



SEXUAL VIOLENCE

IF YOU HAVE BEEN AFFECTED BY SEXUAL VIOLENCE

University of Lethbridge Sexual Violence Referral Sheet - Calgary Campus

GO TO A SAFE PLACE

You are encouraged to go to a place where you feel emotionally and physically safe.

Call 911

Campus Security | Bow Valley | 403-410-1713
Security Office N119, First Floor, North Campus beside River Walk Café

REPORTING OPTIONS

Criminal Reporting
Calgary Police Services | 403-266.1234

Information about filing a formal complaint on campus
sexualviolenceinfo@uleth.ca | 403-317-2862

WHAT IS SEXUAL VIOLENCE?

At the University of Lethbridge, sexual violence is any sexual act or act targeting a person's sexuality, gender identity or gender expression - whether the act is physical or psychological in nature - that is committed, threatened, or attempted against a person without the person's consent, and includes sexual assault, sexual harassment, stalking, indecent exposure, voyeurism, and sexual exploitation.

SEEK MEDICAL CARE

Sheldon Chumir Medical Centre | 403-237-5888

If the assault occurred in the last 72 hours and you would like to have a forensic examination, you can go to the Emergency Room at the Chinook Regional Hospital.

The Medical Centre can provide emergency medical care, STI testing, pregnancy prevention as well as access to the Calgary Sexual Assault Response Team (CSART).

Imagine Health Centre
Bow Valley College West Campus | 403-775-9669
Walk-ins

SHARE WITH SOMEONE

24-hour Sexual Assault Crisis Line
780-423-4121

Bow Valley Counselling Services
Learner Success Services, 1st Floor, south campus, Bow Valley College | 403-410-1440

Employee and Family Assistance Program
1-800-663-1142 (24 hours)

Eastside Family Services, Woods Homes
255, 495 36 St., NE, Calgary | 403-299-9699

Whitney Balog, Sexual Violence Prevention Coordinator | sexualviolenceinfo@uleth.ca
ACCOMMODATIONS | INFORMATION | REFERRALS | REPORTING OPTIONS

CONTACT INFO

ulethbridge.ca/sexual-violence
sexualviolenceinfo@uleth.ca

SEXUAL VIOLENCE

If the sexual assault just happened:

1. Call 911 and Campus Security 403-410-1713
2. Refer to Sheldon Chumir room to access medical care, CSART team.
3. Discourage the person from washing their clothing, showering or bathing.
4. Don't touch the individual or disturb anything from the scene of the incident.
5. Listen, believe, support. Do not ask questions about drinking, clothing etc. as they are blaming.
6. Provide 24Hr crisis line number: 780-423-4121
7. Refer to:
Sexual violence prevention coordinator | sexualviolenceinfo@uleth.ca
Students: Bow Valley Counselling Services | 403-410-1440
Staff: EFAP | 1-800-663-1142 (24 hours)
Imagine Health Centre | 403-775-9669
8. After the incident, take time for self-care.

If the sexual assault happened within five days and medical care is not urgent:

1. Listen, believe, support.
2. Refer to Emergency room to access medical care, CSART team.
3. Provide 24Hr crisis line number: 780-423-4121
4. Refer to:
Sexual violence prevention coordinator | sexualviolenceinfo@uleth.ca
Students: Bow Valley Counselling Services | 403-410-1440
Staff: EFAP | 1-800-663-1142 (24 hours)
Imagine Health Centre | 403-775-9669
5. Take time for self-care.

If it's historical sexual violence:

1. Listen, believe, support.
2. Refer to:
Sexual violence prevention coordinator | sexualviolenceinfo@uleth.ca
Students: : Bow Valley Counselling Services | 403-410-1440
Staff: EFAP | 1-800-663-1142 (24 hours)
Imagine Health Centre | 403-775-9669
ulethbridge.ca/sexual-violence
3. Take time for self-care.

Calgary Campus

*Adapted from the original document prepared by Auburn Phillips

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