

## **What is sexual violence?**

Sexual violence comes in many forms, it can be defined as any unwanted sexual activity that is forced, threatened, coerced, or manipulated onto an individual. Sexual violence is motivated by the need to control, dominate, humiliate, and harm another individual. It violates a person's feeling of trust and safety and impacts individuals, families and communities as a whole. Sexual violence can include:

- sexual assault/rape
- child sexual abuse
- incest
- criminal sexual contact/unwanted touching
- internet stalking to obtain sex
- drug-facilitated sexual assault
- sexual harassment
- voyeurism
- exhibitionism

## **How to protect yourself**

- Avoid isolated places
- Be aware of your surroundings
- Vary your daily routine
- Leave a breadcrumb trail: let someone know where you are going or where you are going to be and who you will be with
- Pay attention to people's attitudes
- Avoid alcohol
- Never leave your drink unattended or accept a drink from someone you don't know/trust
- Make your limits clear
- Arrange your own transportation to places
- Trust your instincts, if something doesn't feel right, remove yourself from that situation

For more safety tips go to <http://rainn.org/get-information/sexual-assault-prevention>

**What to do if you have been sexually assaulted**

- Go to a safe place, away from the perpetrator
- Call for help, dial 911 or the SERV hotline: 1-866-295-SERV (7378)
- For a recent assault, within 5 days, go to your local hospital emergency department for a sexual assault forensic exam
- Do not shower, change your clothes, brush your teeth, eat, drink, smoke or comb your hair
- If after the 5 day window, seek medical attention from your doctor and contact SERV to speak with an advocate