This pamphlet provides general information about sexual violence to the University of Ottawa community and should not be construed as legal advice.

Rights and Responsibilities

University of Ottawa community members - including students, staff and faculty members - have a right to a learning and workplace environment that is respectful, safe, healthy and free from harassment and discrimination under Policy 67a – Prevention of Harassment and Discrimination (Policy 67a). All UOttawa community members have erity policy.

The Human Rights Office (HRO)

The HRO is a neutral and impartial office responsible for receiving and responding to human rights-related discrimination and harassment, personal and workplace harassment, and sexual violence concerns and complaints. The HRO also provides education and training on these matters and offers guidance and consultation to all community members on these issues. This pamphlet provides information personal and workplace related harassment, which is prohibited by the Ontario Occupational Health and Safety Act. For more information about sexual violence and the prevention of sexual violence, please contact the HRO.

What is Sexual Violence?

Sexual violence means 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. It includes sexual assault, sexual harassment, stalking, indecent exposure, voyeurism, non-consensual condom removing (stealthing), and sexual exploitation. For further clarity, sexual assault includes rape.

Did you know...

Some examples of sexual violence:

- Sexist jokes
- Street whistling and harassment
- Exhibitionism and public masturbation
- Cyber sexual harassment
- Sending non-solicited intimate pictures or sharing intimate pictures without consent
- Repeated invitations to go for a drink, despite a refusal
- Forcing someone to perform sexual acts
- Sexual assault.

Some of the effects of sexual violence include:

Fatigue or exhaustion, injury, loss of appetite, stress-induced conditions, anxiety, depression, difficulty concentrating or lack of motivation, feelings of guilt or shame, difficulty enjoying sex, fear, flashbacks, nightmares, aggressiveness, rage, loss of interest, low self-esteem, lack or loss of identity, feelings of distrust, inability to be touched, isolation or loneliness, sensitivity to prejudices, victimisation, etc.

Contact the Human Rights Office if:

- You have questions or concerns about a situation
- You are seeking sexual violence education or would like to learn about our Bystander workshop
- You want to disclose or report an incident.

For more information and resources, visit the Sexual Violence: Support and Prevention website at www.uottawa.ca/sexual-violence-support-and-prevention/.

www.uOttawa.ca