

## Treatment Options

All treatment options are explained after arrival to the hospital. You decide what treatment option is best for you.

Possible options include:

- physical assessment, including injuries
- medical treatment
- blood work
- preventative treatment for sexually transmitted infections (STIs)
- preventative treatment for pregnancy
- Social Work referral/support
- information about community supports
- Sexual Assault Evidence Kit (SAEK) collection for potential forensic biological evidence (DNA)
- involvement and handover of evidence to Law Enforcement with survivor consent

*The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.*

## SART

If you have been sexually assaulted or have experienced violence, you are encouraged to be seen at one of our hospitals by a Sexual Assault Nurse Examiner or doctor who are trained in the assessment and treatment of sexual assault patients.

Your team members

- will put you first providing holistic trauma-informed care.
- provide access for testing and preventative treatment of pregnancy and STI's.
- are trained in the collection of forensic evidence and can help you connect with law enforcement.
- can assist with referrals and connections with community supports.

## Locations

You can go to any emergency department to seek care. If you cannot reach the hospital, phone 911 for assistance.



CS-PIER-0063



[saskhealthauthority.ca](https://saskhealthauthority.ca)

*Healthy People, Healthy Saskatchewan*

## HAVE YOU BEEN SEXUALLY ASSAULTED?

We can help

Sexual

Assault

Response

Team



CS-PIER-0063

## What Is Sexual Assault?

Sexual assault is any unwanted sexual advances towards you or being forced to do something you do not want to do. If you are asleep or intoxicated and someone has sex with you, it is an assault.

Sexual assault is a crime that may cause physical and/or psychological harm and can happen to anyone. This is not your fault and no one deserves this.

If you are unsure if you have been sexually assaulted, talk with someone you are close with or go to your nearest Emergency Department.

## What Can I Do?

After being sexual assaulted or if you have experienced violence, depending on what happened you might:

- have injuries that need to be assessed
- be at risk of getting pregnant, or
- be at risk of getting a sexually transmitted infection or HIV

It is strongly encouraged you visit an Emergency Department, where you can receive medical attention and the care that you need. It is possible you may not be aware of all injuries.

## Before You Go

You may want to bring a friend or family member to support you in this time. Bring extra clothes if the clothes that you are wearing were worn during the assault.

If you can:

- Do not use the washroom, shower, bath or wash your genitals
- Do not change your clothes, brush teeth, floss, chew gum or brush your hair

**It is okay if you have done any or all of above. It is still important to be seen at an Emergency Department.**



## At The Emergency Department

When you get to the Emergency Department, you will first speak with a triage nurse. It is safe for you to tell the nurse that you have been sexually assaulted, and you do not have to disclose any further details at that time.

The triage nurse will then request an ER doctor and if available a Sexual Assault Nurse Examiner to provide you with the care you need. They will explain available treatment options to you.

## The “Kit”

After being explained the options of care, you may request a forensic medical exam, sometimes called a Sexual Assault Evidence Kit (SAEK). This exam can be used to document the information that you provide and collect evidence from your body that could be key in identifying and/or prosecuting the perpetrator.

If you want to have evidence collected, try not to eat or drink. If you have to urinate, let the triage nurse know so a sample can be obtained, and ensure that you only air dry, as wiping may remove any evidence.

**You will never be pressured to do more than you are comfortable with.**

## Police Involvement

If you choose to get a Sexual Assault Evidence Kit collected, the nurse or doctor will need to call the police and let them know it has been completed.

## Discharge

It is important to tell the team if you do not feel physically or emotionally safe to go home.

You will receive a follow up phone call from the Sexual Assault Response Team (SART), social work or Public Health. You will receive information about community supports available to help you.