

## **Sexual Assault Awareness Week is May 14-18, 2018**

FOR IMMEDIATE RELEASE

**Southeast, Saskatchewan** – The Government of Saskatchewan has proclaimed May 14-18, 2018 as Sexual Assault Awareness Week. The focus this year is understanding what consent looks like in sexual situations. Through awareness, education and support, Envision Counselling and Support Centre hopes to break the silence of assault and shift attitudes that will change behaviours and reduce sexual violence. Sexual violence crosses all ages, genders, races, ethnicities, and economic backgrounds.

**Did you know?** 1 in 3 women and 1 in 6 men will be affected by sexual assault in their lifetime. 91% of sexual assaults are not reported to the police. Although the amount of sexual violence is alarming, there is hope for survivors and means to prevent it. Envision offers a safe space and help for sexual assault survivors. The organization offers counselling and support throughout the Southeast with offices in Estevan, Weyburn, Carlyle and Oxbow. Envision also offers education surrounding sexual assault through presentations and their resource based website. Envision believes that education and awareness are key factors in preventing violence in communities.

“As a community, sexual assault is a topic that we often want to avoid, but we must break the silence and start talking about it in order to reduce its’ harmful effects.”

– Christa Daku, Executive Director of Envision.

To promote awareness regarding sexual assault, Envision engages youth year round in local high schools with sexual assault presentations. Prevention efforts are a significant part of sexual assault awareness and taking the time to dispel myths and provide accurate, up to date information is important to ending sexual violence.

“I wasn’t aware of how much rape and sexual assault is going on in our world.” said a student of a previous sexual assault presentation done by Envision. With each presentation, students have the chance to understand the social and legal pieces surrounding sexual assault.

To follow what Envision is doing for Sexual Assault Awareness Week find them on Facebook or visit [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).

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For more information, or interview requests, please contact:

Christa Daku

Executive Director

Envision Counselling and Support Centre Inc. 306-637-4004 or 306-842-8821

**Estevan Office**  
Box 511  
Estevan, SK, S4A 2A5  
P: 306-637-4004  
F: 306-634-4229

**Weyburn Office**  
120-3<sup>rd</sup> Street S  
Weyburn, SK, S4H 2L3  
P: 306-842-8821  
F: 306-842-8815

**Carlyle Office**  
Box 1017  
Carlyle, SK, S0C 0R0  
P: 306-453-2405  
F: 306-453-2407

**Oxbow Office**  
Box 511  
Estevan, SK S4A 2A5  
P: 306-483-5555  
F: 306-634-4229