

# Are you a victim of sexual violence?

INFORMATION GUIDE FOR CANADIAN AND BRITISH CITIZENS TRAVELLING  
OR LIVING IN MEXICO

# ARE YOU A VICTIM OF SEXUAL VIOLENCE?

## Information Guide for Canadian and British citizens travelling or living in Mexico

Please read this guide for important information on what to do if you have been a victim of sexual violence in Mexico. Sexual violence is any act that degrades or damages the body and / or the sexual life of the victim.

Sexual violence includes a range of different types of aggressions that are gradually recognized, and punishable as crimes. Rape is part of those punishable crimes. Other examples could include humiliating you, beating you, controlling your finances and your whereabouts and having sexual relations without your consent. Sexual violence can be committed by one's partner, family member, co worker, supervisor or fellow traveller. Anyone can be a victim of sexual violence regardless of their gender, sexual orientation, nationality, age or any other characteristic. Remember that sexual violence is never the victim's fault. If you have been a victim of sexual violence in Mexico and you wish to report the incident to the police, you must do so while you are still in Mexico.



Did you know that in Mexico there are **8 sexual crimes committed against women for every sexual crime committed against men?** (*Crime rate per 100,000 inhabitants, ENVIPE 2021*).

## Types of Sexual violence

**Sexual Harassment:** Requesting an act of a sexual nature, in which the perpetrator is in a position of power or authority over the victim.

**Sexual abuse:** Undesired sexual behaviour by one person towards another, without penetration.

**Rape:** Total or partial penetration (with the penis or an object) of the vagina, anus or mouth of a person of any gender, without their consent or by using violence.

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# WHAT TO DO IF YOU ARE A VICTIM OF SEXUAL VIOLENCE IN MEXICO

- Make sure you are as safe as you can be. Try to communicate with a person you trust.
- Call **911** toll free from any phone to reach the local police or request an ambulance.
- Seek help from a hospital or health center, the police or a consular point of service:
  - **For Canadian Citizens:** If you need assistance and you are abroad, you can contact the closest Canadian Consular Point of Service or the Emergency Watch and Response Centre at Global Affairs Canada: <https://tinyurl.com/fj9y3w3r>.
  - **For British Citizens:** If you're abroad and you need emergency help from the UK government, contact the closest British Embassy, Consulate or High Commission <https://tinyurl.com/mber3fmb>. If you are in the UK and need urgent assistance for a friend or relative abroad, that has been a victim of sexual violence, contact the FCDO in London on: 020-7008-5000 (24 hours).
- There is an official standard for the treatment of cases of gender and sexual violence in Mexico. In general, the health service staff are trained to provide assistance to victims of sexual violence by:
  - Contacting the local authorities
  - Assisting you in filing a report, if you choose to do so
  - Immediately offering you emergency contraception
  - Providing you advice and guidance so you can make an informed decision
- **Evidence is important.** If you decide to report the incident, try not to: wash, shower, or change or wash your clothes - especially in rape cases.

**The termination of pregnancy resulting from a rape is legal throughout Mexico.**

## Did you know...?

Emergency number in Mexico is **911**.

Road assistance: The Green Angels (*Ángeles Verdes*), a highway patrol service, provides free assistance on all major toll highways from 8 a.m. to 6 p.m.

In case of an emergency, dial **078** or **800-006-8839** (*toll free in Mexico*).

**PLEASE BE AWARE THAT PUBLIC SERVANTS/OPERATORS IN MEXICO MAY NOT SPEAK ENGLISH/FRENCH.**

# REPORTING SEXUAL VIOLENCE TO POLICE

The process for reporting a case of sexual violence in Mexico is not the same as in Canada or the UK. While the Embassy of Canada and British Embassy are available to support and guide you, a local lawyer is best placed to advise you on the legal processes.

