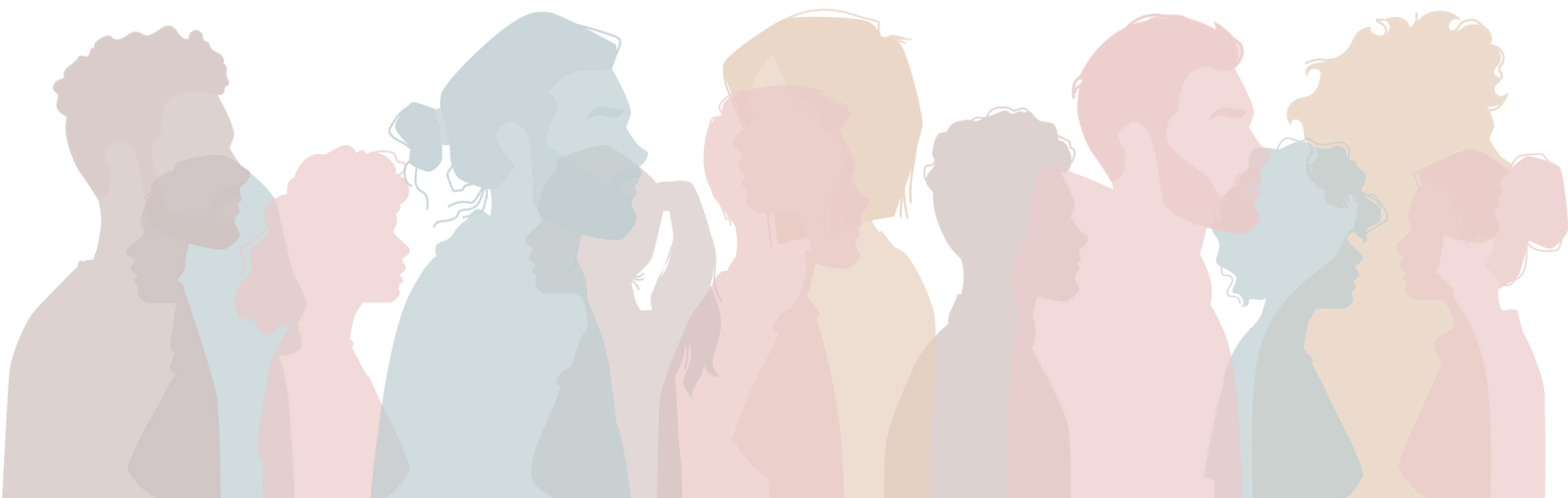




# SEXUAL ASSAULT AWARENESS MONTH TOOLKIT



# WELCOME!

*Jana's Campaign* is proud to present this resource in honor of Sexual Assault Awareness Month (SAAM), which takes place throughout April. The goal of SAAM is for individuals and organizations to raise public awareness about sexual harassment, assault, and abuse and educate communities on how to prevent it. Each April, hundreds of individuals, programs, and organizations plan events and activities to highlight sexual violence and advocate for prevention efforts.

It is important to remember prevention means much more than protecting ourselves, not to mention that many factors that impact our safety are beyond our individual control. Stopping these types of violence before they happen requires us to work together to create and support healthy, safe, and respectful behaviors and environments ([www.nsvrc.org](http://www.nsvrc.org)).

Sadly, many are affected by sexual violence\*

- Every 68 seconds another American is sexually assaulted. And every 9 minutes, that victim is a child.
- A majority of child victims are 12-17 years old. Of victims under the age of 18: 34% of victims of sexual assault and rape are under age 12, and 66% of victims of sexual assault and rape are age 12-17.
- 1 out of every 6 American women have been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted).
- Men and boys are also affected by sexual violence - 3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime.
- American Indians age 12 and older experience 5,900 sexual assaults per year.
- 1 in 3 Hispanic women (34.8%) reported unwanted sexual contact in their lifetime
- 47% of all transgender people have been sexually assaulted at some point
- 3 out of 4 sexual assaults go unreported.

To learn more about our prevention education programs, please contact us at [janascampaign@gmail.com](mailto:janascampaign@gmail.com) or call 785-656-0324.

\*Please see Page 6 for full citations.



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# SEXUAL ASSAULT AWARENESS MONTH

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## WHAT IS THE HISTORY OF AWARENESS EFFORTS?\*

Even before its official declaration, SAAM encompassed both awareness and prevention of sexual assault, harassment, and abuse. From the civil rights movement to the founding of the first rape crisis centers to national legislation and beyond, the roots of SAAM run deep. Movements for social change and equality began to gain traction in the 1940s and 50s with the civil rights era. Activism continued into the 1970s, bringing with it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was held seven years later. Monumental changes like the Violence Against Women Act of 1993 (VAWA) demonstrated that national efforts promoting sexual violence prevention were needed. Even before SAAM was first nationally observed in 2001, advocates had been holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long “Sexual Assault Awareness Week.” In an effort to further coordinate awareness and prevention efforts, in 2000, the National Sexual Violence Resource Center (NSVRC) asked organizations about their preferred color, symbol, and month for sexual assault awareness activities. The results showed that those in the movement preferred a teal ribbon as a symbol for sexual assault awareness, and SAAM as we know it was born.

