

Healing from Sexual Assault

For Teens & Young Adults





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Introduction

No one ever deserves to be harmed and sexual assault is never the fault of the person who was assaulted. The responsibility for sexual assault is solely with the person who chose to harm someone else.

Sexual assault is often a traumatic experience that interrupts your life and affects your relationships with other people, your schoolwork, your home life, and your emotional wellbeing. After a sexual assault, it is normal to be confused about what to do and to feel like your life is out of control. Being a survivor of sexual assault does not make you any less worthy, strong, or powerful. It is also common to question what you could have done differently. You have no reason to blame yourself or question your actions.

If you were sexually assaulted, it is not your fault.

If you are unsure what to do or need support, this booklet can help you understand your feelings about what happened. Everyone responds differently to harm and trauma. Recovery is often a confusing and slow process. Be patient with yourself. Remember that healing from trauma can take time.

What is Sexual Assault?

Sexual assault is any touching or contact of a sexual nature that is unwanted and done without affirmative consent. Affirmative consent is a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Consent is when your agreement is freely given, reversible at any time, informed, enthusiastic, and specific. Consent can be given by words or actions, as long as those words or actions create clear permission to engage in the sexual activity. At any time during any sexual act, consent can be taken away.

Sexual assault occurs any time a person is forced, coerced, pressured or manipulated into any unwanted sexual activity. No one is ever entitled to sexual contact with you, even if they are your dating or romantic partners. A person's relationship status or position of power does not give them the right to sexual contact without consent. Forcing or coercing a person to say yes is not gaining consent.

Sexual assault looks like many different things: unwanted kissing or touches (groping, fondling); doing sexual acts beyond what you consented to; recording sexual activity without your permission; allowing other people to watch sexual activity without your permission; or rape. It is important to understand that physical force does not occur in all sexual assaults.



Why did this happen to me?

It is common to wonder why you were sexually assaulted. You may wonder about your own actions and question if you could have done something to stop the sexual assault from happening. You may blame yourself for the harm that happened to you. **Nothing you did caused the sexual assault.**

Many individuals who were sexually assaulted report that they “froze” and couldn’t move or speak. A “freezing” reaction is never a person’s fault or proof that someone wanted the assault. It is simply a person’s brain trying to protect itself — it is part of the fight, flight, or freeze response and it serves a biological purpose. Unfortunately, not a lot of people are aware that freezing can happen when a person is placed in a scary situation. Some people misunderstand why a person froze and inadvertently blame the person who was harmed for not “fighting back” or trying to escape.

It is also common for someone not to recognize what happened to them as sexual assault. Many people may not realize they were assaulted for days, weeks, even years after the sexual assault happened. Coming to this realization does not make what happened less true or less impactful. It is normal for a delayed realization to bring back some unwanted or traumatizing feelings.

Sexual Assault in Unhealthy or Abusive Relationships

Being in a relationship, whether casual or exclusive, doesn’t change what types of behaviors are abusive. It’s important to know that sexual assault can happen in intimate relationships, casual dating, or during hookups. In fact, sexual assault and rape are more likely to be committed by people known to the survivor, including their partners. Any abuse in a relationship, whether it is emotional, physical, or sexual, makes it an abusive relationship.

Healthy relationships are built on consent, communication, and trust. Consent is a continuous process. This means that you can decide what you want for yourself and your body, at any time and for any reason. If you have ever been forced or pressured into a sexual act without verbal consent (that you didn’t feel forced to give), it is sexual assault. Sexual assault in an intimate relationship is abuse.

You deserve to feel safe and valued in any relationship. If you find yourself in an unhealthy or abusive relationship, you are not alone and there are people and groups who can support you. Please go to the end of this booklet to find a list of helplines.



Specific Communities

Many groups of people experience discrimination and unfair treatment based on their identity, like race, gender, sexuality, or disability. If you identify with one or more of these communities, you may experience additional fears and concerns about seeking help following a sexual assault. If you identify as a person from a historically marginalized community, seek out friends or a trusted adult in your community who can help you find resources that feel safe to you.

