

Need help?

If you've been raped or sexually assaulted, help is out there. You are not alone.

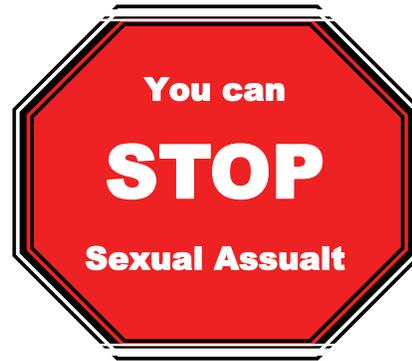
First, find a safe environment away from the attacker. Ask a friend to stay with you.

Know what happened is not your fault.

If you are at Job Corps, go directly to the health and wellness center. If you are off center, but nearby, call the center for help.

If you are at home or somewhere else, call 911 to report the attack. Preserve evidence. Do not shower or brush your teeth.

Call a crisis help line. RAINN is available 24/7 at 1.800.656.HOPE.



Resources:
Rape, Abuse and Incest National
Network
<http://www.rainn.org>



1 in 6 women will be the
victim of sexual assault.
Don't be the one.

Don't drink, don't smoke, yada, yada, yada.

It may seem like everywhere you turn, someone is telling you what not to do.

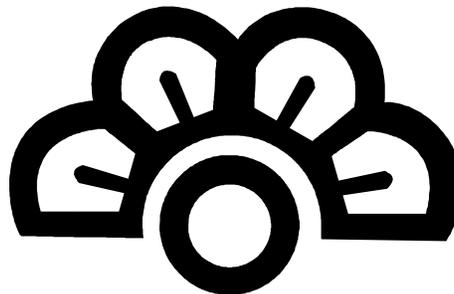
If you listen to one thing, listen to this.

Every two and a half minutes, someone in America is sexually assaulted. Sometimes the attacker is a stranger in a dark alley. More often, it's someone the victim knows. Actually, in 66% of sexual assaults, the victim is assaulted by a friend, acquaintance, or significant other. Alcohol is involved a lot of the time.



PREVENT an Assault

- P** **Protect yourself.** Learn basic self-defense skills. Practice them with friends.
- R** **Remember your cell phone.** Call the center for help. If you're in a tight spot, call 911.
- E** **Enlist the help of friends.** Never go to a party or someone's house by yourself.
- V** **Voice your thoughts and be assertive!** Remember, no means no. Say it!
- E** **Ensure you have a way back.** It's easy to get in trouble if you play it by ear. Plan your ride home!
- N** **Never put down a drink.** It's easy to slip a *roofie* into a drink. You won't know what hit you!
- T** **Trust your feelings.** If something doesn't feel right, it probably isn't.



Be there for your friends.

If you think a friend is making a bad decision, speak up! Don't let a friend stay somewhere alone— even if she tells you to go home.

Remember, there's safety in numbers.

Healthy Relationships



In a relationship, you should never be forced to do something that you are not comfortable doing. (Even if you've been intimate with the person before!) Yes, it can still be rape or sexual assault if the perpetrator is your boyfriend or a friend. It's called DATE RAPE.

Your significant other should treat you with respect. If that's not the case, maybe you shouldn't be in this relationship. If you need help, please talk to someone you trust!