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## ABOUT JANA'S CAMPAIGN

EDUCATION *about* and PREVENTION *against* gender and relationship violence.

*Jana's Campaign* is a national education and violence prevention organization with the single mission of reducing gender and relationship violence. In honor of the late Jana Mackey and other victims and survivors of gender and relationship violence, *Jana's Campaign* delivers educational programs that prevent domestic and dating violence, sexual assault, and stalking.



For more information about *Jana's Campaign*, visit [www.JanasCampaign.org](http://www.JanasCampaign.org).

\*[www.nsvrc.org/saam/history](http://www.nsvrc.org/saam/history)

## WHAT IS SEXUAL VIOLENCE?

Sexual violence is any type of unwanted sexual contact, ranging from sexist attitudes and actions to rape. Sexual violence can include words and actions of a sexual nature against a person's will. An offender might also use force, threats, manipulation, or coercion to commit sexual violence.\* Anyone can experience sexual violence including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

## WHAT IS RAPE?

\*Rape is sexual assault, but a common misconception is that it is the only form of sexual violence. The U.S. Justice Department defines rape as: "The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim." It can happen to anyone, and if you've been raped, it's important to know it's not your fault.

## FORMS OF SEXUAL VIOLENCE:

- Rape by acquaintance or by stranger
- Unwanted sexual contact/touching
- Sexual exploitation and trafficking
- Child sexual assault and incest
- Sexual abuse of mentally or physically disabled people
- Sexual assault by a person's spouse or partner
- Forced marriage or cohabitation, including the marriage of children
- Unwanted sexual advances or sexual harassment, including demanding sex in return for favors
- Non-consensual taking and sharing images
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Exposing one's genitals or naked body to other(s) without consent
- Denial of the right to use contraception

[\\*www.nsvrc.org/about-sexual-assault-friends-family](http://www.nsvrc.org/about-sexual-assault-friends-family)

[www.webmd.com/sexual-conditions/guide/sexual-abuse-and-assault](http://www.webmd.com/sexual-conditions/guide/sexual-abuse-and-assault)

# SEXUAL VIOLENCE IN TODAY'S SOCIETY

Sexual violence impacts all people, regardless of gender, age, race, religion, income, ability, profession, ethnicity, and sexual orientation. Every 68 seconds an American is sexually assaulted(1). According to the Rape, Abuse, and Incest National Network (RAINN), on average, there are 463,634 victims (age 12 or older) of rape and sexual assault each year in the United States(1). These are just the incidences recorded. The majority of sexual assault victims are under 30(2). More than 2/3 sexual assaults are not reported to the police(3). The majority of sexual assaults occur at or near the victim's home(4).

One out of 6 American women have been the victim of an attempted or completed rape in her lifetime(5). Approximately one in 33 men have experienced an attempted or completed rape in their lifetime(5). In addition, most victims know the perpetrator in some capacity, either as a friend, acquaintance, family member, or intimate partner(6).

Unfortunately, American Indians are twice as likely to experience a rape/sexual assault compared to all races. American Indians age 12 and older experience 5,900 sexual assaults per year(7). 1 in 3 Hispanic women (34.8%) reported unwanted sexual contact in their lifetime(8). 47% of all transgender people have been sexually assaulted at some point(9). These rates are even higher for trans people of color and those who have done sex work, been homeless, or have (or had) a disability.

## NUMBER OF PEOPLE VICTIMIZED EACH YEAR

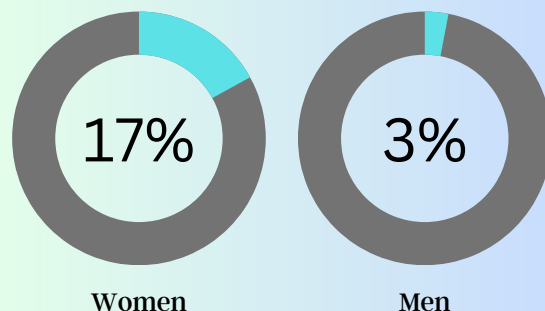
**GENERAL PUBLIC:** Americans 12 and older sexually assaulted or raped  
463,634

**CHILDREN:** "substantiate or indicate" sexual abuse  
60,000

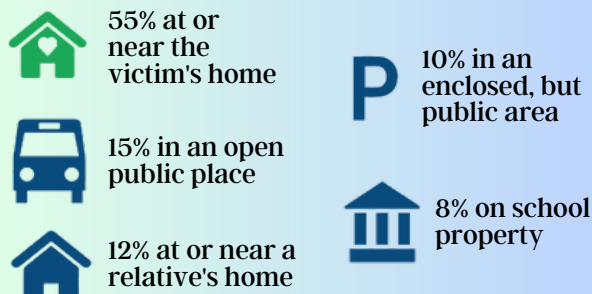
**MILITARY:** experience unwanted sexual contact  
20,500

