



### **Sexual Violence:**

Sexual violence is a broad term that describes any violence, physical or psychological, carried out through sexual means or by targeting a person's sexuality.

Sexual violence takes different forms and can include, but is not limited to:

- sexual assault
- sexual harassment
- stalking
- indecent or sexualized exposure
- degrading sexual imagery
- voyeurism
- cyber harassment
- trafficking
- sexual exploitation
- stealthing
- And more ...

### **Sexual Violence Includes:**

- A. The attempt to commit an act of sexual violence
- B. The threat to commit an act of sexual violence
- C. An act that is done virtually or through an electronic device or other virtual means.

### **Sexual assault:**

Sexual assault is defined as any unwanted sexual touching without voluntary consent. In the presence of a weapon, this is described as sexual assault with a weapon. In the case of wounding or endangering the life of an individual, this is termed aggravated sexual assault.

### **Sexual exploitation:**

An actual or attempted abuse of someone's position of vulnerability (such as a person depending on you for survival, food rations, school, books, transport, immigration status, or other services), differential power or trust, to obtain sexual favours, including but not only, by offering money or other social, economic or political advantages. It includes trafficking and sex work.

### **Sexual harassment:**

Sexual harassment is any unwanted comment, gesture, or action that is sexual in nature (aside from unwanted touching, which is [sexual assault](#)), that makes someone feel afraid, embarrassed, uncomfortable or ashamed. The intention of the person doing the action doesn't matter, it's the negative impact the action has that makes something sexual harassment.

### **Examples may include:**

- demanding hugs



- invading personal space
- unnecessary physical contact, including unwanted touching, *etc.*
- derogatory language and/or comments
- sex-specific derogatory names
- leering or inappropriate staring
- gender-related comment about a person's physical characteristics or mannerisms
- comments or conduct relating to a person's perceived non-conformity with a sex-role stereotype
- displaying or circulating pornography, sexual pictures or cartoons, sexually explicit graffiti, or other sexual images (including online)
- sexual jokes, including circulating written sexual jokes (*e.g.* by e-mail)
- rough and vulgar humour or language related to gender
- sexual or gender-related comment or conduct used to bully a person
- spreading sexual rumours (including online)
- suggestive or offensive remarks or innuendo about members of a specific gender
- propositions of physical intimacy
- gender-related verbal abuse, threats, or taunting
- bragging about sexual prowess
- demanding dates or sexual favours
- questions or discussions about sexual activities
- requiring an employee to dress in a sexualized or gender-specific way
- paternalistic behaviour based on gender which a person feels undermines their status or position of responsibility
- threats to penalize or otherwise punish a person who refuses to comply with sexual advances (known as reprisal).

### **Stalking:**

Under Canada's Criminal Code, Criminal Harassment, or Stalking, includes:  
 repeatedly following from place to place the other person or anyone known to them;  
 repeatedly communicating with, either directly or indirectly, the other person or anyone known to them; besetting or watching the dwelling-house, or place where the other person, or anyone known to them, resides, works, carries on business or happens to be; or  
 engaging in threatening conduct directed at the other person or any member of their family

### **Indecent exposure:**

Indecent exposure is the deliberate act of exposing private parts of the body in an offensive manner, in a public space. People of all genders and bodies can be victims of indecent exposure and can be perpetrators of indecent exposure. Indecent exposure can occur in class, at the library, or on the streets of your city. You need to have consent before exposing and sharing your intimate body parts with others. This DOES NOT include breastfeeding parents. Please note that in the province of Ontario, it is legal to bare your chest regardless of gender.

### Voyeurism

Voyeurism involves becoming sexually aroused by watching an unsuspecting person, who has not given consent to be watched, who is disrobing, naked, or engaged in sexual activity.

### Stealthing

Stealthing is the non-consensual act of removing a condom during sex. One partner stealthily removes the condom without the other noticing. Another form of stealthing is putting holes in the condoms to attempt non-consensual pregnancy. Stealthing is against the law and is defined as rape or sexual assault. Removing condoms during sexual intercourse increases the risks of unwanted pregnancy, transmission of sexually transmitted infections and diseases (STIs), and it can cause emotional and psychological distress to those affected.

### Coercion

Sexual coercion is the use of pressure, threats, or emotional manipulation to get someone to do something that they don't want to do.

Consent is a voluntary agreement to engage in sexual activity. In Canada, if someone is coerced into saying yes to sexual activity then that consent is not valid. A popular misconception is that sexual assault is violent and happens through the use of force or by physically overpowering someone. However, coercion is more commonly used to facilitate sexual violence.

Those who experience sexual coercion may know that what happened wasn't right, however, they may be hesitant to call it sexual assault. Coercion often leaves people who have experienced sexual assault feeling like they consented and therefore, are somehow responsible for what happened.

But remember consent is voluntary – meaning that someone says yes to sexual activity because they want to. Those who experience sexual assault are never to blame. Those who choose to use sexually coercive or abusive behaviours to force others into unwanted sexual activity are responsible for their actions.

