If you have been sexually assaulted either recently or in the past, there is a place you can call for support or information:

It’s safe, free, confidential and available 24 hours a day
Silence allows this abuse to continue... so let's talk

The Assaulted Women’s Helpline (24 hours)
1-866-863-0511 (toll-free) • 1-866-863-7868 (TTY) • 416-863-0511 (Toronto)

Sexual Assault/Rape Crisis Centres: Go to www.sacha.on.ca/other.htm
Sexual Assault Treatment/Care Centres: Go to www.satcontario.com/centres/centres.shtml/ or look in your local telephone book

*2 out of 3 women have experienced sexual assault

Call 911 or your local police immediately if you are in danger. Let’s be a caring community, help STOP sexual assault.
We can thank our Canadian foremothers that in:

1918 the right to vote was achieved
1929 women became persons
1955 married women could work for the federal government
1960 Aboriginal women and men are able to vote in federal elections and maintain their registered status
1969 birth control education became legal
1973 the first rape crisis centres opened
1973 the first women’s shelters opened
1982 the first woman was appointed to the Supreme Court
1982 our constitution was amended to include equality rights for women
1985 the Indian Act was amended so that Aboriginal women regained their rightful status
1992 consent was legally defined, putting the onus on the defendant in cases of sexual assault
1993 the first Black woman was elected to the House of Commons
1996 sexual orientation was prohibited as a ground for discrimination in the Canadian Human Rights Act
1998 abuse of women in the military was made publicly known
1999 the first woman became a Chief Justice of the Supreme Court
1999 the Supreme Court affirmed that “no means no” and consent must be explicit and voluntary

Let the Past Embrace the Future

*Canadian Panel on Violence Against Women, 1993, according to the Canadian Criminal Code

But until...

beauty is not a job requirement
rape is no longer the victim’s fault
child care is more important than roads
birth control is safe, effective and shared
the choice of abortion is safe, fully funded and available to all women
work in the home is shared an given full value
the history books tell herstory too
lesbian is no longer a dirty word
it is safe at home, school, work, safe to date and safe on the streets

Until...Women share equally in the rights and responsibilities of society, I too will be part of the Women’s Movement.

(adapted from: Syster Gifts)