**INMATES:** sexually assaulted or raped  
80,600

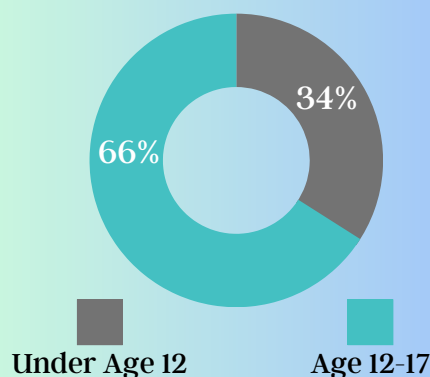
## 1 in 6 AMERICAN WOMEN AND 1 in 33 AMERICAN MEN HAVE BEEN VICTIMS OF RAPE OR ATTEMPTED RAPE



## BREAKDOWN OF LOCATIONS WHERE SEXUAL ASSAULT OCCURS



## OF ALL VICTIMS UNDER 18, 2 OUT OF 3 ARE AGES 12-17



- 1) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey, 2019 (2020).
- 2) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, Sex Offenses and Offenders (1997).; ii. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, Crimes Against the Elderly, 2003-2013 (2014).
- 3) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey, 2015-2019 (2020).
- 4) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, Female Victims of Sexual Violence, 1994-2010 (2013).
- 5) National Institute of Justice & Centers for Disease Control & Prevention, Prevalence, Incidence and Consequences of Violence Against Women Survey (1998).
- 6) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey, 2010-2016 (2017).
- 7) Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, American Indians and Crime, 1992-2002 (2004).
- 8) Basile, K.C., Smith, S.G., Kresnow, M., Khatriwada S., & Leemis, R.W. (2022). The National Intimate Partner and Sexual Violence Survey: 2016/2017 Report on Sexual Violence.
- 9) James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The report of the 2015 U.S. Transgender Survey.

# CONSENT

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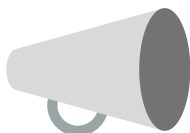
## WHAT IS CONSENT?

Consent is giving permission for something to happen or agreeing to do something. Asking for consent is a healthy, normal, and necessary part of everyday interactions. Consent is enthusiastic, freely given, and can be withdrawn at any time. No means no, even if you or a partner initially agreed. Consent is about communication. Your partner may not tell you, "no," but that doesn't mean they're saying "yes."

## WHEN TO ASK FOR CONSENT

Always ask for consent before you decide to act - even if the other person consented in the past. Receive consent before:

- Giving hugs
  - Borrowing items
  - Touching another person
  - Sharing
  - Secrets
  - Kissing
  - Cuddling
  - Any form of sexual behavior
- 



### Getting Consent

- "Do you like that?"
- "Is this OK?"
- "Can we try...?"
- "Are you open to that?"
- "What do you want to do next?"
- "How are you feeling?"
- "Can we have sex?"

### Giving Consent

- "Yes!"
- "I like that!"
- "Let's keep going."
- "I'm open to that."
- "Sure!"
- "I'll allow that."
- "Okay!"
- "Let's do that."

### Not Consent

- "No!"
- "I don't feel like it right now."
- "Ask me again later."
- "I'm not ready to do that."
- "Can we do this instead?"
- "Stop."
- "I don't want this."
- "Maybe another time."
- Silence
- Absence of "no"





# RAISING AWARENESS





## RAISING AWARENESS

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Typically, raising awareness activities take place through in-person events. However, since the COVID-19 pandemic, we encourage event planners to be creative and think of new ways to engage community members.

### RECRUIT VOLUNTEERS

Coordinating Sexual Assault Awareness Month events requires more than one person. It is important to recruit volunteers who are committed to the success of raising awareness and educating others about sexual violence. Reach out to your friends, family, co-workers, or neighbors and start organizing local and national events. Invite someone to join you at an awareness event.

### SHARE MESSAGES, GRAPHICS, VIDEOS ON SOCIAL MEDIA

Sometimes there's no better way to reach community members than with direct and engaging messages about supporting survivors and consent through social media posts. Post graphics, gifs, and videos to share important messages about consent and healthy sexuality throughout the month. Think through messages and content that might be especially relevant during this time — for instance content on self-care, digital consent, or establishing healthy boundaries.

### #30DAYSOFSAAM INSTAGRAM CHALLENGE

In the past, advocates, survivors, and supporters have joined in the #30DaysofSAAM Instagram challenge hosted by the National Sexual Violence Resource Center (NSVRC).

