

SEXUAL ASSAULT

What is sexual assault?

Sexual assault is any type of sexual activity that you do not agree to. It can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention. Some examples include:

- Inappropriate touching
- Vaginal, anal, or oral penetration
- Sexual intercourse you say no to
- Rape
- Attempted rape
- Child molestation

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How do I help a friend?

- Listen & offer comfort.
- Go with her or him to the police, the hospital or to counseling.
- Reinforce the message that she or he is not at fault.

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How do I protect myself?

- Be aware of your surroundings.
- Be assertive. Don't let anyone violate your space.
- Trust your instincts. If you feel uncomfortable in your surroundings, leave.

What do I do if I have been sexually assaulted?

- Get to a safe place ASAP and call 911.
- Call a friend or family member you trust or a crisis center or hotline (see back of handout).
- Do not wash, comb or clean any part of your body. Do not change clothes, so the hospital staff can collect evidence. Do not touch or change anything at the scene of the assault.
- Go to your nearest hospital emergency room ASAP. You need to be examined, treated for any injuries and screened for possible STDs or pregnancy.
- It's important to get counseling

RESOURCES

Hotlines

Monterey County Rape Crisis Center 831.375.HELP or 831.424.HELP (24-hour Rape Crisis Hotlines)

www.mtryrapecrisis.org

Survivors contact us in crisis situations, or to seek support for something that happened weeks, months, or even years ago. Some need legal or medical advice; some need referrals to other services. Friends and family members of survivors can also contact us to learn how to be supportive to a loved one who was hurt.

Community Solutions – Gilroy 1.877.END.SADV (363.7238) (Sexual Assault 24 Hour Crisis Line)

<http://www.communitysolutions.org/programs-and-services/solutions-to-violence/sexual-assault.html>

Community Solutions' Sexual Assault Program provides 24-hour crisis intervention, counseling, advocacy, and case management services to assist adult or child survivors of sexual assault in regaining strength, hope, and control in their lives. Walk-ins are accepted daily at the Gilroy and Morgan Hill offices. Services are free and available in English or Spanish.

National Sexual Assault Hotline 1.800.656.HOPE (4673)

Online Hotline if you don't have a phone: <http://apps.rainn.org/ohl-bridge/>

This hotline will connect you with a local rape crisis center. Calls are confidential unless you choose to disclose identifying information and are under 18, then they are required to notify authorities to ensure your safety.

Safe Spaces (local youth support groups and online supports)

On Your Mind <http://www.onyourmind.net/>

Do you need someone to talk to? OnYourMind.net provides a safe and anonymous place for teens to get information and support from other teens. You can talk about anything that's on your mind, including relationships, school, depression, stress, and suicide. You can also submit a question to be answered on our Q&A page, or connect to resources.

Safe Place Monterey 831.373.4421 [590 Pearl St, Monterey]

Safe Place is a comprehensive program for at-risk and homeless youth that provides everything from street outreach, survival aid, and temporary shelter to counseling, family reunification and aftercare. Weekly drop-in dinner at the Monterey Youth Center provides a hot meal and recreational activities for youth.

Websites/Social Media

Band Back Together <http://www.bandbacktogether.com/teens-sexting-resources/>

Band Back Together is a group blog for anyone to share their stories. Some of these stories may be hard to read, but they are yours and they are important. Don't be shy, now. Pull up a chair, strap on your leather pants, and let's Band Back Together.

Rape, Abuse, and Incest National Network (RAINN) <http://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.