

## Self-Care for Family and Friends

Good self-care enables you to better care for others, especially if there is someone in your life who has survived sexual violence.

### ◆ **Maintain Your Lifestyle**

Maintaining your lifestyle and continuing to do what you enjoy is important for your emotional wellness.

### ◆ **Make Plans**

Sometimes talking about what happened can help you cope with your feelings and other times it can make you feel more stuck. Make plans that give you a break from talking or thinking about the assault.

### ◆ **Reach Out**

It's common to have a difficult time processing the sexual assault of someone you care about. You can call the North Coast Rape Crisis Team's hotline at (707) 445-2881 or the National Sexual Assault Hotline at 1 (800) 656-4673 to talk about your feelings.

### ◆ **Take Time to Relax**

Relaxation looks different for everyone. You might consider meditation, deep breathing exercises, or maybe journaling. Build time into your day for these moments of relaxation so that you don't skip out. There is no right or wrong when it comes to self-care methods.

## Resources

### **NORTH COAST RAPE CRISIS TEAM**

Collect calls are accepted

**Humboldt 24-hr hotline:** (707) 445-2881

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

Business Office: (707) 443-2737

**Del Norte 24-hr hotline:** (707) 465-2851

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

Business Office: (707) 465-6961

### **RAINN (Rape, Abuse, Incest National Network)**

1 (800) 656-4673

Online live chat: [www.rainn.org](http://www.rainn.org)

### **National Domestic Violence Hotline**

1 (800) 799-7233

### **Humboldt Domestic Violence Services**

(707) 443-6042

### **Pandora's Project**

Message board and chat room: [www.pandys.org](http://www.pandys.org)

### **Youth Service Bureau Hotline**

(707) 444-2273

### **Planned Parenthood**

(707) 442-5700

**You can make a difference!**

## Supporting Survivors of Sexualized Violence



### **North Coast Rape Crisis Team**

*"Imagine a world without violence"*

**24-hour Hotline:** (707) 445-2881

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

Business Line: (707) 443-2737

[www.ncrct.org](http://www.ncrct.org)



## Facts

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- ◇ Sexual assault is any sexual contact without consent.
- ◇ Sexual assault is a crime of power and control, it is not sex.
- ◇ Sexual assault is never the survivor's fault.
- ◇ Anyone can be affected by sexualized violence regardless of their gender, age, ability, ethnic or racial identification, or economic status.
- ◇ 1 in 3 women and 1 in 6 men are sexually assaulted in their lifetime.
- ◇ No one deserves to be sexually assaulted, no matter who they are, where they are, or what they are doing.
- ◇ It is likely that someone you know or love has been affected by this kind of violence. It can often be difficult to hear or learn that people you are close to have been hurt in this way.
- ◇ Healing is a journey and can take some time. Encouraging a survivor to heal at their own pace can be helpful.

## Survivors' Reactions

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Individuals have many different reactions to traumatic events and process those reactions differently. One person may show many emotions, another may show no emotion at all.

Many survivors experience a roller coaster of emotions: numbness, shock, anger, sadness, shame, etc. Flowing in and out of these feelings is common.



## Your Reactions

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You may experience strong feelings as well when you learn that someone you know or love has been affected by sexualized violence. Common feelings include anger, shock, disbelief, helplessness, a desire to "fix it" or take control, maybe even rationalization that the assault was not all that bad or that it didn't happen at all. In these moments, it is important to honor the survivor's feelings, wishes, and choices.

## Providing Support

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**Believe** - the survivor has entrusted you with their story. Believe what they tell you.

**Listen** - if you can hear the survivor's story, listen to them. If it's too hard to listen, try to connect them with helpful resources.

**Offer Resources** - there are many agencies in our community that exist to help survivors, like the North Coast Rape Crisis Team.

**Respect Their Choices** - all control and options were taken away from the survivor during the assault. Allow them to make their own choices, even if you don't agree with them.

**Take Care of Yourself** - sexual assault not only affects the survivor, it affects the support system as well. It can be helpful to make space and time for yourself.