LGBTQ Youth

If you identify as LGBTQ and are not out to everyone, you may be afraid of “being outed” by the person who assaulted you. You may also fear that seeking help will make you a target of harassment or bullying. The person who assaulted you may exploit these fears to keep you from getting help. If your family, school, or community are not supportive of your sexuality or gender identity, it can be a barrier to asking for help.

Reach out to LGBTQ organizations or school clubs like a Gay Straight Alliance or Gender Sexuality Alliance (GSA) to find out about LGBTQ resources. You may also find a supportive counselor or teacher who can

help you find helpful resources or reach out to the Trevor Lifeline (for LGBTQ* youth): 1-866-488-7386 – Crisis intervention and suicide prevention for LGBTQ youth.

Youth with Disabilities

If you have a physical, mental, cognitive, or intellectual disability, you may depend on others to meet some or many of your basic needs. You may also use assistive devices. You may have experienced a sexual assault by the person who provides you with support. You may have your daily needs or assistive devices used against you as a way to control you or stop you from getting help after an assault. You may feel shame from trusting the person who assaulted you. You may also experience difficulties in finding help because other people will assume people with disabilities cannot be sexually assaulted.

Find trusted adults at disability advocacy organizations. Disability organizations advocate for self-determination and to enhance safety.

Black, Indigenous, and Communities of Color

You may experience an increased impact following a sexual assault because of the everyday stress of being a person of color. White supremacy is a specific set of beliefs that is reinforced by systems and institutions. These beliefs and institutions are deeply rooted in this country's roots — from the very beginning with the genocide and displacement of Indigenous peoples, and the enslavement of African peoples.

You may fear asking for help from the criminal legal system or other systems because of historic and ongoing oppression that harm your community. Find trusted adults in your community who can help you find resources that will be helpful to you.

Youth with Undocumented Status or Dreamers

If you are undocumented or a DACA recipient, you may fear being deported if you seek help for the sexual assault. The person who sexually assaulted you may also threaten to call ICE to stop you from reporting or

seeking resources for the sexual assault. You may fear telling school staff or reaching out for community resources that may ultimately result in the deportation of the person who assaulted you.

Heightened immigration enforcement policies have justifiably increased fear for non-citizens to contact law enforcement. If this is a concern for you, contact an attorney, or someone who better understands the implications of your status when looking to get help in healing from a sexual assault. For information on low or no cost legal resources, please contact your local legal services.





Your Response to Sexual Assault

Your experience is yours, not anyone else's. No one should assume to know what you are going through. You are not alone. We all respond to sexual assault in different ways.

A hard part of the healing process is understanding how you and your body are reacting to the trauma and violence you experienced. Although challenging, it is important to develop this understanding in order to help you figure out what will help you recover from your trauma.

There is no “right way” to respond to trauma, no “right way” to heal, and no time-frame for how long healing takes.

Be proud of yourself for progress you make towards healing, no matter how big or small that progress may be. Trust your instincts and do what feels emotionally and/or physically safe.

Here is a list of common reactions to sexual assault that may help you identify how your body and mind are responding to what you experienced:

Physical Reactions: Change in sleeping patterns or nightmares, headaches, loss of appetite or overeating, stomach aches, muscle tension, lack of concentration, impaired memory, hyper-sexual or not feeling sexual, and/or increased use of drugs or alcohol.

Emotional Reactions: Embarrassment, flashbacks, fear, sadness, anger, guilt, shame, confusion, embarrassment, flashbacks, hyper-vigilance (heightened sense or being very aware of your surroundings in a way that you weren't before, or being fearful of everyday activities), mood swings, irritability, depression, anxiety, and suicidal thoughts. You may feel very upset, very calm, or anything in between. You may not feel anything at all, feel numb, or feel that your emotions are mixed up or out of place. Or you may feel like you are on an emotional roller coaster with your emotions going up and down. Your reaction is normal because it is simply how your body is responding to trauma. Be patient with yourself.

