

What is Sexual Violence?

Sexual violence has a lot of forms and a lot of names. Some people call it rape, sexual assault or sexual abuse. It can include:

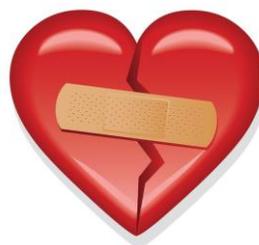
- Being forced to listen to someone talk sexually to you
- Being forced to look at or participate in sexual pictures or movies, texts or social media
- Being forced to kiss someone
- Being forced to look at or touch someone's private parts
- Being touched in a sexual way when you don't want to be touched
- Being forced, tricked or manipulated to have sex

Unless you say yes, it is wrong for someone to touch you in a sexual way. If this happens to you, tell someone.

Healing

You can heal from sexual violence. Your rape crisis counselor can help you. You may also want to tell some of your friends and family so they can support you.

With support and time, healing is possible!



Sexual Violence and You

If you have experienced sexual violence, please know:

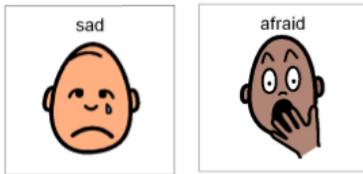
- We believe you.
- You are not alone.
- It was not your fault.
- You don't have to keep it a secret.
- You can ask for help.
- You are so brave to tell.



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How will you feel?

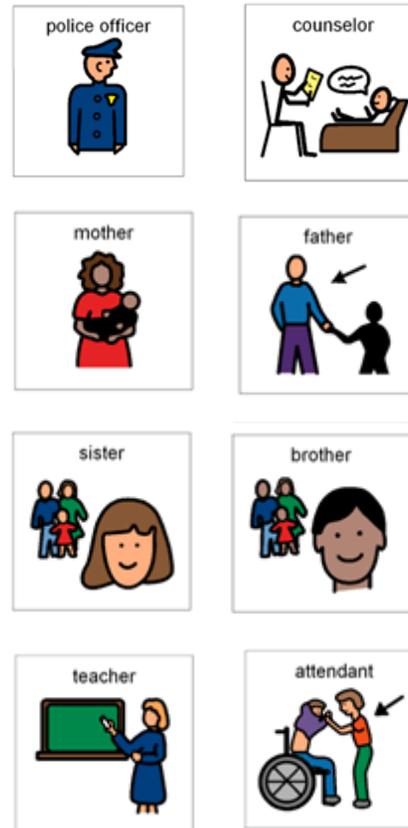
Every victim of sexual violence has different feelings. Some feelings you might have include:



- Guilt
- Anxiety
- Fear
- Anger
- Depression
- Shock
- Denial
- Shame
- You may not want to eat
- You may have trouble sleeping
- You may have nightmares
- You may be uncomfortable around others
- You may experience flashbacks

Who can you tell?

Tell someone you trust. The people you can tell might include:



You can also tell a friend, or anyone at the rape crisis center.

What is a Rape Crisis Center?

The rape crisis center (RCC) is a place that helps victims of sexual violence. This help is free. The workers will protect your privacy. The rape crisis center workers will not talk to anyone else about what happened to you.



To find the nearest RCC, you can call 800.656.4673 you can go to www.icasa.org.

The rape crisis center will give you support and information. The workers at the center will talk to you on the phone any time of the day or night. They can help you with

Medical Advocacy
Legal Advocacy
Counseling