To report the incident, go directly to the local Prosecutor's Office (*Ministerio Público*) and file a police report (*denuncia*):

- In case of sexual violence, a police report must be filed in person.
  - The report should be filed within 72 hours of the incident to avoid losing medical or physical evidence.
  - You can have a trusted person accompany you during the process of filing a report.
  - The Public Prosecutor's Office is responsible for providing protective measures for victims of sexual violence. They are also responsible for conducting an investigation, presenting evidence to a judge, and keeping the victim apprised of the status of their case. When you file a report of sexual violence, you may be redirected to a unit specialized in sexual violence either in the same building or in another location.
  - Be aware that this procedure must be completed in person and it can take several hours.
  - **TRANSLATION:** If you do not speak Spanish or if you have a disability, you have the right to request that a translator or an interpreter be provided by the Mexican authorities.
- Please consider that depending on your location, it may take time for them to arrive. The Embassy of Canada and the British Embassy can provide you with a list of certified private translators that you can hire privately.
- **POLICE REPORT:** You must sign your police report. This is your official statement and it will be used during your trial. The report will be written in Spanish. Review it carefully or have your translator or interpreter read it to you before signing.
  - **EXPERT REPORT:** The prosecutor's office may ask for your consent to order an expert report of the sexual offence that includes a medical and a gynecological examination and a specialized psychological evaluation. Those evaluations are free and must be conducted by prosecution officials (experts). It is your right to have a female doctor, a nurse or a person you trust accompany you during the check. If you do not consent to the exams, your accusations may be dismissed.

- **REPRESENTATION:** If you decide to file a police report you must do so before leaving Mexico. Once the police report is completed and all necessary evidence collected, you may appoint a representative or a person with a power of attorney to act on your behalf while you return to Canada or the UK. To do this, you will have to sign a Power of Attorney. Your representative or a person with a power of attorney will be able to ask the authorities for details and updates on your case and submit documents on your behalf. Nevertheless, your presence may be required by the authorities at any time during the legal process and you may be asked to return to Mexico.
- The services provided by the Mexican authorities vary from state to state. In general, trials can last more than a year, depending on the investigations and the speed of the courts.

For more information on how to file a report in Mexico, see link:

<https://tinyurl.com/5dmptsf7>  
(in Spanish only)

### What to do if the victim is a minor?

A police report is required. The person (under the age 18) must be accompanied by a parent or legal guardian. Local authorities are responsible for respecting all laws with respect to minors.



## Translators in Mexico

Scan the QR code for a list gathered by the **Canadian Embassy**:

Canada



<https://tinyurl.com/4zz276ym>

## Translators and interpreters in Mexico

Scan the QR code for a list gathered by the **British Embassy**:



British Embassy  
Mexico City



<https://tinyurl.com/um3c6se4>

# YOUR RIGHTS ACCORDING TO MEXICAN LAW <sup>1</sup>

If you are a victim of sexual violence (or any gender violence) in Mexico, you have the right to:

- Be treated with respect.
- The confidentiality of your personal information.
- Have effective protection from the authorities.
- File your report either alone or with someone.
- Receive medical and psychological treatment in any public health centre or hospital without the need to make a police report.
- Receive truthful and sufficient information that helps you to decide on care options.
- Have free and expedited legal advice.
- Receive the assistance of an interpreter or translator free of charge if you do not understand or speak Spanish.
- Receive immigration/consular assistance if you are a foreigner.
- Stay at home with your children, and if necessary, be provided with a shelter option for your own safety.
- Access justice in a prompt and expedited manner, without any gender related stereotypes.

To learn more about your rights under the Mexican law, please consult the following link:

<https://tinyurl.com/m6njczc4>  
(in Spanish only).

## Unwanted pregnancy

There is an official standard protocol for the treatment of cases of gender and sexual violence in Mexico. Medical care includes conducting a complete diagnostic examination with your consent.

1. To avoid an unwanted pregnancy you will be provided with an emergency contraception treatment within 72 hours (3 days) after a sexual assault/rape.
2. Medication to prevent any sexual transmitted diseases and antiretroviral drugs for HIV will be also provided to you.
3. In case of pregnancy, women have the right to interrupt a pregnancy resulting from a rape in every state of Mexico. Reporting the rape is not a requirement for you to request an abortion. You may be asked to submit an statutory declaration to the health authorities declaring that the pregnancy is product of a rape.
4. If you are a minor under 12 you will require the consent of your parent(s) or legal guardian(s) to request an abortion.

<sup>1</sup> Please note that services provided by Mexican authorities are in Spanish. Not all organizations or government institutions have staff who speak English or French.

