



APRIL IS SEXUAL ASSAULT — AWARENESS MONTH —

SEXUAL ASSAULT IS WHEN SOMEONE TOUCHES YOUR BODY WHEN THEY DON'T HAVE YOUR PERMISSION.

EVERY PERSON HAS THE:



- **The RIGHT** to decide who touches your body
- **The RIGHT** to set sexual limits and defend yourself if limits are not respected
- **The RIGHT** to change your mind about having sex at any time
- **The RIGHT** to reject unwanted attention and/or affection
- **The RIGHT** to protect yourself

YOU ALWAYS HAVE THESE RIGHTS, EVEN IF:



- **You know the offender or have previously had a sexual relationship with the offender**
- **You were treated to dinner, a movie, were previously flirtatious, or anything else**

IF YOU HAVE BEEN SEXUALLY ASSAULTED, CALL 911 immediately and ask for a SANE medical forensic exam. A SANE nurse is a specialized nurse that cares for victims of trauma such as sexual violence. While we encourage it, as an adult, you do not have to report to law enforcement to have a SANE exam.

THE MOST IMPORTANT THING IS YOUR HEALTH AND SAFETY.

PLEASE REACH OUT TO THE FOLLOWING RESOURCES IF YOU HAVE BEEN A VICTIM OF SEXUAL ASSAULT.

Crime Victim Services 520-562-4106
 OEW DV Shelter 855-203-5849
 GRIC Crisis Line 800-259-3449
 National Suicide Line 800-273-8255

GRHC SANE520-562-5151
 GRIC Police Department 520-562-4511/911
 GRIC Silent Witness 520-562-7144



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JOIN US FOR OUR APRIL AWARENESS ACTIVITIES



TEAL TUESDAY'S with raffle



WEAR TEAL ON TUESDAYS and send a selfie to 520-600-5521 or tag GRHC on social media. Those that send the picture or tag or share and tag will be entered into a weekly raffle. For community members we encourage participate and send in your pictures.

COLORING PAGE with raffle



PICK UP YOUR COLORING PAGE at any district service center or download from GRHC social media and then send it by text or tag on social media

DENIM DAY APRIL 27



TO SHOW SOLIDARITY AND SUPPORT for survivors of sexual assault (The campaign began after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped the person who raped her remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim)

OUR THEME IS "I AM HEARD". #GRICIAMHEARD

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SEXUAL VIOLENCE MYTHS

MYTH: SEXUAL VIOLENCE IS AN ACT OF LUST AND PASSION THAT CANNOT BE CONTROLLED.

FACT: Sexual violence is about power and control

MYTH: IF A VICTIM DOES NOT FIGHT BACK THEY MUST HAVE WANTED IT.

FACT: Survivors can experience tonic immobility, also known as a "freeze" response where they cannot physically move or speak.

MYTH: A LOT OF RAPE REPORTS ARE MADE UP

FACT: False sexual assault reports are about the same as other felonies, only about 2-8%

MYTH: YOU CANNOT SEXUALLY ASSAULT A SPOUSE OR PARTNER

FACT: Roughly 1 in 10 women have been raped by their intimate partner

MYTH: IT'S NOT A BIG DEAL, RAPE DOESN'T HAPPEN THAT OFTEN

FACT: Rape occurs nearly every 107 seconds in the US among people aged 12 and older

MYTH: THE VICTIM IS NOT CRYING OR EMOTIONAL, THIS MEANS THEY ARE LYING

FACT: Everyone responds differently to trauma; some may cry, some may even laugh, some may not show any emotion at all.

MYTH: MEN ARE NOT VICTIMS OF SEXUAL VIOLENCE

FACT: 15% of all men will experience rape

MYTH: THE VICTIM WAS WEARING REVEALING CLOTHES, SHE WAS ASKING FOR IT

FACT: Sexual violence is a choice on the part of the perpetrator. It is never the victim's fault.

MYTH: THERE IS NO REASON FOR THE VICTIM NOT TO REPORT THEIR RAPE. IF THEY DON'T, THEY MUST BE LYING.

FACT: There are many reasons victims hesitate to report being raped or assaulted, especially in small rural communities. They may feel shame, they may be worried about retaliation, they may be worried about increased violence, they may be worried about people finding out and blaming them, they may not have confidence in the judicial system.

