



# Vesta Resource Guide

## Durham Region

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This Guide Is For You



**V E S T A**

[www.VestaSIT.com](http://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.

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**Abusive Relationships** are intimate relationships defined by a pattern of destructive behavior used by one partner over the other to manipulate and overpower them. These relationships don't discriminate. They can occur with people of any race, age, gender, sexuality, religion, education level, or economic status. Abusive relationships often consist of various forms of abuse, some more visible than others.

**Domestic Violence (DV)** is when one person experiences violence or abusive behaviour in a domestic partnership. Sometimes, people associate DV with physical harm, but a black eye or a bruised arm isn't the only type of violence or abuse experienced. Some leave no physical scars. Emotional abuse, lack of financial control, threats, stalking, and cyberstalking are all forms of DV and can be just as harmful as physical violence to someone's sense of self-worth.

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**Intimate Partner Violence (IPV)** expands on the old view that abusive or domestic violence happens when two people are married and where the husband, a man, is the abuser and the wife, a woman, is the victim. That's not how it always happens. IPV can happen to anyone, regardless of gender, class, socioeconomic status, religion, ethnicity, race or cultural group. It's not always obvious and it doesn't discriminate. Whether dating, married, or living together, whether it's a straight or same-sex relationship, IPV can happen in any relationship. Often domestic violence and intimate partner violence are used interchangeably.

**BE READY WHEN SHE  
NEEDS YOU.**

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#AskingForAFriend



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