# CONSEQUENCES AND MEDICAL ASPECTS OF SEXUAL VIOLENCE

Sexual violence can have various consequences for those affected:

## PHYSICAL CONSEQUENCES

- Physical, genital and non-genital injuries, as well as sexually transmitted diseases.
- Pelvic pain and other persistent disorders.
- Stress-related health effects, such as perceiving one's own health less favorably and reporting more symptoms of illness.
- Startled responses and/or flashbacks.
- Cardiac and muscle reactions when flashbacks occur.
- Increase in physiological responses (i.e. increases in blood pressure and rate of respiration, decreased activity of the gastrointestinal system etc.).
- Sleep disorders.

## PSYCHOLOGICAL CONSEQUENCES

- General discomfort.
- Problems with reasoning and concentration.
- Fear and anxiety.
- Depression, suicidal thoughts and risky behavior.
- Problems with sexual function.
- Social relationship problems.

There can be many consequences from sexual violence that can happen at the same time. It is important to recognize that these negative consequences are the result of an intense and unexpected traumatic event. You may require professional advice in order to manage them.





# GOVERNMENT OF CANADA ASSISTANCE

The **Government of Canada** assists thousands of Canadians in distress abroad each year from domestic abuse to forced marriage and sexual abuse.

Our staff will be polite, empathetic and sensitive. Canadian consular points of services across Mexico can provide you with information on how to contact local police, where to access medical services, and how to contact local support agencies. **Information disclosed to consular officers is protected in accordance with [Canada's Privacy Act](#) and will not be shared without consent.**

If you are a Canadian that has been a victim of any type of sexual violence abroad, consular officers can:

- Offer you the opportunity to speak to a female consular officer if this is your preference and one is available.
- Provide you with contact information for local police and medical services.
- Request that you be interviewed by a female police officer or medical professional if that is what you would prefer, and if one is available.
- Help you find professionals who can assist you in managing the emotional, medical, and legal consequences of the assault.
- Contact your relatives or friends with your consent.
- Provide you with a list of local lawyers.
- Provide you with a list of translators.
- Assist you in obtaining a travel document (passport/emergency travel document).
- Provide you with information about the Department of Justice Victims Fund.
- Provide you with advice and guidance to return home early.

Find out more about how consular officials can help by visiting the following links:

## Sexual assault abroad



<https://tinyurl.com/2wvbj46u>

## Physical assault abroad



<https://tinyurl.com/ha482nd3>

# WHERE WE HAVE CONSULAR POINTS OF SERVICE:

The government of Canada has 10 points of consular service in Mexico:

## **Embassy of Canada in Mexico**

Calle Schiller No. 529,  
Colonia Polanco,  
11560 Ciudad de México, México

## **Consulate of Canada in Guadalajara**

World Trade Center, Av. Mariano  
Otero 1249, Torre Pacifico Piso 8,  
Col. Rinconada del Bosque, 44530  
Guadalajara, Jalisco, México

## **Consular Agency of Canada in Cancun**

Centro Empresarial, Oficina E7,  
Blvd. Kukulcan Km. 12, Zona  
Hotelera, 77599 Cancún, Quintana  
Roo, México

## **Consular Agency of Canada in Cabo San Lucas**

Carretera Transpeninsular Km. 0.5,  
Local 82, Col. El Tezal, 23454  
Cabo San Lucas, Baja California  
Sur, México

## **Consular Agency of Canada in Mazatlan**

Centro Comercial La Marina Business  
and Life, Blvd. Marina Mazatlán 2302,  
Office 41, Col. Marina Mazatlán,  
82103 Mazatlán, Sinaloa, Mexico

## **Consulate General of Canada in Monterrey**

Torre Gomez Morin 955, Ave.  
Gomez Morin No. 955, Suite 404,  
Col. Montebello, 66279 San Pedro  
Garza Garcia, Nuevo León, México

## **Consular Agency of Canada in Puerto Vallarta**

Plaza Peninsula, Local Sub F,  
Boulevard Francisco Medina  
Ascencio 2485, Zona Hotelera  
Norte, 48300 Puerto Vallarta,  
Jalisco, México

## **Consular Agency of Canada in Playa del Carmen**

Plaza Paraíso Caribe, Modulo C,  
Planta 2, Oficina C21 - 24, Av. 10  
Sur entre Calle 3 y 5 Sur, M-35,  
Lote 1, Colonia Centro, 77710  
Playa del Carmen, Quintana Roo,  
México

## **Consular Agency of Canada in Acapulco**

Pasaje Diana, Avenida Costera  
Miguel Alemán 121, L-16, Fracc.  
Magallanes, 39670 Acapulco,  
Guerrero, México