Social Reactions: Fear of being in public or social situations, missing school, not able to complete homework, a drop in your grades, fear of being alone, withdrawing from friends and family and after-school activities, difficulty trusting others, trouble with physical or emotional intimacy in relationships, and/or feeling isolated from others. Any of these responses are normal after experiencing the trauma of a sexual assault.



Towards Healing

Surviving an assault may affect your life in many ways. Healing is possible, but it takes time. Healing is not linear, meaning that you may make lots of progress, but difficult feelings can rise up. Healing from the harm caused by an assault may have many stages, but the important thing is to take care of yourself and keep moving forward.

Immediate Steps

First, if the assault happened within the last few hours, safety is your priority. Get to a safe place and ask a friend to stay with you. If you are under eighteen, reach out to an adult you trust.

After you are physically safe, you may want to consider the following:

Evidence Preservation – Remember this is your choice and if you want to report a sexual assault, try to save evidence. If that is what you choose, avoid drinking, bathing, showering, douching, brushing your teeth, or changing clothes. Place sheets or other fabrics, like clothing, or objects involved in the assault in a paper bag for safekeeping — plastic bags can

ruin evidence. Collecting physical evidence from your body usually needs to happen within 96-108 hours after the assault, and requires going to the hospital or family justice center for a forensic exam, often called a rape kit.

Forensic Exam – Saving physical evidence can be very important. The forensic medical exams are lengthy (ranging between 3-6 hours) and can be invasive. Remember that some types of evidence cannot be gathered once they are lost and can only be collected within a certain time frame. The exam involves the collection of bodily fluids and an examination and documentation of any trauma to the mouth, anal, and/or vaginal cavities.

You should not be personally charged anything for this exam; the government will cover all costs not covered by sources like your health insurance (if you have it). Know that if you have private insurance, it will be billed for the exam and the state will pay anything that insurance doesn't cover. The medical bill or statement of benefits from your insurance company that you or your parents receive may indicate that the services were for a sexual assault exam. A local attorney, victim advocate, or medical worker providing the exam should be able to help you understand this process better.



Advocacy – Most community or tribal sexual assault advocacy programs provide free services to individuals who were sexually assaulted. The people who work in these programs are called advocates. Advocates can help you understand what to expect if you pursue medical care or criminal legal action. They assist in safety planning, and can provide referrals to other service providers. Advocates are mandatory reporters, which means they will have to tell the police of a sexual assault if you are under 18 or someone over 18 with a court-appointed legal guardian to help you make decisions. For more information on mandatory reporting obligations, see page 27 of this booklet.

Immediate Contraception – If you are worried about becoming pregnant as a result of the sexual assault, emergency contraception can be taken up to three days after a sexual assault. This contraception is often called Plan B. It is important to know that this is NOT an abortion pill, it will only prevent a person from getting pregnant if they are not already pregnant. Typically, you can buy these pills over the counter, without a prescription, at drugstores and pharmacies, even if you are under the age of eighteen. Sometimes it is locked up or kept behind the pharmacy counter, so ask

the pharmacist or store clerk for help getting it. These pills do not require a prescription. A person buying these pills does not have to show their photo ID. These pills usually cost \$40-\$50 and can be especially difficult to access in small towns. For anyone with a higher body mass index (BMI), there are other options that are recommended, such as Ella emergency contraception. Ella is a more effective morning after pill, but needs a prescription. If you don't want to take immediate contraception, that is okay, but try to schedule a doctor appointment as soon as possible to learn about your options and to get a pregnancy test.

Physical Healing

We encourage everyone to seek immediate medical care, especially if you are worried about your health or if you were injured during the assault. There are also other aspects of physical healing and health to consider in the long term.

