

Prevention Education Services

School and community-based outreach and education programs

Programs are available on a wide variety of subjects that focus on awareness and prevention, understanding the laws, supporting survivors, and learning about resources.

- Child Abuse Prevention Project (CAPP) is designed for children from preschool through 6th grade. It is a prevention program that empowers children to recognize and deal effectively with potentially dangerous situations. Parent and teacher workshops are available.
- Sexual Harassment and Bullying Prevention in School and Workplace
- Sexual Assault Prevention
- Relationship Violence Prevention
- Women and Girl's Self Defense follows a women's empowerment model of self defense that focuses on awareness, assertiveness, verbal, and physical self defense skills
- Sex Trafficking/Exploitation Prevention
- Child Abuse/Mandated Reporting and other trainings for professionals

Call our business office to schedule a class. If you do not see what you're looking for, call to tailor a specific class to meet your needs.

Facts

- Sexual assault can happen to anyone at anytime, anywhere regardless of gender, age, race, class, sexual orientation, ability / disability...
- Locally, perpetrators use alcohol or other drugs as a weapon in 85% of sexual assaults against teens.
- A person with a disability is two times more likely to be sexually assaulted than the general population.
- 1 in 3 women will be sexually assaulted in her lifetime.
- Sexual violence is often a part of hate crimes aimed at people who are perceived to be gay, lesbian, bisexual, transgender, intersex...
- Locally, 85%-90% of sexual assaults are committed by someone the survivor knows.
- 1 in 3 female and 1 in 6 male children will experience sexual violence before the age of 18.
- The primary motive for sexual assault is power, domination, and control.
- 80%-90% of violent crimes against women are committed by someone of the same racial background as the survivor. Native American women are the only people more likely to be assaulted by someone of a different race.
- No one deserves to be sexually assaulted no matter who they are, where they are, or what they are doing!



www.ncrct.org

Del Norte County
24-hr Line Hotline
(707) 465-2851

Collect Calls Accepted
TTY Line: **(707) 465-2031***
Business Line (707) 465-6961*
*(Available M-F 8:30-5:00)

P.O. Box 1082
Crescent City, CA 95531

Humboldt County
24-hr Line Hotline
(707) 445-2881

Collect Calls Accepted
TTY Line: **(707) 443-2738***
Business Line (707) 443-2737*
*(Available M-F 8:30-5:00)

P.O. Box 1011
Eureka, CA 95502

North Coast Rape Crisis Team

Serving all of
Del Norte and
Humboldt Counties

Imagine a world
without violence!

HOTLINES

Collect Calls Accepted

Del Norte 24-hr Line: (707) 465-2851

TTY Line: (707) 465-2031 M-F 8:30-5:00

Humboldt 24-hr Line: (707) 445-2881

TTY Line: (707) 443-2738 M-F 8:30-5:00

Intervention and Advocacy Services

Free, confidential, and immediate supportive services for people of all ages and genders who are survivors of sexual assault/abuse.

- 24-hr hotlines (collect calls accepted)
- Support and information for families and friends of survivors
- Information on medical and legal procedures survivors may encounter
- Accompaniment to law enforcement interviews, medical appointments, court proceedings, etc. related to an assault
- Advocacy on behalf of survivors with law enforcement, medical providers, court personnel, etc. (advocacy is helping someone understand and assert their rights)
- Individual counseling
- Support groups for adult survivors of sexual assault/abuse
- Information and referral to community and Tribal resources; i.e. therapy, medical, social services, etc.

CALM

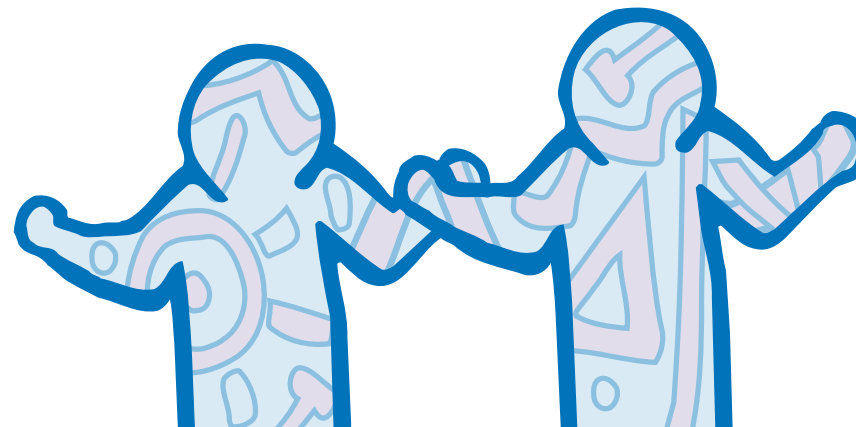
Children and Adults Learning to Mend is a program of the North Coast Rape Crisis Team that provides the above services specifically for child survivors and their families.

If you are sexually assaulted



it could be important and helpful to consider:

- getting to a safe place.
- contacting a friend or loved one – someone you trust.
- contacting the North Coast Rape Crisis Team (NCRCT) for believing and non-judgmental support and information.
- allowing NCRCT to provide information regarding reporting and being supported regardless of your decision about reporting.
- hearing from NCRCT about your medical options including: obtaining care for risks of pregnancy, exposure to STDs and/or injury; obtaining an exam to collect medical evidence whether or not you wish to report.
- keeping in mind all medical providers are required to report child abuse, sexual assault, or domestic violence – NCRCT can provide options should this become a barrier.
- that you are not to blame for what happened – this is not something you asked for – it's not fair – it's not your fault.
- remembering you don't have to be alone in this – support is a phone call away – no matter what, it's never too late to call – we are here to support you.



If someone you know is sexually assaulted:

- let them know that you care.
- be willing to listen, without giving advice or telling them what to do.
- believe what they tell you.
- reassure them that they are not to blame and did nothing wrong.
- don't pressure them for details and let them decide whether they want to tell anyone else – respect their privacy.
- remember they may or may not want to be touched – ask first and respect their wishes.
- do not pressure the survivor to report – reporting is an individual decision and choosing not to report does not mean the assault didn't happen.
- offer choices but allow the survivor to make the decisions that feel right for them.
- remember your feelings are important and you deserve support as well – consider calling us to talk to a counselor.

Sexual assault: any sexual act attempted or committed without freewill and knowing consent

