

**If you are assaulted,
please remember ~**

IT IS NOT YOUR FAULT.

What if I am assaulted?

Some options are:

- Call a crisis line
- Seek medical attention
- Talk to a counselor
- Talk to friends and relatives
- Report to the police*

*Bodily evidence can be collected up to 120 hours after an assault. If you are reporting a rape to the police, do not shower, douche, nor wash your clothes.

The most important thing is to do what is most comfortable to YOU. Give yourself the same love, understanding and patience that you would give your friends or family. In time, you will recover.

How can I help my friend or partner?

- Believe your friend or partner.
- Respect their confidentiality.
- Avoid judgmental comments.
- Ask how you can be of assistance rather than giving them advice.
- Respect their decision even when yours may be different.
- Be a good listener.
- Avoid pressure to resume any form of sexual activity until initiated by your partner.
- Offer unconditional love and support.

**FREE & CONFIDENTIAL
services in these counties:**

| | |
|-------------|-----------|
| Butler | Hardin |
| Cerro Gordo | Humboldt |
| Floyd | Kossuth |
| Franklin | Mitchell |
| Grundy | Webster |
| Hamilton | Winnebago |
| Hancock | Worth |
| | Wright |



Crisis Intervention Service

206 Third NE
Mason City, IA 50402-0656
cis@cishelps.org
www.cishelps.org

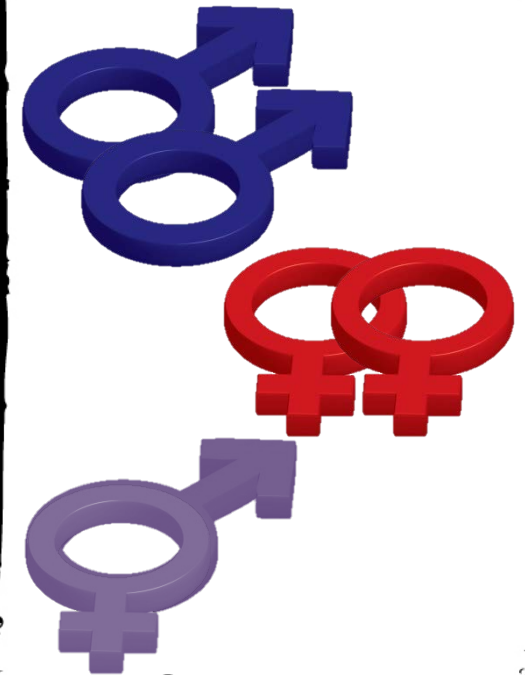
Domestic Abuse Hotline:

**641-424-9133
(toll-free 855-424-9133)**

Sexual Abuse Hotline:

**641-424-9071
(toll-free 800-479-9071)**

This project is supported by Grant No. 2010-WR-AX-0007 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions or recommendations expressed in this program are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Justice, Office on Violence Against Women



**Sexual
violence
doesn't
discriminate**

And neither do we.

Crisis Intervention Service

Domestic Abuse Hotline:

**641-424-9133
(toll-free 855-424-9133)**

Sexual Abuse Hotline:

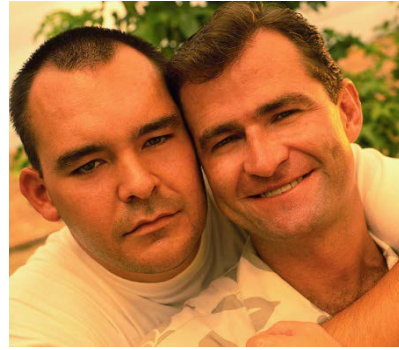
**641-424-9071
(toll-free 800-479-9071)**

www.cishelps.org



WHAT IS SEXUAL VIOLENCE?

- Sexual violence is any sexual contact performed against your will or where your consent is gained by threats or acts of violence.
- Sexual violence includes rape, incest, child sexual assault, ritual abuse, stranger rape, date/acquaintance rape, partner/marital rape, sexual harassment, exposure and voyeurism.
- It is a crime of power and control, NOT a desire for sex.
- It happens to people of **all genders, sexual orientations**, races, cultures, social status, and economic backgrounds.
- Most rapes are committed by someone the victim knows.
- A person does not have to get beaten up to be raped.
- **Sexual assault is NEVER the victim's fault, no matter what they wore, where they went or what they did. The assailant made a choice to violate someone's rights and not listen to "NO."**



ISSUES UNIQUE TO LGBTQ VICTIMS OF SEXUAL ASSAULT:

- Survivors who are not “out” may find sharing and/or reporting the sexual assault difficult or impossible.
- Due to the lack of awareness of same-sex sexual assault, it may seem silence is the only option.
- If the survivor's community is small, the fear of other's skepticism and/or people “taking sides” may cause the survivor to keep silent.
- Guilt and self-blame (which are common symptoms of all survivors) may lead to questioning one's sexual identity and sexuality.
- One's own internalized homophobia may further complicate the complexities of sexual assault.
- Gay/bi male survivors may be apprehensive to report and fear being ignored or rejected as overly sensitive due to the stereotype that they are promiscuous.
- Lesbian/bi women survivors may face being ignored or having their claims discarded if their attacker is a female because women are not socially seen as sexual perpetrators.

CRISIS INTERVENTION SERVICE SEXUAL ASSAULT SERVICES

WE CAN HELP

- 24-Hour Crisis Line
- Counseling
- Legal and medical advocacy
- Accompaniment to hospitals, law enforcement agencies, court proceedings, etc.
- Information and referral
- Prevention and community education
- Counseling and education for the victim's loved ones.



“From Victim to Survivor”

We understand a victim is never at fault for being raped, yet may feel guilty. Sexual assault is a violent crime that may leave a victim feeling helpless, alone, afraid, confused, embarrassed, and sometimes even non-emotional or numb.

With understanding and support, a victim can become a survivor.