

5 TIPS TO REDUCE RISK OF SEXUAL ABUSE

Below are some ways to help yourself if you are in danger.

- If you do not like what someone is doing, you have the right to say “No” and to leave.
- Trust your instincts. Listen to that little voice inside you.
- Do not let others touch you when you do not want to be touched.
- If you are in a dangerous situation, yell, throw things, run, fight. This is not a time to be nice.
- Remember, you cannot identify a potential rapist/abuser just by looking at someone.

The most important thing to remember is that it is not your fault if you are abused. Abuse is always the abuser’s fault.

ADV & SAS Hotline

1-800-892-3375

Sex is meant to be:

- something you decide to do when you’re ready.
- something that makes you both feel good.
- something you can interrupt or stop.
- safe (because you’re prepared to be protected from sexually transmitted infections and to deal with a pregnancy should conception occur).

Sex is NOT meant to be:

- the only way to prove that you love someone.
- something you feel pressured or forced into doing.
- something you do because “everyone else is doing it.”
- something that makes you feel used or something you do to get something.

FOR MORE INFORMATION OR TO DONATE, PLEASE CONTACT:

Karen Austin	Gayle Rogers
QIDP, HBSSF	Prog. Billing & Info. Sys. Mgr.
Streator Unlimited, Inc.	Futures Unlimited, Inc
305 N. Sterling St.	OR 210 Torrance Ave.
Streator, IL 61364	Pontiac, IL 61764
815-673-5574	815-842-1122

This project was supported by Grant #2011-FW-AX-K010 awarded by the Office on Violence Against Women, United States Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this program are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

A brochure especially for Individuals with Disabilities



...healthy relationships for individuals with disabilities.



A Dating Partner Should Have the Following Good Qualities:

- A gentle nature.
- Kindness.
- Loves her/his family and treats them well.
- Does not blame others when things happen.
- Admits when s/he is wrong.
- Not willing or able to do things that are hurtful.
- Respects others' rights to their opinions.
- Knows that everyone sometimes needs their space and is okay with that.
- Has his/her own friends and encourages you to have yours.
- Is respectful to your family and goes with you to your family functions.
- Respects your wishes and boundaries with regard to your body and soul.
- Lets you know s/he loves you by his/her actions and words.
- Asks before touching or kissing you.

SEXUAL VIOLENCE AND YOU

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. Sexual violence can include:

- Being forced to listen to someone talk sexually to you.
- Being forced to look at or participate in sexual pictures or movies.
- 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.

SEXUAL TOUCH

Unless you say "Yes", it is wrong for someone to touch you in a sexual way. If this happens to you, tell someone. Keep telling people until you get help.

No one should touch you sexually if:

- They are in your family.
- They are staff.
- You don't know them.
- You say "No."

WHAT CAN YOU DO?

You have the right to **SAY "NO"** to sexual contact. Say it loudly and repeatedly.

If you are a victim of sexual violence — **TELL SOMEONE.** You do not have to keep it a secret. Ask for help. It is not your fault. You didn't do anything wrong.

WHO CAN YOU TELL?

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

- A friend or family member.
- A support staff person.
- A counselor.
- A rape crisis center.
- The police.

WHAT IS A RAPE CRISIS CENTER?

The rape crisis center is a place that helps victims of sexual violence. This help is free. They have 24-hour hotlines in case you need to talk to someone. Workers will go with you if you need to go to the hospital or talk to the police after an assault. They also provide counseling services. The rape crisis workers will protect your privacy and will not tell anyone else about what happened to you.