

# It isn't your fault!

It isn't something you asked for.

It isn't love.

It isn't fair.

It isn't your fault.

No matter where you were.

No matter what you were doing.

No matter what any one says.

Even if you were not believed.

# No matter what... It isn't your fault!



## For Adults Supporting Youth

Listen and believe

Offer and respect choices

This can be a difficult time for you as well as your child

Each of you deserves support

While prioritizing your child, self-care is important

We are here for you, too

## For More Information Call North Coast Rape Crisis Team

### Del Norte County

24 Hour Hotline  
**(707) 465-2851**

Collect Calls Accepted

TTY Line: (707) 465-2031\*

Business Line: (707) 465-6961\*

\*(Available M - F, 8:30 - 5)

### Humboldt County

24 Hour Hotline  
**(707) 445-2881**

Collect Calls Accepted

TTY Line: (707) 443-2738\*

Business Line: (707) 443-2737\*

\*(Available M - F, 8:30 - 5)

## Additional Resources

Confidential Help Line for Teens  
(a line run by teens, open 6pm-10pm)

(800) TLC-TEEN

National Runaway Switchboard 24 hr. hotline

(800) 786-2929

Planned Parenthood

(707) 442-5700

Raven Project

(707) 443-7099

Youth Service Bureau 24 hr. hotline

(707) 444-2273

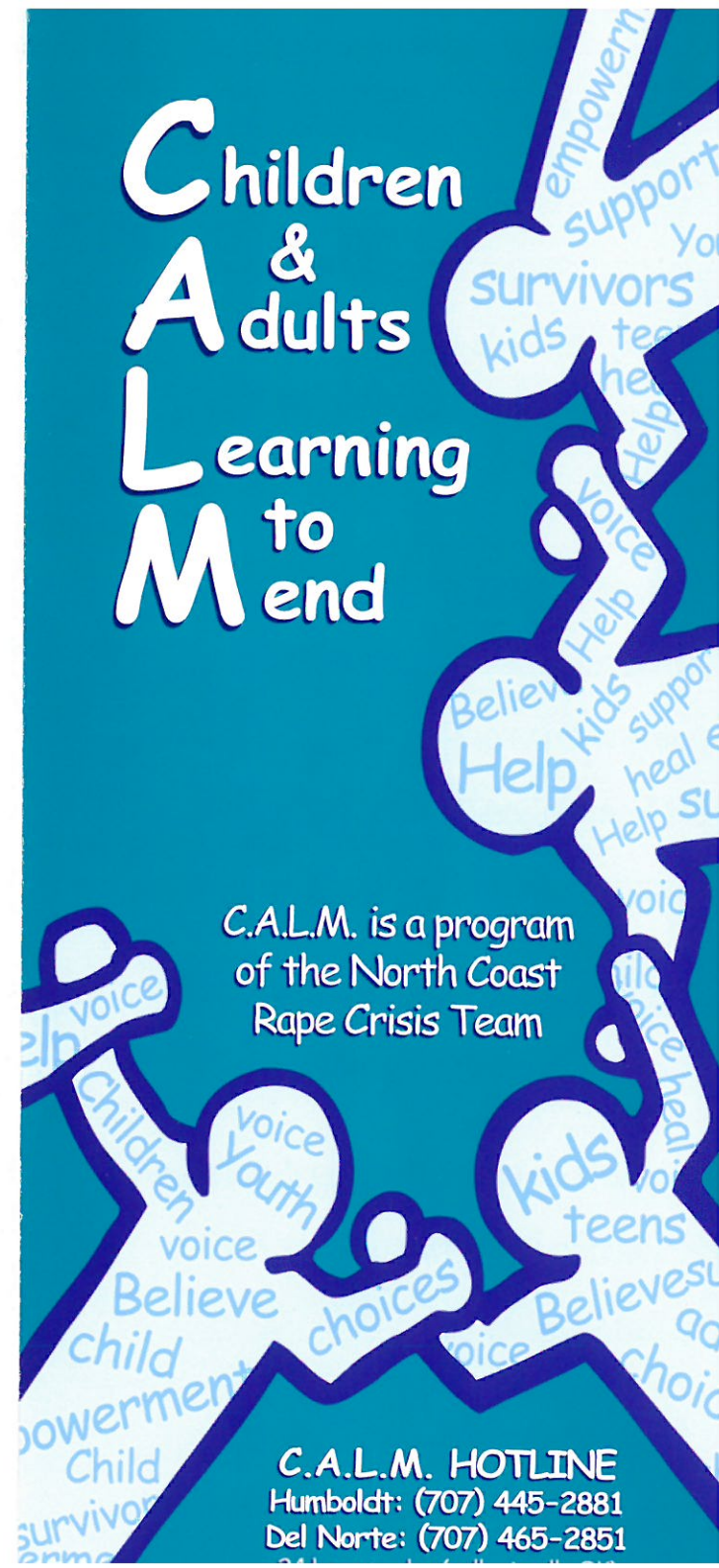


www.nccrst.org

# Children & Adults Learning to End

C.A.L.M. is a program  
of the North Coast  
Rape Crisis Team

**C.A.L.M. HOTLINE**  
Humboldt: (707) 445-2881  
Del Norte: (707) 465-2851





## We Are Advocates!

An advocate is someone who hears you and responds to what you are asking for. We can help your voice be heard throughout the court process.

### We are here to accompany you!

To accompany means: someone going with you to court, the D.A.'s Office, Police, Sheriffs or the hospital and offering you support.

We also help people find other services they might need.

No matter what the legal outcome is, we are here to support and listen to you.

We are here for you...  
You have a choice with us.



## MY BILL OF RIGHTS

### I HAVE THE RIGHT TO:

Be listened to

Have someone point out my strengths

Be supported

Have private time and space

Do things for fun

Listen to other ideas I may not have thought of, and accept or reject them

To be treated respectfully

To live a violence free life

To be good to myself

"I HAVE THE RIGHT TO BE HAPPY."

Provided by HAVEN - Step By Step Series

## Feelings

If you have been sexually assaulted, abused or if you have experienced any unwanted touches, it can really hurt your feelings. Feelings people often experience after being hurt go up and down, like riding a roller coaster. They can be so out of control you might feel like you are going crazy - but you're NOT.

Sometimes people have a hard time understanding what's going on with you and that can make you feel alone.

All of these things are very common and that's why it's so important to let yourself get support.

If you would like more information C.A.L.M. can be reached at:

Telephone is answered by North Coast Rape Crisis Team.

Humboldt Office: (707) 443-2737

Del Norte Office: (707) 465-6961

### C.A.L.M. HOTLINE

Humboldt: (707) 445-2881

Del Norte: (707) 465-2851

24 hours a day (collect calls OK)