



## Steps Through the Process

### ✓ Referral to Program

- Self, Court (Crown), Lawyers, NAPS, OPP, Band Council, Probation, Other Programs (internal/external)
- Referral will be offered to Victim to NALSC Victim Witness Program

### ✓ Intake

- Appointment with RJ SADV Worker

### ✓ Programming Offered

- Indigenous Intimate Partner Violence Prevention Program (alternate to PAR)
- Healing Circles with an Elder and supports
- Referrals for healing such as counselling, traditional teachings/land base/cultural activities or ceremonies, access to Elders, anger management or anything to promote healing

### ✓ Follow up & Exit Program

- Follow up Circle and ongoing support – as required or needed
- Summary Reports and updates to the referral source

**For more information  
please contact:**

**Restorative Justice**

**Sexual Assault & Domestic  
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# Restorative Justice Sexual Assault & Domestic Violence Program

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## What is Domestic Violence?

Domestic violence, also called domestic abuse or intimate partner violence, can be defined as a pattern of behaviour in any relationship that is used to gain or maintain power or control over your intimate partner. This included physical violence, mental, emotional, spiritual, financial and sexual abuse.

This can occur to anyone regardless of gender, age, race, economic or social status. Any kind of abuse or violence is never okay. There's help for both the victim and the one causing harm (offender).

## What is Sexual Assault?

Sexual assault is any unwanted act, action or activity with another individual that you did not receive their consent or permission.

## What is Consent?

Consent (giving permission) is the most important, NO means NO. Absolutely, no one can give your consent on your behalf. If you give your consent, you can change your mind and the individual must stop.

Types of sexual assault may include: sexual abuse, rape, incest, childhood sexual abuse, sexual harassment, degrading sexual imagery, indecent or sexualized exposure.

## Did you know?

The legal age of consent in Canada is **16 years old**.

**Exceptions:** Persons under 16 years can have consensual sex with someone close in age.

- 12-13 year olds can consent to sexual activity with a partner who is **less than two years older than they are**
- 14-15 year olds can consent to sexual activity with a partner who is **less than five years older than they are**

These exceptions only apply if the older person is not in a position of authority or trust and there is no exploitation (taking advantage) or dependency.



## Benefits of Restorative Justice

Restorative Justice is a voluntary process involving the person who has been harmed, the person who has caused the harm and their supporters. It is completed in a healing circle.

Utilizing a healing circle brings all involved together to talk about what happened, who was affected, and what can be done to help repair the harm. For this to be possible, the offender must be willing to take responsibility.

For sexual assault survivors, restorative justice may offer an alternative to the current system which focuses on punishment and not the repairing. The victim in the process is given a voice and an opportunity to contribute to their own healing journey.

When trauma persists within the community, it continues to grow. It affects everyone involved, which can include the community and promote fear and helplessness. Most times, the most common way to cope is by ignoring the trauma altogether.

## What can be done to help?

- Take time to learn about the affects of sexual assault & domestic violence.
- Create a safe place for individuals to talk about their experiences. Be supportive, help them access services in their communities.
- Raise awareness in schools, public, and society on the importance of accessing help for these issues. Reach out to RJ Staff for a presentation.
- Avoid judgment. It can be difficult to watch a survivor struggle with the effects of sexual assault and domestic violence for an extended period of time. Avoid phrases that suggest they're taking too long to recover.
- Get to know your resources or reach out your supports in your community (Band Council, Nurses, Social Workers, Front Line Workers) or
- 24/7 live answer at the toll-free telephone line at **1-844-NAN-HOPE (626-4673)** or live web-chat and text support through **nanhope.ca** or Facebook Messenger.
- Remember it's our responsibility to create change and break cycles.