Medical Care – Depending on the kind of trauma you experienced, your need for medical care may differ. If you've been sexually assaulted you may access medical care through a personal physician, health district or health center, Planned Parenthood, or university health services office to get tested for pregnancy and sexually transmitted infections. There are



time sensitive measures that are most effective if taken right away so it is better to get tested as soon as possible. Letting your doctor know you are a survivor of violence can be one way to help you learn about options for care. But know that in some states, doctors must report to law enforcement when they become aware of certain crimes. Ask the doctor about their reporting responsibilities before disclosing details about your experience.

Understand that Pain is a Message of Survival – Many people who experience trauma report feeling all sorts of emotional and physical pain after the traumatic event. It can be in the form of flashbacks, numbness, stomach discomfort, loss of memory, inability to relax muscles, and so much more.

Pain is your body's way of telling you that it needs help.

Understanding this can help you make sense of the pain and hopefully find ways to heal your body and yourself in the process.

Sleep – Sleep is a vital part of the healing process. It will help you recover both physically and mentally. Sleeping gives your brain time to regenerate and restore itself. This will help you feel more in control and connected to your body and your surroundings.

It can be especially hard to get good sleep after a traumatic event. Develop some bedtime strategies to help your body relax and prepare for sleep. Listen to your favorite soothing song, change your schedule to sleep during the day when you may feel safer, sleep with a light on or in an area of your home that feels safer.

Be Kind to Your Body – It is important to treat your body kindly. Drink lots of water and eat healthy food. Not every day will be easy, but you can do it. It is also important to move your body in whatever ways you can. Try going on walks, bike rides, or whatever form of movement works for you. Moving your body and breathing deeply can help you feel more connected to your body and in control of your movements.

Avoid excessive amounts of alcohol and drugs. Some people are drawn to alcohol and drugs after trauma to mask the pain they are feeling. Numbing will not heal your pain. If you have experienced substance abuse in the past, experiencing sexual assault may cause you to relapse. Recovery and healing are not linear — it may be helpful to seek counseling or professional help to assist you in going back to recovery.

Be gentle with yourself.



Breathe – The impact of sexual assault can affect your whole being. By working on and restoring one part of yourself, all parts can benefit. When anyone experiences sexual assault, low and slow breathing with simple movements may help the healing process. It is natural and common to feel overwhelmed after a sexual assault and the simple act of intentional breathing with gentle movement can help.

When people are overwhelmed they often take rapid, shallow breaths, which increases anxiety. Instead, try to take low and slow breaths, from down in your belly button. This will help begin the healing process.

Take three breaths. By focusing on your breath, you will think more clearly and have more control over your actions or reactions. This focus and time will help you feel more connected to your body.

Low and Slow.

Move with your breath. When you take these healing breaths, raise your arms on the inhale and lower your arms on the exhale. This will help you keep your breathing slow and it will help you feel present in the moment. There are several meditation and breathing apps available for free, such as Liberate, Calm, Insight Timer, and Headspace.

Emotional/Mental Healing

Healing from trauma is a hard and painful experience and many think it is easier to suppress and hide their pain. However, the problem with hiding from your pain is that it still exists within you. The pain remains and that can be a hard thing to carry around. This section focuses on helping you find positive ways of healing that will help you feel in control over your life and your body.

Self-Harm/Suicide – Many people who experience sexual assault feel suicidal or engage in self-harm. If you are harming yourself or are feeling suicidal, it is important to reach out to someone for help. Please contact an advocate, a mental health counselor, a trusted friend, or a helpline listed at the end of this booklet.

Practice Daily Self-Care – The most important step you can take is to practice daily self-care. This might sound easy or even cliché, but self-care is a vital step in healing and often hard to do. Try out the following:

- **Kindness** – Be compassionate with yourself.
- **Rest** – Try to sleep six to eight hours each day without interruption.

