

Receiving Disclosures of Sexual and Relationship (Domestic) Violence

A Guide for Community Services in the City and County of Peterborough



Always remember to provide BRAVE support!

- BELIEVE
- RESPECT
- ASK
- VALIDATE
- EMPATHY

Created in Partnership with:



Trauma-Informed Support

Supporting someone who is a survivor of sexual violence or harassment and/or relationship (domestic) violence is an important part of their healing cycle. Responding with empathy is very important.

Here are some ideas about what to say:

1. Thank you for trusting me.
2. I am sorry this has happened.
3. I believe you.
4. How can I help you right now?
5. You are not alone and we can connect you with people who can help.



It is important to understand your obligations regarding confidentiality. If you have questions about the Child and Family Services Act, you can learn more by contacting your local Children's Aid Society.



Support Services for Female & Gender/Sexual Minorities*

Medical Services

Accompaniment and Advocacy Services

Counselling Services

Police Services

Children's Services (Up to 16 years)

Shelter Services

Immediate or Imminent Harm is Occuring

9-1-1

Kawartha Sexual Assault Centre
Crisis Line: 1-866-298-7778

YWCA Peterborough Haliburton
Crisis Line: 1-800-461-7656

Peterborough Police Service Victim Services Unit: 705-876-1122 ext. 268

Peterborough Northumberland Victim Services: 1-888-822-7729

Kawartha Sexual Assault Centre
Crisis Line: 1-866-298-7778

YWCA Peterborough Haliburton
Crisis Line: 1-800-461-7656

9-1-1

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

YWCA Crossroads Shelter: 705-743-4135

Anishnaabe Kwewag Gamig Regional Women's Shelter: 1-800-388-5171

YES Shelter for Youth and Families: 705-748-3851

Up to 12 Days Post-Harm

Sexual Assault/Domestic Violence Response Program at the Women's Health Centre, Peterborough Regional Health Centre, Peterborough 705-743-2121 ext. 0 to ask for the on-call SA/DV Nurse Examiner

Kawartha Sexual Assault Centre Office: 705-748-5901

YWCA Peterborough Haliburton START Program: 705-743-3526

Nijkiwendidaa Anishnaabekweweg Services Circle: 1-800-663-2696 ex. 4

Peterborough Police Service Victim Services Unit: 705-876-1122 ext. 268

Peterborough Northumberland Victim Services: 1-888-822-7729

Kawartha Sexual Assault Centre Office: 705-748-5901

YWCA Peterborough Haliburton START Program: 705-743-3526

Nijkiwendidaa Anishnaabekweweg Services Circle: 1-800-663-2696 ex. 4

Women's Health Centre, PRHC: 1-800-419-3111

Peterborough Police Service - Communications: 1-888-876-1122 ext. 225

Peterborough County OPP: 1-888-310-1122

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

Kinark Child and Family Services: 1-888-454-6275

Family and Youth Clinic, PRHC: 705-876-5114

Peterborough Youth Services: 1-888-475-3420

YWCA Crossroads Shelter: 705-743-4135

Anishnaabe Kwewag Gamig Regional Women's Shelter: 1-800-388-5171

YES Shelter for Youth and Families: 705-748-3851

Over 12 Days Post-Harm and Historic Harm

Sexual Assault/Domestic Violence Response Program at the Women's Health Centre, Peterborough Regional Health Centre 705-743-2121 ext. 0 to ask for the on-call SA/DV Nurse Examiner

Peterborough County-City Health Unit Sexual Health Clinic: 705-748-2021

Positive Care Clinic/PARN: 705-749-9110

Kawartha Sexual Assault Centre Office: 705-748-5901

YWCA Peterborough Haliburton START Program: 705-743-3526

Nijkiwendidaa Anishnaabekweweg Services Circle: 1-800-663-2696 ex. 4

Peterborough Police Service Victim Services Unit: 705-876-1122 ext. 268

Peterborough Northumberland Victim Services: 1-888-822-7729

Kawartha Sexual Assault Centre Office: 705-748-5901

YWCA Peterborough Haliburton START Program: 705-743-3526

Nijkiwendidaa Anishnaabekweweg Services Circle: 1-800-663-2696 ex. 4

Women's Health Centre, PRHC: 1-800-419-3111

Community Counselling and Resource Centre: 705-742-4258

Counselling through a Family Health Team Physician Referral

Peterborough Police Service - Communications: 1-888-876-1122 ext. 225

Peterborough County OPP: 1-888-310-1122

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

Kinark Child and Family Services: 1-888-454-6275

Family and Youth Clinic, PRHC: 705-876-5114

Peterborough Youth Services: 1-888-475-3420

Boost Child & Youth Advocacy Centre: 705-743-9200

YWCA Crossroads Shelter: 705-743-4135

Anishnaabe Kwewag Gamig Regional Women's Shelter: 1-800-388-5171

YES Shelter for Youth and Families: 705-748-3851

* Please note that the services listed above are public services. This list does not include private practitioners who may be available for support. The providers below support female-identified and LGBTQ+ individuals. Additional services for male-identified people are listed on the reverse.

