

For More Information

Please Contact:

**Regina Sexual
Assault Centre**

305-352-0434
24-Hour Crisis Line

**Regina Police Service
Victim Services**

306-777-8660

**Regina Region RCMP
Victim Services**

306-781-5065

**Family Service Regina
Domestic Violence Unit**

306-757-6675

**Regina Victim /
Witness Services**

306-787-3383



Your Truth. Our Purpose.

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-centred.

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 assault 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.



Address: 1040 Winnipeg St, Regina, SK

Phone: 306-522-2777

Crisis Line: 306-352-0434

Toll-Free: 1-844-952-0434

rsac@sasktel.net

reginalsexualassaultcentre.ca



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 for 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.

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 for some; however, other evidence (such as the location of the sexual assault) may be lost as time passes. This 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.

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

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 is available.

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