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- **Breathe** – Practice breathing each day or download a meditation or breathing app on your phone.
 - **Water** – Drink water and stay hydrated throughout the day.
 - **Support** – If you are able, spend time with friends and family who accept and support you and make you happy.
 - **Spaciousness** – Take five minutes a day to do something restorative for yourself (drink a cup of tea, take a quiet moment to think of something positive, or take a short walk). Spaciousness can also mean scheduling time to complete tasks that may take you longer than normal.
 - **Patience** – Healing is a slow process. Take on challenges that you feel ready for and go through them slowly and with purpose.

Create Strong Relationships – If you have a strong support system, healing from trauma can feel a little bit less daunting. If you can, tell someone you trust about your experience. Tell them as much as you feel comfortable talking about. Let them know that you need them as a support system. Having people to talk to allows you to share your feelings, gain support, receive positive feedback, and find new ways towards healing. You do not have to hide that you are experiencing pain and trauma.

If you are unsure who to talk to, or your friends or family are having a hard time supporting you, many rape crisis or domestic and sexual violence agencies have support groups or chat features for survivors. In these groups, survivors can share their stories, be connected to resources, and form community networks.

Counseling – In addition to developing a support network, you might want to consider speaking with a counselor, mental health clinician, or attending a support group. You may be able to access free or low-cost counseling through your university health center, school, community or tribal advocacy program, or through a private referral. Be aware that you may need to try a few different counselors before finding one who is right for you. Don't give up! Finding a counselor or mental health professional who respects and affirms you is possible.

Your local sexual assault advocacy program or your physician may be able to give you a list of counselors skilled in working with individuals who have been sexually assaulted. Talking to a professional about your experience can be extremely empowering. Additionally, the counselor can give you individualized tools to help you heal and cope in healthy ways.

Not everyone has the access or means to get counseling. Healing can happen without a counselor or through alternative ways that are more culturally relevant to you.

Be Aware of Your Triggers: Remembering your assault is an incredibly hard experience, and unfortunately something that many experience. Reliving the assault or parts of an assault is known as being triggered. Triggers are things (smells, sounds, locations, etc.) that cause a person to experience a flashback or react as if the assault was happening again. Being triggered can be overwhelming and make someone feel out of control. If you have triggers, the best way to regain control over these events is to know what they are (the things in the environment that cause the flashbacks) and plan for those situations or avoid them, if possible. Recognizing your triggers can help you feel more in control and prepared. Knowing your triggers doesn't mean you won't be triggered, but it can help you either avoid the triggers or find new ways of dealing with them.

Being Optimistic – Maintaining a hopeful outlook is an important part of resilience. Positive thinking doesn't mean ignoring the problem or pretending that you are happy. Instead, it is believing in yourself and knowing that you are trying to heal from an incredibly difficult trauma.

Time is a huge part of healing. Be kind and patient with yourself!





Create a Sense of Purpose in Your Life – In 2017, the #MeToo social media campaign, started by activist and organizer Tarana Burke, created the conditions for many individuals to speak about sexual assault. By sharing their stories, survivors collectively interrupted the social norms of secrecy that protect the individuals who commit these acts of sexual violence.

You are not alone.

You are more than your trauma. You are a whole and valued person and you deserve to feel that way. Get involved in your community and do things that are meaningful to you. If this speaks to you, then find ways to join the #MeToo or other related movements.

Here are other ways to make a difference in your community:

- Express your experiences through art, photography, or dance.
- Learn more about feminism, gender violence, and the ways you can promote social, economic, and political equity across genders.
- Read authors like bell hooks or watch Chimamanda Ngozi Adichie's TED Talk, "We Should All be Feminists."