Recognizing Intersections of Sexual and Relationship Violence

Sexual Violence

Sexual violence, as defined by the United Nations is "[a]ny violence, physical or psychological, carried out through sexual means or by targeting sexuality." Sexual violence is a broad term that describes a continuum of aggression, abuse and violence. It includes, but is not limited to: sexual abuse (under 16 years of age), sexual assault (over 16 years of age), rape (date, marital, partner, stranger, gang), ritual abuse, sexual harassment, incest, childhood sexual abuse, molestation, stalking, indecent/sexualized exposure, degrading sexual imagery, voyeurism, exhibitionism, dissemination of sexual photographs electronically (cyber harassment), rape during armed conflict, trafficking, sexual exploitation, violent and harassing homophobia, biphobia and transphobia. (Learn more at sexualassaultsupport.ca)

Sexual violence has now been encompassed by the term gender-based violence as a more inclusive term that recognizes the intersectional oppressions of females and people of diverse gender and sexual identities and expressions.

Relationship (Domestic) Violence

Relationship (domestic or intimate partner) violence is any form of abuse, assault, mistreatment or neglect that a person experiences from a family member, or from someone with whom they have an intimate relationship. This violence can range on a continuum of power and control including physical, emotional, financial, psychological and sexual harm, that occurs within families, marriages, common law and dating relationships, and other relationships of dependence. (Learn more at LearningToEndAbuse.ca.)



** The Duluth Model

Male Services*

Medical Services

Accompaniment and Advocacy Services

Counselling Services

Police Services

Children's Services (Up to 16 years)

Shelter Services

Immediate or Imminent Harm is Occuring

9-1-1

Kawartha Sexual Assault Centre
Crisis Line: 1-866-298-7778
Peterborough Police Service Victim Services: 705-876-1122 ext. 268
Peterborough Northumberland Victim Services: 1-888-822-7729

Ontario Male Crisis and Referral Line
1-866-887-0015

Kawartha Sexual Assault Centre
Crisis Line: 1-866-298-7778

9-1-1

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

YES Shelter for Youth and Families: 705-748-3851

Up to 12 Days Post-Harm

Sexual Assault/Domestic Violence Response Program at the Women's Health Centre, Peterborough Regional Health Centre
705-743-2121 ext. 0 to ask for the on-call SA/DV Nurse Examiner

Kawartha Sexual Assault Centre
Office: 705-748-5901

Nijikiwendidaa Anishnaabekweg Services Circle: 1-800-663-2696 ex. 4

Peterborough Police Service Victim Services Unit: 705-876-1122 ext. 268

Peterborough Northumberland Victim Services: 1-888-822-7729

Kawartha Sexual Assault Centre
Office: 705-748-5901

Nijikiwendidaa Anishnaabekweg Services Circle: 1-800-663-2696 ex. 4

Community Counselling and Resource Centre: 705-742-4258

Ontario Male Crisis and Referral Line: 1-866-887-0015

Peterborough Police Service - Communications: 1-888-876-1122 ext. 225

Peterborough County OPP: 1-888-310-1122

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

Kinark Child and Family Services: 1-888-454-6275

Family and Youth Clinic, PRHC: 705-876-5114

Peterborough Youth Services: 1-888-475-3420

YES Shelter for Youth and Families: 705-748-3851

Over 12 Days Post-Harm and Historic Harm

Sexual Assault/Domestic Violence Response Program, PRHC (see left)
Peterborough County-City Health Unit Sexual Health Clinic: 705-748-2021
Positive Care Clinic, PARN: 705-749-9110

Kawartha Sexual Assault Centre
Office: 705-748-5901

Nijikiwendidaa Anishnaabekweg Services Circle: 1-800-663-2696 ex. 4

John Howard Society: 705-743-8331

Peterborough Police Service Victim Services Unit: 705-876-1122 ext. 268

Peterborough Northumberland Victim Services: 1-888-822-7729

Kawartha Sexual Assault Centre
Office: 705-748-5901

Nijikiwendidaa Anishnaabekweg Services Circle: 1-800-663-2696 ex. 4

John Howard Society: 705-743-8331

Community Counselling and Resource Centre: 705-742-4258

Counselling through a Family Health Team Physician Referral

Peterborough Police Service - Communications: 1-888-876-1122 ext. 225

Peterborough County OPP: 1-888-310-1122

Kawartha-Haliburton Children's Aid Society: 1-800-661-2843

Kinark Child and Family Services: 1-888-454-6275

Family and Youth Clinic, PRHC: 705-876-5114

Peterborough Youth Services: 1-888-475-3420

Boost Child & Youth Advocacy Centre: 705-743-9200

YES Shelter for Youth and Families: 705-748-3851

* Services for male-identified people. Note that the services listed above are public services. This list does not include private practitioners who may be available for support.

** The Power and Control Wheel, known as the Duluth Model, represents the lived experience of women who live with a man who abuses them. It does not attempt to give a broad understanding of all violence in the home or community but instead offers a more precise explanation of the tactics men use to abuse women. We keep our focus on women's experience because the abuse of women by men continues to be a significant social problem. For instance, in Peterborough City and County, men commit 97 percent of all reported sexual assaults and women are 80% of reported victims. (See more at theduluthmodel.org.)