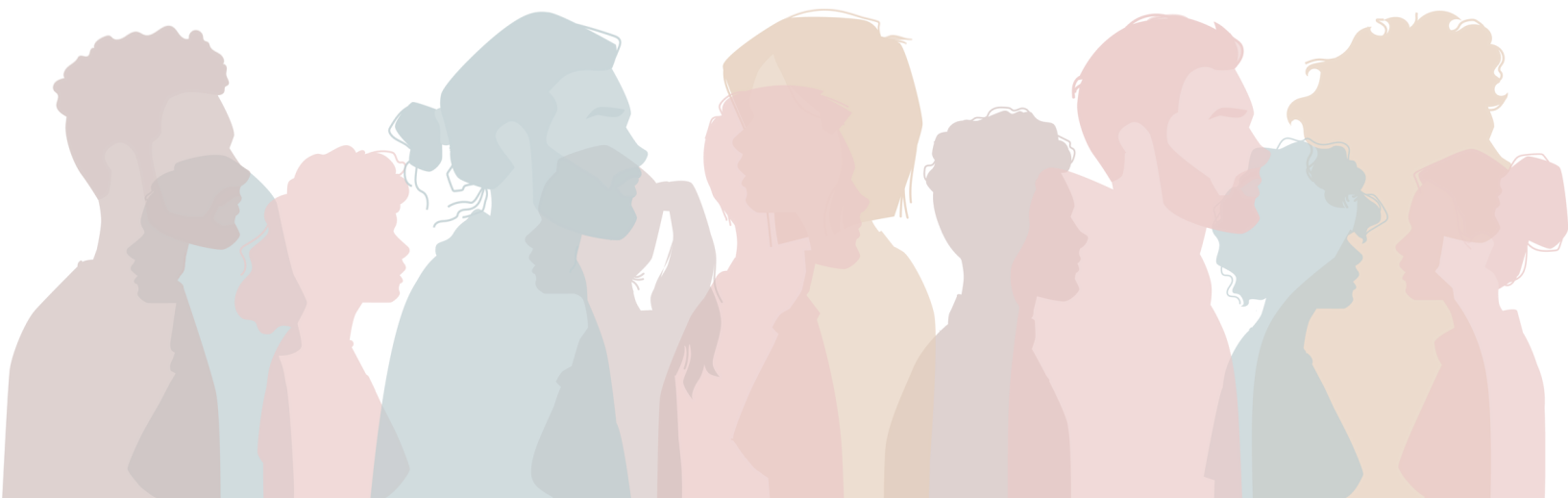
To begin, every day, in April, NSVRC provides an open-ended prompt (April 1st's prompt is "At the Beginning of SAAM" and you're encouraged to share a snapshot that captures your goals, hopes, and feelings about SAAM.) Respond to the prompt by posting a photo, collage, illustration, digital art, video, or other original content on your Instagram account using #30DaysofSAAM.

To take a closer look at the rules, criteria, and daily prompts visit:

[www.nsvrc.org/sites/default/files/2023-03/30daysofsaam\\_2023final508.pdf](http://www.nsvrc.org/sites/default/files/2023-03/30daysofsaam_2023final508.pdf)

A large, stylized teal ribbon graphic that loops around the text and extends across the width of the page.

# EVENT PLANNING



# EVENT PLANNING

## MARKETING AND ADVERTISING TIPS

### Social Media

- Create a Facebook Event and invite as many people as possible
- Ask your school or work if you can take over their official handles for the day of event
- Keep your posts short and consistent
- Use hashtags on Facebook, Instagram and Twitter
- Create a custom Snapchat filter

### Print Materials

- Create custom flyers for each event
- Make info cards, bookmarks, postcards, posters, etc.
- Ask permission to hang materials at school, work and local organizations
- List contact information on all materials
- Many organizations, such as RAINN.org, have ready-to-use print materials available.

### Other Ideas

- Advertise through local radio or TV station
- Write a press release for local paper
- Use sidewalk chalk to promote and direct people to event
- Send a mass email or text message
- Adapt your in-person event to an online event

## SAMPLE EVENTS

### Host a Panel, Virtual Discussion, or Film Screening

Host panel discussions around topics like consent or Q&As. Consider holding a virtual discussion via Facebook Live, Skype, Zoom, or another video conferencing platform. This can help community members feel empowered to ask questions and educate themselves about these topics from the comfort of their own homes. In addition, it is important to recognize that a large number of movies we watch portray sexual violence. Some movies address issues (such as violence against women) in an appropriate way, while others may help society normalize the violence. Some examples of movies that appropriately portray the reality of sexual violence are:

- I AM EVIDENCE
- Boys Don't Cry
- The Invisible War
- The Hunting Ground
- Precious
- Audrie & Daisy

Film Screening for *Audrie & Daisy* Discussion Questions can be found at: [www.audrieanddaisy.com/watch-and-discuss/discussion-guide-for-screenings](http://www.audrieanddaisy.com/watch-and-discuss/discussion-guide-for-screenings)

### "Sole Survivor"

This event is intended to showcase how many people have experienced sexual violence. Shoes are used to display how victims can be any age or gender, and come from any background. The goal is to challenge people's perception of what a victim looks like. For the event, display a mix of men's, women's and children's shoes. Set up a table near the display to answer questions, provide local resources and educate viewers about sexual violence. To make it an online event, encourage participants to take pictures of shoes and make a collage to display on social media.