Legal Information and Options

Mandatory reporting is the process in which certain people are required by law to report crimes like assault or rape when they happen to certain people. If you are under 18 this law applies to you and the adults you talk to may be required to report what you have experienced to law enforcement or other agencies. If you are over 18 and considered a vulnerable adult under the law, certain professionals also have an obligation to report any abuse you disclose to them. A vulnerable adult is usually someone over 18 years old whose physical or mental abilities affect the person's judgment or behavior. A vulnerable adult may not understand or be able to make or communicate decisions regarding their body, money, or property. This does not mean you should not talk to an adult. It is just to let you know that they may not be able to keep what you tell them totally private. It is okay to ask adults about their reporting requirements before you give them specific details about your experience.

It is important that you weigh your legal options and make the choice that is best for you at this point in your healing process. If you want to report a sexual assault here are your options:



School or College Reporting

Students have the option to report an assault to a school administrator. Most schools in the United States are required under Title IX to make sure the school is free from sex and gender-based discrimination, harassment, and violence. Generally, schools must ensure that students who are sexually assaulted can continue their education. You can learn more about your rights at school and Title IX at www.KnowYourIX.org and resources listed at the back for this booklet.

School administrators should check in with a student who reported an assault and ask what would make them feel safer and able to attend classes and school activities. A school or college may offer academic accommodations or schedule changes, dorm and class transfers, school-based no contact orders, and mental health support.

Regardless of whether you report the assault to law enforcement, your school or college must take its own action. Your school must do a thorough and impartial investigation, which may lead to possible consequences, such as suspension or expulsion of the person who assaulted you from the school.

Check your school's student handbook or policies to find out where you should report the assault.

Criminal Action

You have the option to file a police report. If you report the sexual assault to law enforcement, you may be assigned a victim witness coordinator or victim advocate who works for the prosecutor's office. A victim witness coordinator is there to assist you through the criminal legal process. The goal is for the coordinator to make a confusing legal process clearer, to lessen your exposure to re-victimization, and connect you to community resources.

However, as employees of the criminal legal system, victim witness coordinators have limits on confidentiality. They may be required to share information you told them with others, such as a police officer, detective, or prosecutor, who may then be required to give that information to the defense attorney who is representing the person who assaulted you. That means the person who assaulted you may also hear about the statements you made to the victim witness coordinator. After the investigation, the prosecutor in the location where the crime was committed has the power to decide whether or not to file criminal charges.





Whether or Not to Report to Law Enforcement

For some survivors reporting a sexual assault to law enforcement is a very empowering experience, but for some it is not. You should know going in that it is often hard to “win” in cases relating to sexual assault and abuse, but it is possible. No matter what happens, remember that no court outcomes can erase what you experienced. Your experiences matter!

Here are some things to keep in mind when considering whether or not to report to law enforcement:

You will have to share what happened in detail. Sharing your experience of sexual assault is a very personal thing and if you choose to report the assault you will be asked repeatedly to talk to multiple people about what happened to you in a very detailed manner. Lawyers and community-based advocates may be able to support you in sharing what happened to you in a way that feels best.

This process can be long and drawn out, and you will not have much control over the events or the final outcome. This does not necessarily mean it will be a negative experience, but it is something you need to consider. Having an advocate can help you regain control in this confusing process since they have a greater understanding of the system and can explain what is going on.

It is possible that not everyone will believe what happened to you and a conviction of the person who assaulted you is not guaranteed. Unfortunately, people doubt survivors’ stories, which can be a painful experience. It is possible that within the legal system people will question your story or try to blame you. The criminal legal system cannot guarantee that the person who assaulted you will be found guilty or convicted.





Civil Legal Assistance

Individuals who have been sexually assaulted can benefit from civil legal assistance to address the impact of problems caused by the assault. An attorney may be able to assist you with the following legal issues:

