



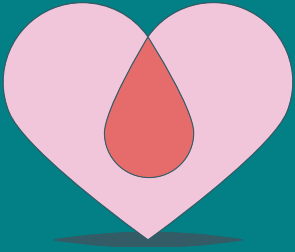
Understanding Sexual Violence

Nearly every minute someone in the U.S. is sexually assaulted. Every nine minutes, that someone is a child. Source: RAINN

PHONE: 970.669.5150
TEXT: 970.669.5157



WHAT IS SEXUAL VIOLENCE?



Sexual violence is unwanted, forced or coerced sexual contact. It is also sexual violence when a person is unable or unwilling to give consent.

Consent is clear actions and words demonstrating approval and permission to engage in a sexual activity or contact. It is informed, freely given, and mutually understood by all parties.



Silence does not mean 'yes.'

Consent is not a given within a relationship

Consent to a sexual activity does not imply consent to any other form of sexual activity.

Consent is a continuous conversation and can be withdrawn at any time.

PREPARE & PROTECT YOURSELF

01.

BE AWARE OF YOUR SURROUNDINGS. STAY AWAY FROM ISOLATED AREAS.

02.

WHEN GOING TO FUNCTIONS BE SURE TO ARRIVE AND LEAVE WITH A TRUSTED PERSON.

03.

IF GOING OUT WITH SOMEONE NEW, LET A FRIEND KNOW WHO YOU'RE WITH & WHERE YOU WILL BE

04.

EDUCATE YOURSELF ON DATING SAFETY

05.

DO NOT ACCEPT FOOD OR DRINK FROM SOMEONE YOU DO NOT KNOW

06.

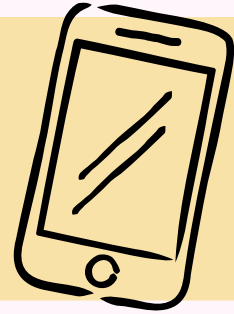
WHILE OUT DO NOT LEAVE FOOD OR DRINK UNATTENDED

07.

LEARN WAYS TO PHYSICALLY DEFEND YOURSELF

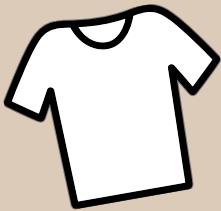
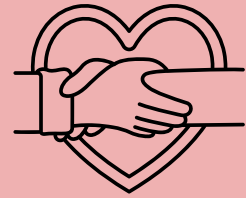
WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED

If you think you are still in danger, get to a safe place. If you are in immediate danger, call 911 and call someone you trust for support.



Seek medical attention where a professionally trained sexual assault nurse examiner (SANE) can conduct a health and forensic exam (rape kit). You also may have unseen injuries and need testing and treatment for possible pregnancy and STIs such as HIV/AIDS.

Call SAVA at 970-472-4200 for an advocate to go with you for your exam, and ask about other available services and support.



If possible, preserve evidence: Don't take a shower, use the bathroom, brush your teeth, or comb your hair. Keep the clothes you wore at the time of the attack.

If you want to report the crime to police, discuss options with the advocate or SANE.



IF YOU SEE SOMEONE IN DANGER

- Step in and offer assistance. Ask if the person needs help. NOTE: Before stepping in, make sure to evaluate the risk. If it means putting yourself in danger, call 911 instead.
- Don't leave. If you remain at the scene and are a witness, the perpetrator is less likely to do anything.
- If you know the perpetrator, tell the person you do not approve of their actions. Ask the person to leave the potential victim alone.

BE AN ALLY

- When you go to a party, go with a group of friends. Arrive together, check in with each other frequently, and leave together.
- Have a buddy system. Don't be afraid to let a friend know if you are worried about her/his safety.
- If you see someone who is intoxicated, offer to call a cab.

IF SOMEONE YOU KNOW HAS BEEN ASSAULTED

- Listen. Be there. Don't be judgmental.
- Be patient. It will take your friend some time to deal with the crime.
- Help to empower your friend. Sexual assault is a crime that takes away an individual's power, it is important not to put pressure on them to do things that they are not ready to do yet.
- Encourage your friend to report the rape to law enforcement (call 911 in most areas). If your friend has questions about the criminal justice process, call the National Sexual Assault Hotline, 1-800-656-HOPE to get help.
- If your friend is willing to seek medical attention or report the assault, offer to accompany them wherever they need to go (hospital, police station, campus security, etc.)
- Encourage him or her to contact SAVA or Alternatives to Violence for guidance (970-669-5150), but realize that only your friend can make the decision to get help.