# EVENT PLANNING

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## SAMPLE EVENTS CONTINUED

### **The Clothesline Project**

The Clothesline Project is a visual display of t-shirts with statistics, messages and/or illustrations about sexual and domestic violence, hate crimes, and child abuse. Participants decorate t-shirts that are then hung on a clothesline for others to view as testimony to the problem of sexual violence.

### **"What Were You Wearing?"**

The "What Were You Wearing?" event features several stories of sexual violence and representations of what the victim was wearing at the time of their assault. The installation is a visual contradiction of the victim-blaming myth that clothing contributes to the risk of sexual violence and encourage individuals to place responsibility where it belongs, on those who caused harm. Collaborate with your local campus or community victim advocacy center to bring this powerful display to your community.

**TIP:** This installation may bring up difficult feelings or memories for participants. Be sure to hold this event in a safe place and post "trigger warnings" at any entrances to the display.

For more information about "What Were You Wearing?" visit <https://sapec.ku.edu/wwwy>

### **Host an Online Pledge Drive**

Host an online pledge drive using any social media platform, designate a theme or call to action and a hashtag. You may participate in existing online pledge efforts or tailor this effort to an existing program or slogan for your community. Here are some pledge drives already in action:

- It's On Us
- No More
- Start By Believing

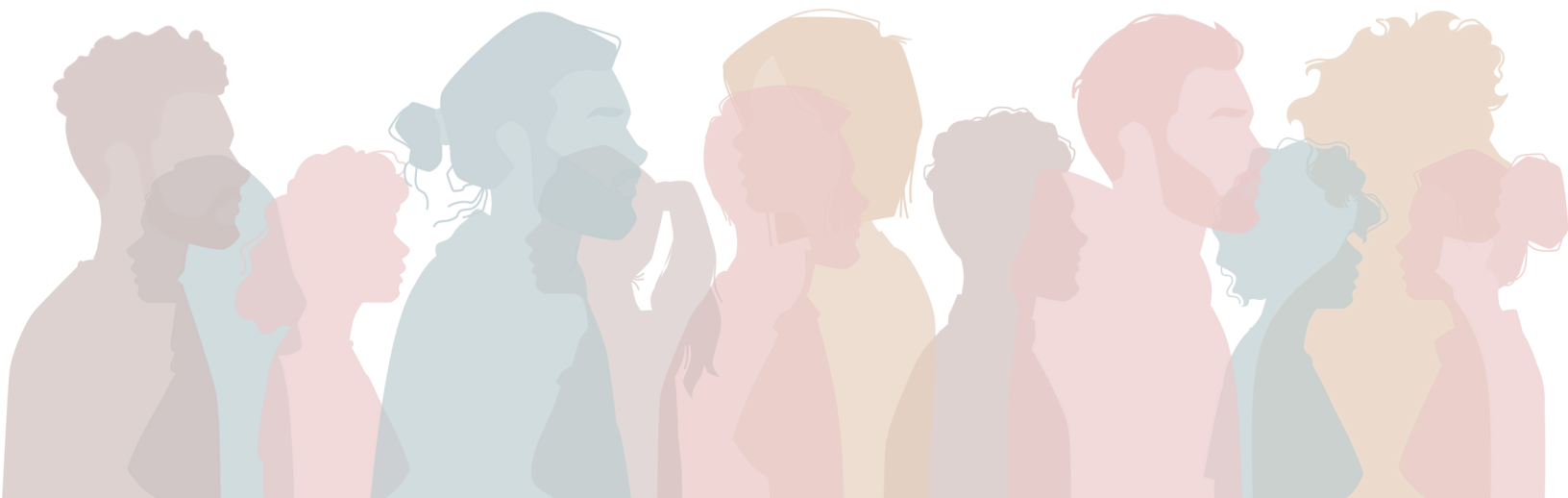
### **Online Consent Workshop**

Host a workshop on consent and healthy relationships. Use videos, resources, and consent quiz to guide the curriculum.

For more ideas regarding planning events visit: [www.nsvrc.org/saam](http://www.nsvrc.org/saam)

A large teal ribbon is tied in a loop on the left side of the image, with the tail extending horizontally across the middle of the page.

# NATIONAL EVENTS



# NATIONAL EVENTS

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## 1. RAINN DAY

Partner with your local college or university to host an event with the Rape, Abuse & Incest National Network (RAINN). Each year, college students participate on campus and online by hosting events to educate students about sexual violence, bystander intervention, and the resources available for survivors on campus and in the community. RAINN Day 2023 will be Wednesday, April 18. Students are encouraged to draw a blue triangle on their hand. The triangle symbolizes a megaphone and students' commitment that they #WontStayQuiet about sexual violence on college campuses.

**TIP:** Write statistics on umbrellas and create other props for students to take photos with after drawing a blue triangle on their hands. Encourage students to post pictures on social media and tag RAINN.