## **Honorary Consulate of Canada in Tijuana**

Germán Gedovius No.10411-101,  
Condominio del Parque, Zona Río,  
22320 Tijuana, Baja California  
Norte, México

## HOW TO CONTACT US:

- For emergency assistance you can contact the Emergency Watch and Response Centre in Ottawa (EWRC) 24 hours a day, 7 days a week by phone or email:
  - Telephone: **+1 613-996-8885** (*call collect where available*)
  - e-mail: [sos@international.gc.ca](mailto:sos@international.gc.ca)
- During working hours, you can contact the Embassy of Canada in Mexico by phone or email:
  - Telephone: **55-5724-7900** ext. **379-3348**
  - e-mail: [MXICOCS@international.gc.ca](mailto:MXICOCS@international.gc.ca)



### Did you know...?

Canada has been at the forefront of advocating for the elimination of violence against women for over 20 years.

# BRITISH GOVERNMENT ASSISTANCE

The majority of visits overseas by British people are trouble free. The British government is there to provide assistance when needed for **Rape and Sexual Assault, Domestic Violence, Forced Marriage and Female Genital Mutilation**.

We take any report of rape and sexual assault seriously and will try to see you to offer you support as soon as possible and in private. We aim to be polite, patient, sensitive and non judgemental. If you are a British citizen that has been a victim of any type of sexual violence abroad, consular officers can:

- Offer you the opportunity to speak to a female consular officer if this is your preference and one is available;
- Contact your relatives and friends, with your consent;
- Help you understand the local laws and customs, which can vary from country to country;
- Help you contact the police and accompany you where possible. We can ask that you are interviewed by a female police officer if that is what you would prefer, and if one is available;
- Help you to find professionals who can assist you with the emotional and medical consequences of the assault;
- Provide you with contact information for local police;
- Provide you with a list of local lawyers;
- Provide you with a list of translators and interpreters;
- Assist you in obtaining an Emergency Travel Document if your passport is lost or stolen;
- Give you information on what professional help is available upon your return to the UK, both for you and for your family, including rape crisis organizations.

## WHERE WE HAVE CONSULAR POINTS OF SERVICE:

### British Embassy in Mexico City

Paseo de la Reforma 350 20th Floor,  
Torre del Angel  
Col. Juárez  
06600 Ciudad de México, México

### British Consulate in Cancun

Torre Europea, Office 202,  
Blvd. Kukulcan KM 12.5,  
Cancún Hotel Zone,  
77500 Cancún, México

## HOW TO CONTACT US:

- Switchboard **+52 (55) 1670-3200** (option 4) for 24/7 help with an emergency involving a British person.
- For all consular enquiries, please use the following contact form: [www.gov.uk/contact-consulate-mexico-city](http://www.gov.uk/contact-consulate-mexico-city)
- If you are in the UK please call **+44 (0) 20-7008-1500** for any emergency involving a British citizen.
- **Embassy and Consulate Working Hours (CST):**  
Monday to Thursday 8:00-16:30 hrs. Friday 8:00-14:00 hrs.
- **Mexico is 6 hours behind the UK. Working hours in GMT:**  
For emergency assistance you can contact the Emergency Watch



### Did you know...?



In recognition of the fact that **men and boys** experience crimes which fall within the definition of violence against women and girls, in 2019 Gov.uk published the first ever cross-government Male Victims' Position Statement.

# ASSISTANCE FROM MEXICAN ORGANIZATIONS

(Assistance provided in Spanish only)

There are Mexican organizations and institutions that can provide you assistance and support locally.

