

THINGS TO THINK ABOUT

- You have the right to set limits.
- Communicate your limits clearly.
- Trust yourself. If a situation doesn't feel right, get out!
- Don't condone sex-role stereotypes.
- Speak up when others joke or talk about their sexual conquests. Let others know where you stand.
- Drugs and alcohol impair your ability to take care of yourself and make healthy decisions.
- Remember, No is Never Wrong, It's Your Right.

SPREAD THE WORD

- Talk to others about sexual stereotyping and responsible behavior.
- Sponsor dating expectations workshops using discussions, role playing, and videos.
- Write letters to the editor that focus on the issues of sexual assault and relationship communication.
- Set-up a display on sexual stereotypes and acquaintance rape in libraries or schools.
- Speak out against inappropriate behavior or comments. Just expressing your opinion may encourage others to look at situations or comments differently.
- Practice assertive behaviors.
- Get involved. Call the police if you witness an assault.
- Support survivors of sexual assault.

DECIDE TO END SEXUAL VIOLENCE
CHANGE BEGINS WITH YOU

SAVS PROVIDES:

- Information and support needed to make informed decisions and take positive action.
- Personal assistance with accessing medical information and counseling agencies.
- Accompaniment to and support during meetings with criminal justice professionals.
- Outreach and services to family members and friends who are uncertain about how to help.
- Peer support groups.
- Transportation to appointments related to the victimization.
- Assistance with obtaining civil restraining orders, victim compensation benefits, and victim rights information.

TO CONTACT SAVS:

Office: 715.343.7114 / 715.343.7179

Crisis: 715.343.7125 / 800.472.3377

OTHER NUMBERS TO CALL FOR HELP:

Family Crisis Center 715.343.7125
1616 W. River Dr, Stevens Point 800.472.3377

Outreach Services Center 715.343.7129
1608 W. River Dr., Stevens Point

Stevens Point Police Dept. 715.346.1500
1515 Strongs Ave., Stevens Point or 911

Plover Police Dept. 715.345.5255
2420 Post Rd. , Plover or 911

Portage County Sheriff's Dept. 715.346.1400
1500 Strongs Ave., Stevens Point or 911

St. Michael's Hospital (ER) 715.346.5100
900 Illinois Ave., Stevens Point

UWSP Protective Services 715.346.3456
1925A Maria Dr., Stevens Point

SEXUAL ASSAULT

HELPING THE SURVIVOR



SAVS

Sexual Assault Victim Services

A CAP Services Program



CAP Services

Transforming People and Communities

1616 W. River Drive
Stevens Point, WI 54481

715.343.7125
800.472.3377

All services are FREE and Confidential

SEXUAL ASSAULT

Sexual assault is as any sexual contact with someone without their consent.

Sexual assault is an act which, while involving sex, is a violent crime motivated by anger and power. Through physical, emotional, or psychological means, sexual assault humiliates and degrades the survivor. It often destroys the survivor's sense of trust, safety and control over their life.

The term sexual assault includes rape, incest, child sexual abuse, date rape, marital rape, sexual harassment, unwanted sexual touching, and exposure.

One in four females and one in six males are sexually abused by the age of 18. Often the perpetrator threatens the safety of the victim or other family members to make sure the secret is kept.

CONSENT

- Consent is a mutual agreement, between those legally able to so, to engage in sexual contact or intercourse.
- Consent is freely, and actively given.
- The legal age of consent for sexual contact is 16.
- The legal age of consent for sexual intercourse (between people not married to each other) is 18.
- Giving in to pressure to have sex is emotional blackmail, not consent.
- Forcing someone to give in is not consent.
- When individuals are of different status, power, or age, such as an employer and an employee, extra caution must be used to ensure that true consent is being given.

WHAT TO DO AFTER AN ASSAULT

- Get to a safe place and call the police, a friend, family member, or Sexual Assault Victim Services 715.343.7125.
- SAVS support services are confidential and free of charge.
- Do not shower, bathe, douche, or destroy any of the clothing you were wearing at the time of the assault.
- Do not disturb anything in the area where the assault occurred. It is important to preserve all physical evidence for court use. This will leave your options open if you are not sure whether you want to report the assault.
- Go to a hospital emergency room for medical care. Ask the examining doctor or nurse to make a note of all injuries received as a result of the rape. Make sure you are evaluated for the risks of pregnancy and sexually transmitted diseases.
- Call someone to be with you. It's ok to need support during this time. This is not a sign of weakness.
- If you do not report to law enforcement immediately, write down all the details of the assault and save them in case you decide to report the assault later.
- If criminal charges are issued against the offender, the district attorney's office will handle the case. The victim is not responsible for the legal fees.

RESPONDING TO A SEXUAL ASSAULT VICTIM

- Make sure the survivor is somewhere they feel comfortable and safe.
- Let the survivor know it is not their fault. The assailant is the only one responsible for the violation of their rights.
- Survivors can have a variety of reactions to the assault, (pain, fear, denial, anger, confusion, sadness, powerlessness, etc.) all of which are normal.
- Do not tell them that everything is all right. Accept that everything is not all right.
- Let the survivor know how much, and what type of support you are able to provide.
- Remember the assault was an act of violence expressed in a sexual manner by the assailant.
- Be willing to listen, and accept intervals of silence.
- Be careful not to show shock or disdain at what is said as the survivor may misinterpret your reaction as a judgement of them.
- Let the survivor know their options, but let them make their own decisions. It is a difficult but especially important part of the healing process. This allows the survivor to take control over a portion of their life that was violated.
- Ask the survivor if it is ok for you to touch or hug them.
- If you, or the survivor, need help dealing with any of these issues, contact SAVS.