For more information about RAINN Day visit [www.rainn.org/rainnday](http://www.rainn.org/rainnday)

## 2. TEAL DAY

The first Tuesday of every April is the SAAM Day of Action. The Day of Action is an opportunity to start off the month with highly visible and coordinated actions. April 4, 2023 is the SAAM Day of Action. Help turn social media teal — the color of sexual assault awareness and prevention — by sharing a teal selfie using #SAAM. Teal ribbons, t-shirts, nails, hair, makeup, jewelry, ties, and other accessories have been popular items worn in the past. Some folks have even gotten creative and dressed their pets with teal clothes or accessories. Wearing teal will serve as a conversation starter for important issues like consent, respect, and supporting survivors. You can share the following message with the post: *Today is the Sexual Assault Awareness Month Day of Action, and I'm going teal to show my support for survivors. #SAAM #IAsk*

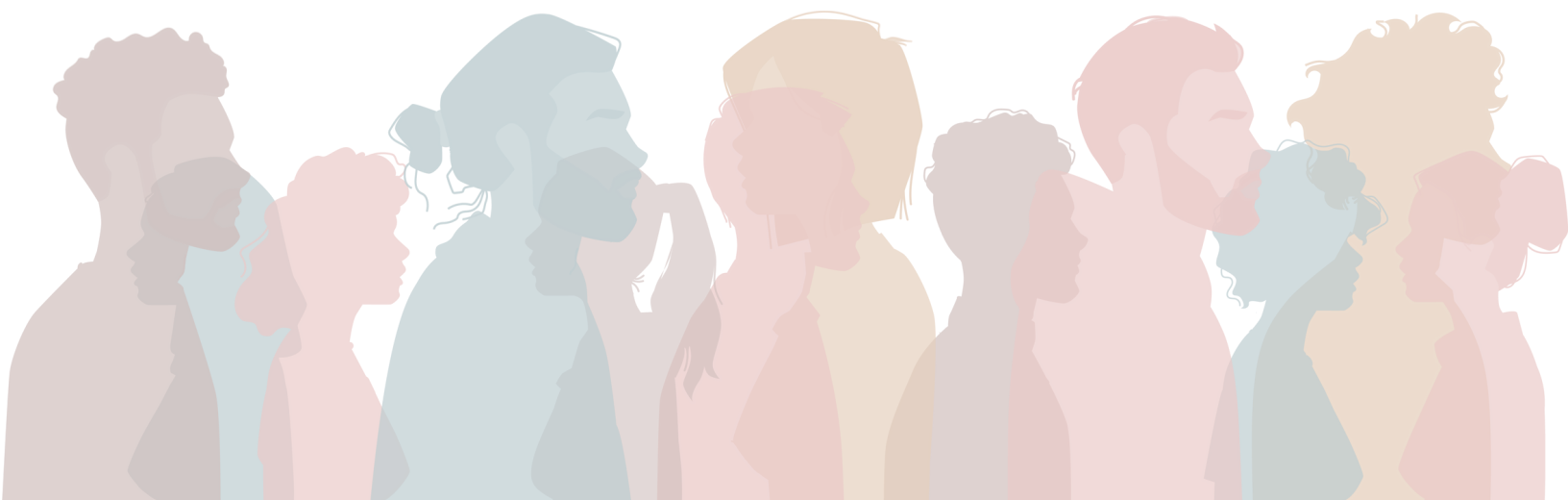
## 3. DENIM DAY

Denim Day is April 26, 2023! This campaign began after a ruling by the Italian Supreme Court in which a rape conviction was overturned because justices felt that since the victim was wearing tight jeans she must have helped the rapist remove the jeans, implying consent. Since then, wearing jeans on Denim Day has become a symbol of protest against the misconceptions that surround sexual violence. Encourage members of your community to rock a button, t-shirt, or stickers to support sexual violence prevention efforts. Wear jeans with a purpose and get educated about all forms of sexual violence.

For more information about Denim Day visit [denimday.org](http://denimday.org)

A large, stylized teal ribbon graphic that forms a loop on the left and then extends as a long, flowing banner across the middle of the page.

