

If you or someone you know has been assaulted...

- ✓ Look for safety and support. Call a trusted friend who can help you. Or call a rape crisis hotline.
- ✓ Seek medical attention as soon as possible. At a clinic or hospital, a doctor or nurse can check for injuries. They can provide medicine to prevent pregnancy and check for sexually transmitted infections. They can also collect evidence in case you choose to press charges.
- ✓ Consider reporting the assault to the police.
- ✓ Emotional healing can take time. Meeting with a counselor or going to a support group can help you deal with your feelings.



To get more information about rape or sexual assault, or to get help if you have been assaulted, contact your local rape crisis center or health center. You can also get information by visiting www.rainn.org on the Internet.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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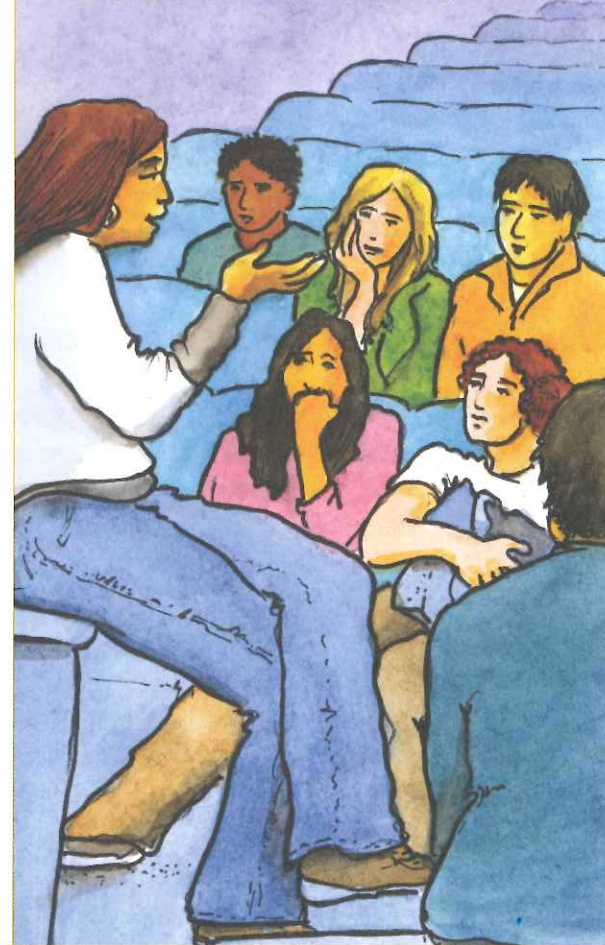
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SEXUAL COERCION AND RAPE

Sexual Assault

What Everyone Should Know



FACTS FOR MEN AND WOMEN

Forcing another person to have sexual contact of any kind is never okay. It is a crime called sexual assault. Getting the facts on sexual assault can help keep you safe.

Sexual assault can happen to anyone, anywhere.

- ✓ Sexual assault can happen to women, men and children. It includes:
 - ❑ Unwanted fondling, kissing or sexual touching.
 - ❑ Forcing a person to look at pornography or pose for sexual pictures.
 - ❑ Forcing a person to have oral sex.
 - ❑ Rape or unwanted sexual intercourse.
- ✓ Most sexual assaults are committed by someone the person knows.
- ✓ Most sexual assaults happen in familiar settings.
- ✓ Not all sexual assaults or rapes involve force. Threatening a person or purposely getting a person so drunk that he or she cannot consent can also be rape or assault.

Rape and sexual assault are never the fault of the victim.

- ✓ No matter where you are or what you have been doing, being sexually assaulted is never your fault.

Stay safe!

Following these safety tips can help you lower your risk of sexual assault.

At school and on campus...

- ✓ Always let people know where you are.
- ✓ Know where emergency phones are located. Carry your cell phone with you.
- ✓ Use campus safety rides or arrange to walk with friends.
- ✓ If you live in a residence hall, follow the security rules. Report any suspicious people.
- ✓ Take a class in self-defense.

In a social setting...

- ✓ Go to parties or clubs with friends and stay together. Look out for each other.
- ✓ Don't go off with someone you don't know and trust.
- ✓ Speak up if someone is pressuring you to do something you don't want to do.

Be aware of alcohol and other drugs.

- ✓ Alcohol and other drugs are often a factor in sexual assault.
- ✓ Stay in control. Avoid getting drunk or high.
- ✓ Never leave your drink unattended or accept a drink from someone you don't trust. So-called "date rape" drugs can be put into your drink, causing you to lose physical control and memory. These drugs leave you vulnerable to assault.

Trust your instincts.

- ✓ Your instincts are usually correct.
- ✓ If you feel uncomfortable in a situation, leave as soon as possible.
- ✓ Don't worry about hurting anyone's feelings. You can explain your reasons later, when you feel safe.

