

# SAFETY AND PREVENTION OF SEXUAL VIOLENCE

## What is sexual violence?

- Sexual violence refers to sexual activity where consent is not obtained or freely given. It occurs any time a person is forced, coerced, or manipulated into any unwanted sexual activity. There are many types of sexual violence. Not all include physical contact between the victim and the perpetrator. Range of sexual violence includes:
  - Rape
  - Sexual assault
  - Incest
  - Sexual exploitation
  - Unwanted or inappropriate sexual contact
  - Sexual harassment
  - Exposure
  - Treats
  - Stalking/cyberstalking
  - Peeping

## How do I prevent sexual violence?

Everyone has a role to play in preventing sexual violence. There are many different ways that you can step in or make a difference if you see someone at risk. This approach to preventing sexual violence is referred to as bystander intervention.

- **Create a distraction.** Do what you can to interrupt the situation. A distraction can give the person at risk a chance to get to a safe place.
  - Cut off the conversation with a diversion like "Let's get pizza, I'm starving" or "This party is boring. Let's try somewhere else."
  - Bring out fresh food or drinks and offer them to everyone at the party, including the people you are concerned about.
  - Start an activity that draws other people in, like a game, debate, or dance party



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- **Ask directly.** Talk to the person who might be in trouble.
  - Ask questions like "Who did you come here with?" or "Would you like me to stay with you?"
- **Refer to an authority.** Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like an RA or security guard.
  - Talk to a security guard, bartender, or another employee about your concerns. It is in their best interest that their patrons are safe and they will usually be willing to step in.
- **Enlist others.** It can be intimidating to approach a situation alone. Enlist another person to support you.
  - Ask someone to come with you to approach the person at risk. When it comes to expressing concern, sometimes there is power in numbers.
  - Ask someone to intervene in your place. For example, you could ask someone who knows the person at risk to escort them to the bathroom.
  - Enlist the friend of the person you're concerned about. "Your friend looks like they've had a lot to drink. Can you check on them?"

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## **RAINN Sexual Assault Hotline**

- RAINN is an anti-sexual violence organization with a free, confidential, 24/7 national sexual assault hotline.
- **Website:** <https://www.rainn.org/>
- **Hotline:** 800-656-HOPE (4673)
- **Live Chat:** <https://hotline.rainn.org/online>

## **National Sexual Violence Resource Center**

- National Sexual Violence Resource Center provides leadership in preventing and responding sexual violence through collaborating, sharing and creating resources, and promoting research.
- **Website:** <https://www.nsvrc.org/>

## **National Organization for Victim Assistance**

- National Organization for Victim Assistance is a leader in victim advocacy, education, and credentialing.
- **Website:** <https://www.trynova.org/>
- **Victim Assistance Helpline:** 800-879-6682 (TRY-NOVA)

## **Victim Connect Resource Center**

- Victim Connect Resource Center is a referral hotline where crime victims can learn about their rights and options confidentially and compassionately.
- **Website:** <https://victimconnect.org>
- **Traditional-based helpline:** 855-4-VICTIM (84-2846)
- **Online Chat:** <http://Chat.VictimConnect.org>

## **Crisis Text Line**

- Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.
- **Website:** <https://www.crisistextline.org>
- Text HOME to 741741 to connect with a Crisis Counselor



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## The Women's Center Rape Crisis and Victim Services

- The Women's Center Rape Crisis and Victim Services program is one of the most comprehensive and distinguished rape crisis centers in the Southwest. No matter the age or gender, victims of stranger and non-stranger sexual abuse and sexual assault find both hope and help here.
- **Website:** <https://www.womenscentertc.org>
- **24-hour crisis hotline:** 817-927-2737

## Anti-Violence Project

- Anti-Violence Project empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.
- **Website:** <https://avp.org/#>
- **Hotline:** 212-714-1141

## National Domestic Violence Hotline

- At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
- **Website:** <https://www.thehotline.org/>
- **Hotline:** 800-787-3224

## Additional Resources

- Find a sex educator, counselor or therapist in your area [aasect.org/refferal-directory](http://aasect.org/refferal-directory)

