

# Sexual violence awareness is urged by Envision counselors

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Sexual violence crosses all ages, genders, races, ethnicities and economic backgrounds.

Although the number of sexual violence incidents is alarming, there is hope for survivors and means to prevent it and that is why this week is provincially declared as Sexual Assault Awareness Week.

Envision Counselling and Support Centre Inc., headquartered in Estevan, and serving southeast Saskatchewan, said that Saskatchewan has one of the highest rates of sexual assault in Canada. One in three women and one in six men will be affected by sexual assault in their lifetime. Envision provides help for those who are surviving sexual assault. The organization offers counselling and support through its therapeutic counselling programs with offices in Estevan, Weyburn, Carlyle and Oxbow. Envision also offers education in the prevention of sexual assault and they added they believe education and awareness are key factors in preventing violence in communities and its website offers resources and an avenue for support.

“Sexual assault is a topic that we want to avoid, but we must break the silence and speak of it loud and clear to end it,” said Lynda Rideout, assistant executive director for Envision.

This year, to promote awareness regarding sexual assault, Envision will be engaging youth in the local high school with sexual assault presentations and an information booth will be set up as well. Students will have the opportunity to send positive messages to survivors of sexual assault.

“The statistics were pretty shocking,” said a young participant of a previous sexual assault presentation conducted by Envision.

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

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- See more at: <http://www.estevanmercury.ca/news/local-news/sexual-violence-awareness-is-urged-by-envision-counselors-1.2257975#sthash.FTKx3Mtw.dpuf>