# MATERIALS








# #30DaysofSAAM

## Instagram Challenge • April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join advocates, activists, survivors, and supporters who are getting involved in Sexual Assault Awareness Month this April on Instagram. Daily prompts encourage creative ways for you to raise awareness, educate, and connect with others — plus you have a chance to win prizes every day you participate.</p>						
						<b>1 Share About SAAM Online</b> To kick off SAAM, Share a snapshot that captures your goals, hopes, and feelings about SAAM and the theme "Drawing Connections".
<b>2 SAAM Event Shout-Out</b> Lots of SAAM events are happening this year — both online and in person. Post details about one you're hosting or share a flashback photo from a previous SAAM event.	<b>3 My Message to Survivors</b> Share a message of what you want survivors to know or examples of what to say when a survivor shares their story with you — for instance, <i>I Believe You</i> .	<b>4 SAAM Day of Action</b> Wear teal and share a group or individual photo. Be sure to cross-post on other social media pages using #SAAM.	<b>5 Embrace Yourself</b> Share an object that represents one aspect of your culture or identity.	<b>6 Terms to Know</b> Explain a term that relates to sexual violence or diversity and inclusion and create your own graphic or find another way to highlight the definition.	<b>7 This is What Activism Looks Like</b> Show us what your activism looks like during SAAM — do you volunteer? Post on social media? Create art? Share the ways you reach out to people in your community and advocate for survivors during the month.	<b>8 Shine a Light on Local Support</b> Locate your local sexual assault resource center and share their website URL/hotline number by taking and sharing a screenshot. Or if you are a service provider, share your own contact info.
<b>9 Cross-Promote</b> Give yourself a shout-out by posting a screenshot where you're sharing SAAM content on another platform.	<b>10 Teal Ribbon in the Wild</b> Find or place a teal ribbon somewhere in nature or somewhere unexpected.	<b>11 Highlight a Quote from an Activist</b> Share a quote from an activist that stuck with you and could inspire others to be social change agents.	<b>12 SAAM Event Shout-Out</b> Lots of SAAM events are happening this year — both online and in person. Post details about one you're hosting or share a flashback photo from a previous SAAM event.	<b>13 Letter of Support</b> Write your own support message for support for survivors of sexual assault. Consider phrases like <i>Support Survivors, You Matter, Your Strength Keeps Us Going</i> .	<b>14 Something I Made</b> Share a photo of something you made (a resource, art piece, recipe, craft, or more) and explain how it relates to SAAM in the caption.	<b>15 People to Know</b> Shine a spotlight on someone who is speaking out in the movement to end sexual violence or a leader in the racial justice and equity movement and create your own graphic or find another way to highlight them.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16 Represent Inclusivity</b> Tell us about a book, show, song, YouTube video, or another piece of media that provides a good representation of survivors. 	<b>17 Highlight a Quote from an Activist</b> Share a quote from an activist that stuck with you and could inspire others to be social change agents.	<b>18 Highlight a Black-Owned Business</b> Uplift and show support to your favorite Black-owned business!	<b>19 Positivity Shout-Out</b> Share something that lifts you up and brings you joy. Whether it's pet pictures or words of affirmation, share what lifts you up!	<b>20 Self-Care Snack Exchange</b> Share your favorite snack or recipe ideas. The more creative the presentation, the better.	<b>21 Handwritten Words of Encouragement</b> Share a SAAM haiku, quote, sidewalk chalk drawing, or inspirational message in your own writing or style. 	<b>22 Show and Share</b> Share an object that represents your commitment to ending sexual violence. Draw a connection to how this commitment relates to ending all forms of oppression. Explain its significance in the caption.
<b>23 Drawing Connections</b> Share in a creative way a piece of information, statistic, or topic you have learned from SAAM 2023 or something you think others should take away from this year's theme.	<b>24 Get Creative and Spell It Out</b> Get creative and use objects (flowers, food, art supplies, etc.) to form the letters S-A-A-M and snap a photo.	<b>25 One Takeaway from SAAM 2023</b> Closeout SAAM by sharing something everyone can do to promote racial equity and respect in the coming year. Find a way to demonstrate, illustrate, or share this message in writing.	<b>26 Denim Day: Wear Jeans with a Purpose</b> Wear jeans to take a stand against victim-blaming in honor of Denim Day. Head over to DenimDayInfo.org to learn more about the campaign. 	<b>27 You Did It! Gratefulness Shout-Out</b> Give thanks to someone or something that made your participation in the #30DaysofSAAM possible. This might be yourself, your team, or a supportive person, place, or practice.	<b>28 Reflections</b> Take a moment to reflect and capture a reflection to end the month. This could be words or a quote you are reflecting on or a reflection you can see in the mirror or on glass, metal, or water.	<b>Way to Go!</b> We are ending this year's #30DaysofSAAM contest on Friday April 28th. Still have more to share? Create your own prompt and continue using the hashtag. Your creative ideas are sure to inspire others.

### Participation guidelines

- Anyone can participate: individual accounts, organizational accounts, accounts created just for the contest, etc.
- Submission posts must tag @NSVRC.
- Posts must include #30DaysofSAAM and a hashtag identifying the prompt you're responding to (i.e. #Day1, #Day2, etc).
- All types of posts are accepted including video, photos, digital artwork, photos of illustrations, collages, poems, etc.
- Posts **MUST** be original content (not reposted from somewhere else).
- Posts that feature thoughtful captions will be given extra consideration.

### Prizes and eligibility

#### Daily Prizes

- A winner will be chosen for each prompt daily and awarded a \$25 gift card to Etsy.com — plus their submission will be featured on NSVRC's account.

#### Grand Prize

- There are two ways to become eligible for our grand prize drawing: (1) participate every Tuesday in April or (2) participate every day in April. Those that participate every day will have their names entered into the drawing twice.
- The grand prize is a \$250 gift card to Etsy.