- **Privacy:** Requesting notice of or challenge a request for your records and ensure service providers understand privacy laws.
- **Safety:** Working with your campus or school, landlord, and employers to create safety plans, and requesting accommodations to increase your safety and well-being.
- **Housing:** Negotiating with your landlord to allow you to terminate or transfer your lease to a different location.
- **Financial:** Helping you apply for public assistance if you have out of pocket costs due to the assault and helping to determine if you can hold a third party liable for damages related to the sexual assault.
- **Employment:** Assisting you in securing time off, unemployment insurance, accommodations, enhance the safety of your work environment, transfer you or the person who assaulted you to a different location, or dismissal of the person who assaulted you.
- **Education:** Negotiating with your school to make accommodations to assist you in continuing your education and helping with challenges you've had in school as a result of the assault; advising you in any student disciplinary action against the person who assaulted you, and advocating for the enforcement of the rights you have under federal law.
- **Immigration:** Assisting you in working with immigration officials to allow you to stay in the United States to finish school or continue at your job and ensuring that your immigration status is not used against you in any criminal proceedings related to the assault; exploring immigration relief as a result of being a victim of a crime.
- **Crime Victim's Rights:** Ensuring that all your rights under the Crime Victims' Rights Act are provided if you decide to report the assault to the police and a prosecutor decides to press charges. Check with your local courthouse to learn more.

Why Does This Happen in Our Communities?

Gender violence is a problem in our society that affects all communities. Gender violence includes abusive relationships, sexual assault, stalking, and human trafficking. While everyone is hurt by violence, girls, women, and people who are transgender and gender nonconforming disproportionately experience higher rates of sexual violence.

Gender violence does not happen in isolation. Gender violence is supported by larger forces of systemic oppressions, like patriarchy, which harms girls and women. Systemic oppressions are the ways in which history, culture, beliefs, institutional practices, and policies interact to keep a ranking or power for some over others.

Gender violence happens in our society because of our cultural beliefs and what we consider to be “normal” or “acceptable.” In our culture, men are given more value and power than any other gender. This unequal distribution of power and other unequal systemic distribution of power leads to gender violence.

Our society values human beings based on identities like gender, race, national origin, class, sexuality, ability, immigration, or refugee status. Ranking human beings supports the power and privileges that some groups of people hold to keep power over others. We need to create communities where everyone is valued, safe, and can thrive.

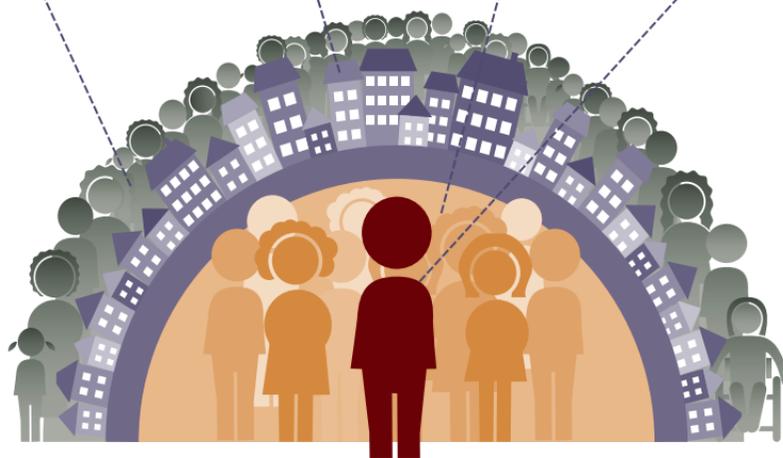
Individuals do not act in isolation, but are influenced by other people, social structures, and our society

Government, Religious, and Community Structures – May educate and enforce oppression and dominance.

Families, Friends, and Peers – Influences us to accept discrimination (i.e. “boys will be boys” = sexism), inequity (i.e. “if girls acted like ladies things like this wouldn’t happen” = strict gender roles) or oppression.

Individuals – May choose to use violence that is fueled and supported by a dynamic system of power and dominance.

Systemic Oppressions like Patriarchy – Large forces which dominate and harm groups of people based on gender and other identities.





24/7 Helplines

National Sexual Assault Hotline

1-800-656-4673 or chat online at online.rainn.org
Get help and referrals from advocates.

