

know your rights

You have the right to:

- ✗ say NO to any unwanted sexual attention.
- ✗ defend yourself if someone doesn't respect your choices.
- ✗ be listened to and believed.
- ✗ ask for help. (See inside for information on mandated reporters.)
- ✗ have someone there to advocate for your rights if you are reporting a sexual assault. An advocate can help your voice be heard.
- ✗ receive support around what happened.

how to be supportive

Whether you realize it or not, someone you know has been abused or assaulted. It's not easy knowing that these things happen. Some suggestions to help yourself and your friends are:

- ✗ Do not blame the person who has been abused or assaulted even if they blame themselves.
- ✗ Listen to and believe your friend. Disbelief only makes things harder.
- ✗ Don't tell them what to do. Do not pressure your friend to deal with their abuse in the way you think will be most effective. Trust that they know what is best for them.
- ✗ Call us if you are worried about a friend or need support yourself. We're available at 445-2881.

who to call



Raven Project
Youth Service Bureau hotline
Planned Parenthood
Child Welfare Services
National Runaway Safeline
Confidential Help Line for teens (800) TLC TEEN
(a line run by teens, open 6p-10p)

North Coast Rape Crisis Team

24-hr, collect calls accepted
Humboldt County Hotline
(707) 445-2881
Del Norte County Hotline
(707) 465-2851
(707) 443-7099

(707) 444-2273

(707) 442-5700

(707) 445-6180

(800) 786-2929

(800) TLC TEEN

WEBSITES

www.youngwomenshealth.org or
www.youngmenshealthsite.org

Information on common health concerns for teens. Including information on body image, sexuality and emotional health.

www.sexetc.org

Internet site with information about boys' health, girls' health, body image, sexual violence, and more.

www.teencvs.org

Website with teen polls and information on relationships and abuse.

www.mysistahs.org

The Young Women of Color Leadership Council's website with information on healthy sexuality and realtionships.

~out of area hotlines and websites may
not accurately reflect local procedures~

24-hour crisis line
collect calls accepted
707. 445. 2881

north coast rape
crisis team
po box 1011
eureka, ca 95502
business line
707. 443. 2737
ncrct.org

Last Updated- 9/9/14

truth for youth

north coast rape crisis team



24-hour hotline
707.445.2881

tty
707.443.2738*

business line
707.443.2737*
(*8:30-5 mon-fri)

ncrct.org

sexual assault

Sexual assault is any sexual act done against someone's will or without their consent. This includes rape and all other unwanted sexual acts.

Girls age 16-19 are three times more likely to be sexually assaulted than the general population.

Freshmen in high school and in college are especially vulnerable.

Locally, perpetrators use alcohol or other drugs as a weapon in 85% of sexual assaults against teens. Taking advantage of someone's intoxication in order to have sex with them is against the law and punishable as rape.

Nearly 99% of sexual assaults are committed by males. 91% of survivors are female.



find time to relax and take care of yourself

No matter who you are, how you look, what you did or where you were, **it is not your fault if someone assaulted you.** The person who hurt you is responsible for their own actions.

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Who can be a rapist or abuser?

Locally, 85%-90% of sexual assaults are committed by someone the survivor knows. Someone could also be hurt by a stranger. It is important to trust your instincts and take safety precautions no matter what situation you are in.

Should I seek medical attention?

There are medical concerns you should be aware of: STDs, pregnancy, injury, etc. If you choose to seek medical attention, know that medical providers are mandated reporters, even if you are over the age of 18. **If you need medical attention and do not want a report made, call us for options and information.**

What is a Mandated Reporter?

Many professionals who work with people under 18 (including medical providers, teachers, counselors) have to report any kind of abuse, neglect or sexual assault of someone under the age of 18 to law enforcement or Child Welfare Services. **We are not mandated reporters on our hotline.**

What happens if I report?

If you report any crime to law enforcement they should conduct an investigation. The District Attorney's office decides whether or not to prosecute the case. These decisions are out of your control, however you can tell the DA what you would like to have happen, and this can sometimes affect the outcome of the case. **You have a right to have an advocate with you. Call us for assistance.**

How do I deal with this?

Sexual assault and abuse are traumatic experiences. Each individual heals differently. Some people might seek counseling while others may receive the support they need from family and friends. Whatever works for you, it is important that you listen to yourself and trust your instincts. The perpetrator can't take away who you are. **You can call us for further support at 445-2881.**

child/teen sexual abuse

There are many types of child/teen abuse. Sexual abuse is one of these. **Any sexual act by an older person with a younger person could be considered sexual abuse.** Some people call this molest. It is a crime!

1 in 4 females and 1 in 6 males will experience some form of sexual violence by the time they are 18.

Even if the abuse happened long ago, you could be experiencing a lot of feelings, such as confusion, guilt, shame, sadness, anger and disbelief. Sometimes it can be hard to talk to someone about sexual abuse, but it can help.

You might consider talking to a counselor at Rape Crisis. Our confidential 24-hour line is available at 445-2881.

Some people worry that the gender of the person who assaulted them or the nature of the abuse will affect their sexual orientation. **A perpetrator does not determine your sexual orientation.**

no matter what
happened to you, if
you are a survivor
of sexual abuse,
the abuse was
not your fault

