

Amherst, NS

Tel: 902. 694.SVOW (7869)

svow.cumbco@gmail.com

<http://svowcumbco.wixsite.com/svocc>

Office Hours: Monday – Friday

9AM – 5PM

*Flexible hours can be arranged as
necessary. Please call or text for details*

What is Sexual Violence?



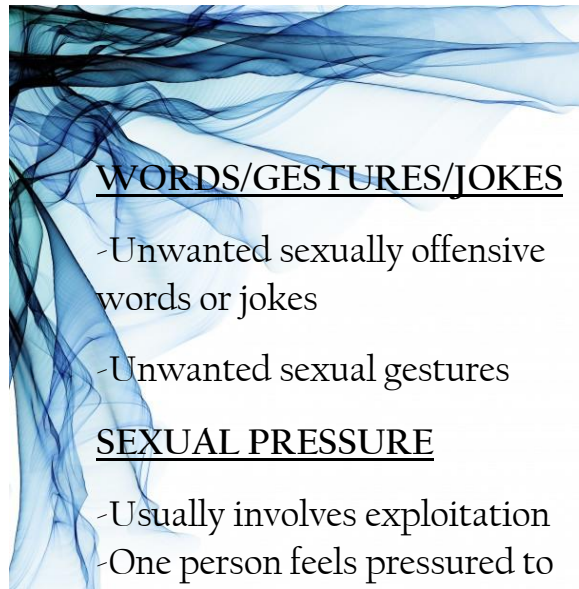
WHAT IS SEXUAL VIOLENCE?

Sexual Violence refers to sexual activity where consent is either not obtained, or not freely given. It occurs any time any person is forced, coerced or manipulated into any unwanted sexual activity.

SEXUAL VIOLENCE COMES IN MANY FORMS.

CYBER SEXUAL VIOLENCE

- Posting a sexual photo without consent
- Sending unwanted sexual text messages, e-mails or photos. This includes unwanted sexual messaging through Facebook, Snapchat, Instagram, etc.
- Cyber-harassment/cyber-stalking
- Distribution of sexual recordings, images or messages without consent, with the aim of harassing or shaming the targeted individual



WORDS/GESTURES/JOKES

- Unwanted sexually offensive words or jokes
- Unwanted sexual gestures

SEXUAL PRESSURE

- Usually involves exploitation
- One person feels pressured to engage in sexual acts

INTIMIDATING THREATS

- Threatening action if sexual acts are not performed

SEX WITHOUT CONSENT

- Sexual touch such as groping, grabbing, feeling
- Occurs without the permission of the person being touched

SEXUAL VIOLENCE

- Sexual Assault
- Rape
- Physical Violence
- Verbal Violence

PEOPLE NEED TO KNOW:

- That no one has “the right” to have sex
- That everyone has the right to say “no” to sex
- That there are laws about the age of consent

BYSTANDERS NEED TO

SPEAK UP!

Bystanders are the people who are around when sexual violence is happening.

Step up.

Speak up.

End sexual violence.