## GOVERNMENT INSTITUTIONS WHO CAN PROVIDE ASSISTANCE

### **CENTRO DE JUSTICIA PARA LAS MUJERES (CEJUM)**

*(Women's Justice Centre)*

**National website:** <https://tinyurl.com/cewujpvv>

**Services:** Psychological, legal guidance and temporary shelters.

**State Directory:**

<https://tinyurl.com/3wy7cfnm>

### **FISCALÍA GENERAL DEL ESTADO**

*(Attorney General's Office)*

**Note:** Every state in Mexico has an Attorney General's Office that could provide you with assistance.

### **COMISIÓN EJECUTIVA DE ATENCIÓN A VÍCTIMAS DEL ESTADO**

*(Executive Commission for Attention to Victims)*

**Note:** Every state in Mexico has an office where you can approach for assistance.



# GOVERNMENT INSTITUTIONS WHO CAN PROVIDE INFORMATION

## **INSTITUTO NACIONAL DE LAS MUJERES (INMUJERES)**

*(National Institution for Women)*

**National website:** [www.gob.mx/inmujeres](http://www.gob.mx/inmujeres)

**e-mail:** [contacto@inmujeres.gob.mx](mailto:contacto@inmujeres.gob.mx)

**Services:** Psychological and legal guidance.

**State Directory:**

<https://tinyurl.com/jhfw5zfj>

## **COMISIÓN NACIONAL PARA PREVENIR Y ERRADICAR LA VIOLENCIA CONTRA LAS MUJERES (CONAVIM)**

*(National Commission to Prevent and Eradicate Violence Against Women)*

**Website:** [www.gob.mx/conavim#](http://www.gob.mx/conavim#)

**e-mail:** [01800hablalo@segob.gob.mx](mailto:01800hablalo@segob.gob.mx)

**Services:** Psychological and legal advice.

**State Directory:**

<https://tinyurl.com/dazvaas9>

## **FISCALÍA ESPECIAL PARA LOS DELITOS DE VIOLENCIA CONTRA LAS MUJERES Y TRATA DE PERSONAS (FEVIMTRA)**

*(Special Prosecutor's Office for Crimes of Violence Against Women and Human Trafficking)*

**Telephone:** 55-5346-2516

**Website:** <https://tinyurl.com/nvnmzkj9>

**Services:** The main function of FEVIMTRA is to investigate and prosecute federal crimes related to acts of violence against women.

## **COMISIÓN NACIONAL DE LOS DERECHOS HUMANOS (CNDH)**

*(National Human Rights Commission)*

**Telephone:** 800-715-2000

**Website:** [www.cndh.org.mx/](http://www.cndh.org.mx/)

**Services:** Receive complaints of alleged human rights violations.

# NON-GOVERNMENTAL ORGANIZATIONS

## RED NACIONAL DE REFUGIOS A.C.

*(The National Network of Shelters)*

**Telephone:** 800-822-44-60

**e-mail:** [renarac@rednacionalderefugios.org.mx](mailto:renarac@rednacionalderefugios.org.mx)

**Website:** [www.rednacionalderefugios.org.mx](http://www.rednacionalderefugios.org.mx)

**Services:** A network of shelters that provide security, protection and specialized care for women and their children who live at risk from family, gender, sexual violence and human trafficking.

## ASOCIACIÓN PARA EL DESARROLLO INTEGRAL DE PERSONAS VIOLADAS, A. C – ADIVAC

*(Association for the support of victims of rape)*

**Telephone:** (55) 5682-7969 & (55) 5547-8639

**e-mail:** [adivac@adivac.org](mailto:adivac@adivac.org)

**Website:** [www.adivac.org/](http://www.adivac.org/)

**Services:** To provide medical, legal and psychological care to people who have experienced some type of sexual violence (children, adolescents, women and men).

## TIEMPO FUERA - RUTA DE ACCIÓN EN CASO DE VIOLACIÓN

*(Step by Step online guide in case of rape)*

**Website:** <https://tiempofuera.mx/#/>

**Services:** Online guide designed to provide step-by-step health and legal assistance to those who have suffered sexual violence.





# ARE YOU A VICTIM OF SEXUAL VIOLENCE?

## CANADA:

If you are a victim of sexual violence and need to contact your local prosecutor's office, hospital, or group support, please contact us at **+52 (55) 5724-7900** ext. **379-3348** or

**MXICOCS@international.gc.ca.**

We have information available for most regions in Mexico. After hours and on weekends, please contact the Emergency Watch and Response Centre at: **+1 613-996-8885** or **sos@international.gc.ca.**



Canada

[Travel.gc.ca](https://travel.gc.ca)

## UK:

If you are a victim of sexual violence and need to contact your local prosecutor's office, hospital, or support group, please contact us at **+52 (55) 1670-3200** (option 4). Our staff are currently working remotely due to coronavirus (COVID-19), however we are available 24/7.

If you're in Mexico and you need advice which is not covered by reading our travel advice then you can contact us online.



British Embassy  
Mexico City

[Gov.uk/foreign-travel-advice](https://gov.uk/foreign-travel-advice)