



Vesta Resource Guide

Muskoka

This Guide Is For You



VESTA

www.VestaSIT.com

This Guide is For You

Welcome. We believe you. We believe her.

This guide is for you. You have a friend and you're worried about her. She's in a bad situation. You're pretty sure things are not good for her and getting worse.

What do you need? Information. Resources. Things to do RIGHT NOW.

This guide is a list of things you can share and do **now**. It's written for where you live in Muskoka. This is not for people living in the city and it's not about programs you can't access. This is about you and your life.

We created this guide for women who want to help other women. Maybe your bestie needs support. Maybe you are a survivor of violence and you never want to see another woman go through what you experienced.

Whatever path brought you to Vesta, this guide was created as a place to turn to for information and next steps.

We believe that together we can fight gender-based violence and end rape culture. But it takes all of us standing together and saying, Me Too. It takes every woman who has endured gender-based violence standing up and refusing to let it happen to another woman.

Thank you for being the woman who does something.



~ Team Vesta

What Are We Talking About?

Before we get into the nitty-gritty, let's talk about what we're talking about.

Gender-based violence (GBV) is violence that is directed at people because of their gender. We understand that anyone can experience violence based on their gender, but we also know that because women have been historically considered less valuable than men women are far more likely to experience violence at the hands of men because of their gender. GBV covers many other forms of violence directed at women including sexual assault, sexual harassment, intimate partner violence, and domestic violence.

Sexual Assault is any non-consensual sexual act. Anyone can experience sexual assault, including wives, girlfriends, and partners who live together. We often think that sexual assault and rape are the same thing, but sexual assault is a bigger category that includes non-penetrative sexual activity, including touching, fondling and molestation.

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Rape is about non-consensual penetration. Whether it's an object or a body part, rape means she has experienced unwanted penetration of the vagina or anus. Rape also includes having her mouth penetrated with someone's sex organ without consent. Even if she consented to earlier sexual activity, rape can still happen.

Sexual Harassment is about unwanted words and sexual behaviours that could include sexual assault and rape. Sexual harassment may include comments on how someone is dressed, on their body or looks, and these comments could be negative or positive. Sexual harassment has nothing to do with whether or not the person doing the harassing is 'just joking' or 'trying to give her a compliment'. It's about how she feels about the behaviours, how severe it is, and how often this is happening.

**BE READY WHEN SHE
NEEDS YOU.**

#AskingForAFriend



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