Trevor Lifeline (for LGBTQ youth)

1-866-488-7386 – Crisis intervention and suicide prevention for LGBTQ youth.

National Runaway Safeline

1-800-786-2929 – Confidential support.

National Street Harassment Hotline

1-855-897-5910 – Support, advice, and legal resources information.

Additional Resources

[www.KnowYourIX.org](https://www.knowyourix.org) – Information for individuals who have experienced sexual harassment or sexual assault

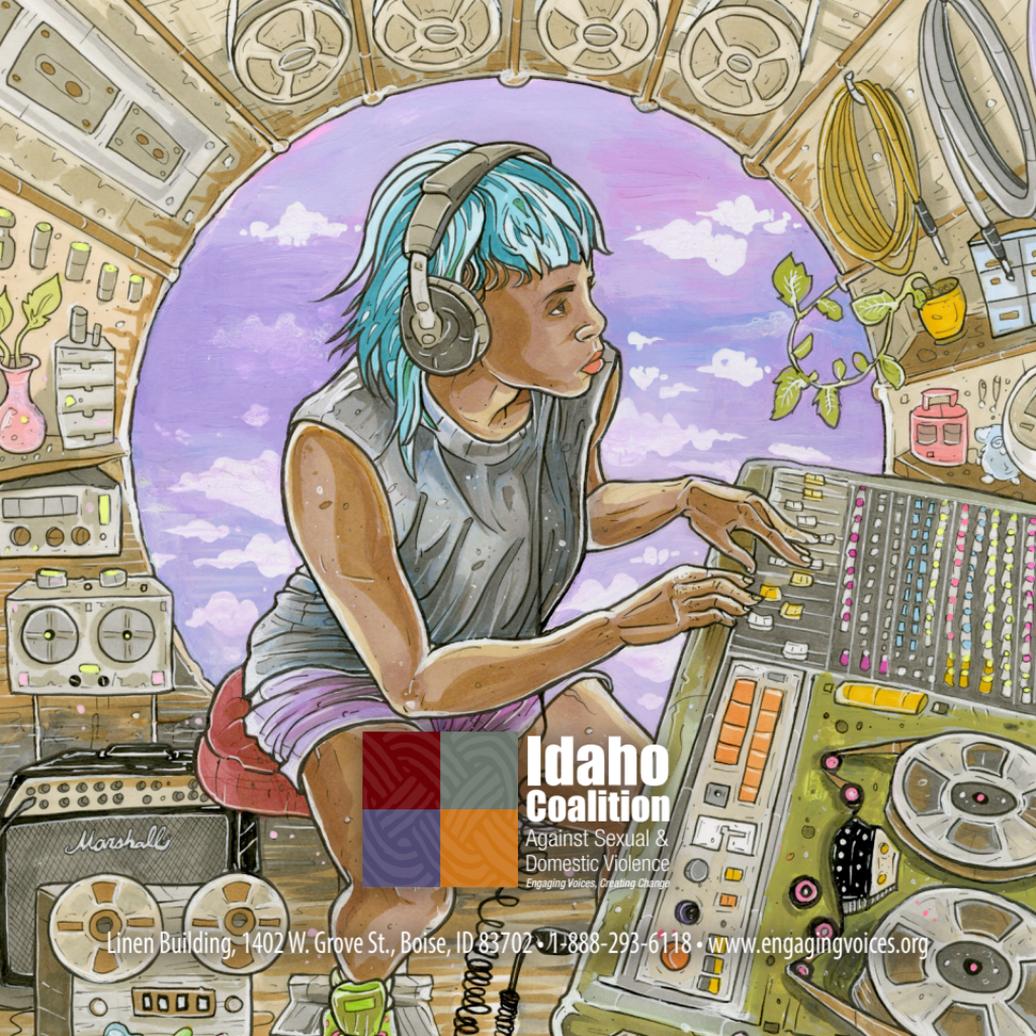
Idaho Coalition Against Sexual & Domestic Violence

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