

Understanding what victims go through and what their short and long term needs are is essential to responding in a way that is trauma-informed and victim-sensitive.

Sexual assault victims may need time to process what has happened to them in an environment free of demands and judgement. They may need time to accept that they have experienced sexual violence, and time to think what it would be like to tell someone.

The Third option program offers victims a choice to report, not report, or take the time to think about reporting when they are ready.

For More Information  
Please Contact:

Regina Sexual Assault  
Centre  
306-522-2777  
24-Hour Crisis Line

Regina Police Service  
Victim Services  
306-777-6627

Regina RCMP  
Victim Services  
306-781-5065

Family Service Regina  
Domestic Violence  
Unit  
306-757-6675

Regina Victim/  
Witness Services  
306-787-3883

# Third Option

You have options  
about your  
recovery

Regina and Area  
Sexual Assault Response  
Team





It is recommended that individuals who have experienced sexual assault seek immediate medical care for their physical health.

Medical care consists of emergency contraception (morning after pill), antibiotics to prevent STI's, medications to reduce the risk of HIV infection, and treatment of physical injuries. Individuals can receive medical care without having evidence collected.

If you have experienced sexual assault, go to the hospital (emergency) and tell the triage nurse you have been sexually assaulted. Hospital staff will place you in a private room as soon as possible.

This is where you can choose what path you wish to take with your recovery.

Yes, I want to report

No, I do not want to report

Maybe, I need some time

## Third Option

Third Option is for those who need more time. It offers individuals the opportunity to have evidence collected but gives them time to decide if they want to report to police. Third Option can be a good option for some; however, other evidence (such as at the location of the sexual assault) may be lost as time passes and can decrease the chance of charges or convictions. You can weigh the benefits and risks.

Individuals must be 18 years of age or older to choose Third Option.

You may have a support person with you, or you may call the Regina Sexual Assault Crisis Line to request that an advocate meet you at the hospital and support you throughout your examination. Having someone with you is your choice.

To help the Sexual Assault Forensic Examiner nurse collect evidence, try not to:

- shower, bathe, or wash
- change or throw away clothes
- wash your hands or comb through your hair
- take any drugs or alcohol, or eat

Medical evidence should be collected as soon as possible after the assault but no more than 7 days after it happened.

If you believe you were drugged, you should go to the hospital within 3 days of the assault, as evidence of drugs in your system will disappear.

The opportunity for successful evidence collection is reduced as time between the occurrence and collection increases.

The Third Option program offers victims a choice about reporting, without the regret of not providing evidence when it was available.

Only you know what is best for you. The service providers listed on the back of this brochure offer confidential support to assist you in making informed decisions.