**Sexual Assault**  
Awareness Month



# MATERIALS

## Social Media - Graphics - Free to Reuse

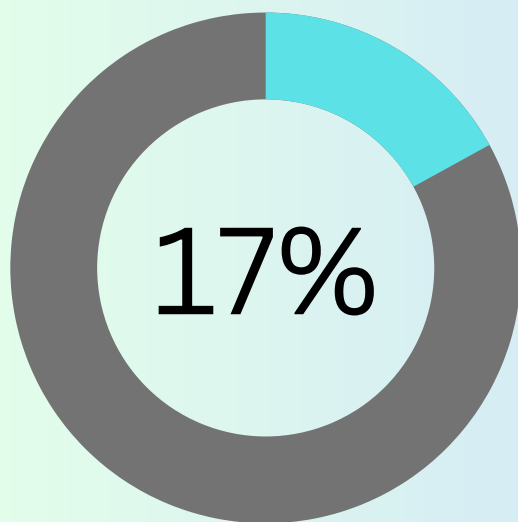


Social Media - Graphics - Free to Reuse

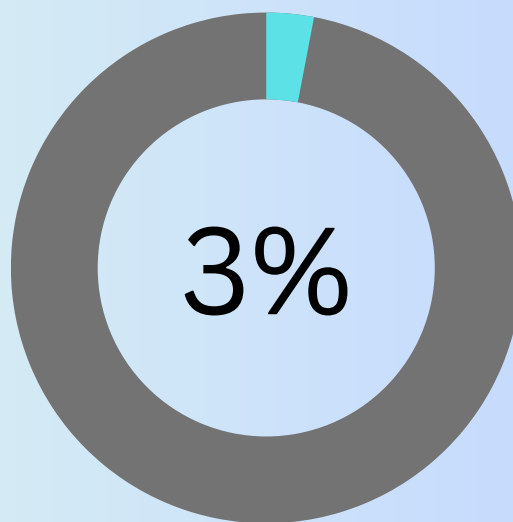


Social Media - Graphics - Free to Reuse

**1 in 6 AMERICAN WOMEN AND  
1 in 33 AMERICAN MEN HAVE  
BEEN VICTIMS OF RAPE OR  
ATTEMPTED RAPE**



Women



Men



EDUCATION *about* and PREVENTION *against* gender and relationship violence

[www.rainn.org/statistics/scope-problem](http://www.rainn.org/statistics/scope-problem)

## Social Media - Graphics - Free to Reuse

### BREAKDOWN OF LOCATIONS WHERE SEXUAL ASSAULT OCCURS



**55% at or near the victim's home**



**10% in an enclosed, but public area**



**15% in an open public place**



**8% on school property**



**12% at or near a relative's home**

*jana's*  
**CAMPAIGN™**

[www.rainn.org/statistics/scope-problem](http://www.rainn.org/statistics/scope-problem)

## Social Media - Graphics - Free to Reuse

### *how to support someone who has been sexually assaulted*

- believe them
- support them
- avoid judgement
- listen
- assure them that it is not their fault
- check in with them
- provide them with resources

#### **resources**

- [rainn.org](http://rainn.org)
- [thehotline.org](http://thehotline.org)
- [domesticshelters.org](http://domesticshelters.org)

April is Sexual Assault Awareness Month



***I am not  
what  
happened  
to me.***

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



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# RESOURCES



## ADDITIONAL RESOURCES

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### WEBSITES:

VictimConnect ([victimconnect.org](http://victimconnect.org)) - 1-855-4-VICTIM

Department of Defense (DoD) Safe Helpline (1-877-995-5247)

National Domestic Violence Hotline (1-800-799-7233)

National Sexual Assault Hotline (1-800-656-4673)

National Center on Domestic and Sexual Violence ([www.ncdsv.org](http://www.ncdsv.org))

RAINN (Rape, Abuse & Incest National Network) - ([www.rainn.org](http://www.rainn.org))

Futures Without Violence ([www.futureswithoutviolence.org](http://www.futureswithoutviolence.org))

GLBT National Help Center ([www.glbthotline.org](http://www.glbthotline.org))

Safety Planning ([www.domesticshelters.org](http://www.domesticshelters.org))

It's On Us ([www.itsonus.org](http://www.itsonus.org))

NO MORE ([nomore.org](http://nomore.org))

Start By Believing ([www.startbybelieving.org](http://www.startbybelieving.org))

One Love Foundation ([www.joinonelove.org](http://www.joinonelove.org))

### WHAT CAN I DO? HOW CAN I HELP?

It can be difficult to know what to do after a sexual assault. There are a number of options available and you can decide which next steps are best for you:

#### How To Help Someone You Know

- Believe them!
- Listen
- Be There
- Offer Support
- Be Patient
- Encourage Self-Care
- Remind Them It's Not Their Fault
- Tell Them They Are Not Alone

#### WHAT CAN I DO?

- Call 911 For Immediate Assistance
- Contact Local Domestic Violence Agency to be in contact with an advocate
- Report to Police
- Seek Medical Attention
- Learn About Your Legal Options
- Contact Your School's Title IX Coordinator
- Seek Support for Mental Health
- Remember to Care for Yourself

# CONNECT WITH US!



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