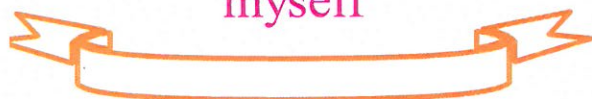


My Bill of Rights



- ◆ Be Listened to
- ◆ Have someone point out my strengths
- ◆ Be supported
- ◆ Have private time and space
- ◆ Do fun things
- ◆ Listen to others 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



Who You Can Call

**North Coast
Rape Crisis Team**
707-445-2881
(24-hour hotline)

Redwood Coast Regional Center
707-445-0893

Pathways
707-826-1886

My Trusted Person:

Artwork provided by artists at:

the studio

Cover: Rachele Aubrey

Middle: Alan Bravo

Inside Right: Sarah Chamberlin

Inside Left: Lisa Alexander

Back: Linda Turley



Safe! Strong! Free!



North Coast Rape Crisis Team
(707) 445-2881—24 hour line
(707) 443-2737—Business line
(707) 443-2738—TTY line
*TTY and Business lines
available M-F 8:30-5.

www.ncrct.org

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 have after being hurt go up and down, like riding on a roller coaster. They can be so out of control you might feel

like you are going crazy.

You can feel alone. All these things are common and it's important to let yourself get help.



Sexual Abuse

Sexual abuse can happen to anyone. It's NEVER your fault if someone abuses you. Sexual abuse or sexual assault is any sexual touch that you don't want or that takes advantage of you.



Abuse can happen by a stranger or by someone you know like:

- ☆ old friends
- ☆ new friends
- ☆ someone you date
- ☆ family
- ☆ co-workers
- ☆ careproviders

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

We Are Advocates!

An advocate is someone who listens to you and tries to help you get what you are asking for. We can go with you and help your voice be heard by:

- ☆ Judges
- ☆ Police Officers
- ☆ District Attorneys
- ☆ Doctors & Nurses
- ☆ Other people too!

We help people find other services they might need.



No matter what, we are here to support and listen to you.