

Some advice from girls to moms.

Listen First – Talk Later.

If your daughter tells you she has been sexually assaulted, take some advice from young women.

- > Listen – wait until she's finished telling you what happened before you respond.
- > After you hear what she has to say, go away and cry or scream if you have to. Just come back and talk some more.
- > Tell her it is not her fault. Don't yell, lecture or judge.
- > Help her to get professional support if necessary.

Moms also have advice for other moms on what to do in this situation

- > Try to stay calm.
- > Say, 'I'm so sorry...are you ok?'
- > Give her a huge hug.
- > Don't push your agenda.
- > Give her time to talk before trying to solve the problem.
- > Recognize that you might not be able to solve this one.

The most important thing is to believe, acknowledge and say to your daughter:

“Sexual Assault is never your fault – even if you have been drinking.”

For support around sexual assault go to the website www.satcontario.com or call the provincial **hotline 1-877-265-9279**

To access information about alcohol and other drugs go to **www.parentactionondrugs.org**

or call 416-395-4970 or toll free 1-877-265-9279



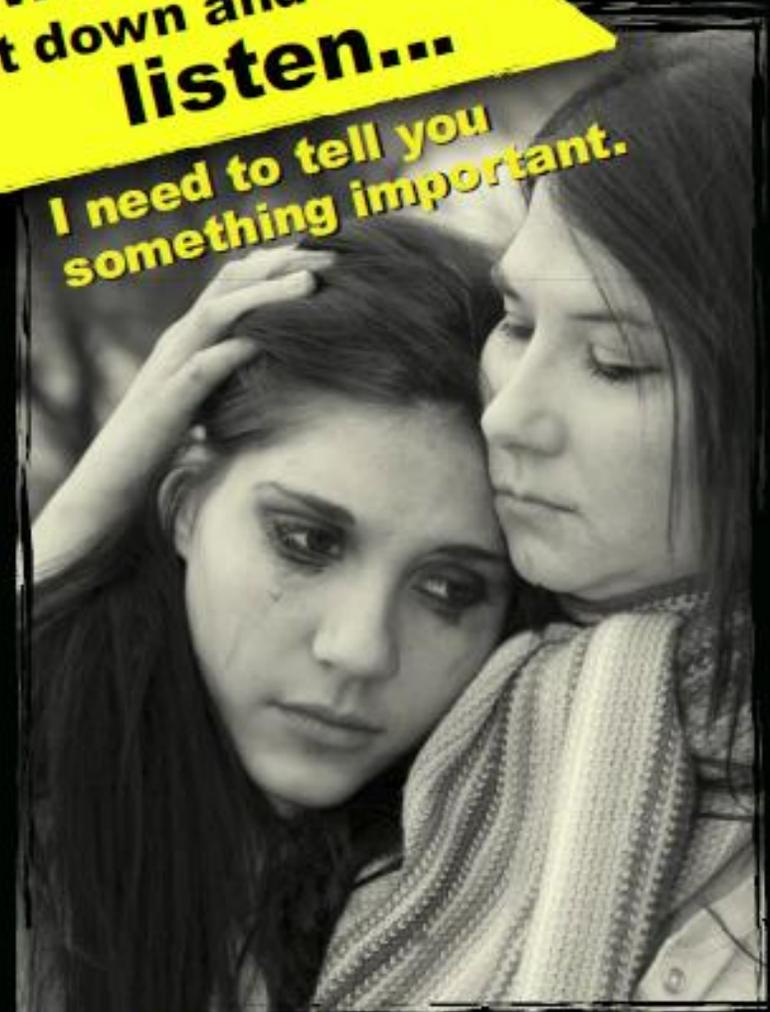
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**“Mom,
sit down and
listen...”**

**I need to tell you
something important.**



**Young Women, Alcohol & Sexual Assault.
Why Mothers are the Last to Know.**



My daughter tells me everything.

Moms feel that their daughters talk openly with them. They think as mother and daughter, they share most emotional ups and downs.

So they were very surprised to learn from the results of focus-groups with young women that parents are the last people to be told about a sexual assault incident*.

Shame and guilt often prevent young women from talking to either parent.

“You don’t understand how bad it can be. Parents look at you with sympathy or disgust.”

(Young woman in focus group)

Added to this is her anxiety that her parents will feel angry when they learn this has happened to their daughter: angry at the violence, at the aggressor, and even with her for drinking.

This makes it hard for the girl to go to her parents – even her mother.

* Taking Charge Report, 2008, Parent Action on Drugs.

Reality check on alcohol and sexual assault.



Alcohol is the most common drug used in sexual aggression and sexual assault.



In a recent survey, professionals said alcohol was involved in 80% of disclosed sexual assault.*



It is common for girls and guys to randomly ‘hook-up’ at parties.



Legally, girls who are drunk cannot consent to sexual activity.

These facts can help parents talk to their daughters about alcohol and sexual assault.

Maybe it’s time to say:

“Please sit down and listen. I need to talk to you about something important. And then I need you to talk to me.”

* Ontario health and education professionals’ survey, 2007 Parent Action on Drugs