

SEXUAL ASSAULT NURSE EXAMINERS (SANE)

WHO WE ARE AND WHAT WE DO

WHAT IS SANE?

SANE Nurses are registered nurses trained in forensic and sexual assault practices. They provide free health services 24 hours a day, 7 days a week to anyone who is looking for support after a sexual assault.



WHEN CAN I CALL SANE?

SANE Nurses can conduct sexual assault examinations up to 5 days after an incident. However, you can call SANE anytime you are looking for emotional or medical support. Even if you are not 100% sure that you require an exam, they are also able to connect you with a number of other resources as needed.



WHAT IS A SANE EXAM?

A SANE exam is a completely confidential exam which includes a medical exam and forensic collection of evidence, if you wish. The exam takes approximately two hours and can be conducted at the campus Health Clinic, St. Martha's Regional Hospital, or the Antigonish Women's Resource Center. Emergency contraceptives and some STI prevention measures can also be provided.



IS A SANE EXAM THE SAME AS REPORTING TO POLICE?

No. Evidence can be collected and stored for up to 6 months, or until the individual decides how they want to proceed. A SANE Exam is completely separate from reporting to the police, although SANE can provide legal resources and support if the decision to go to the police is made.



HOW CAN I SUPPORT A FRIEND AFTER AN ASSAULT?

The most important aspect of responding to a disclosure is to **believe the individual** and **affirm that it was not their fault**. Be aware of potential resources (SANE, counselling services, etc) but recognize that everyone processes trauma differently and only the individual knows what is best for them at any given time.



LEARN MORE AT AWRCSASA.CA
CALL 1-877-880-SANE(7263)