

We can help.

IF YOU ARE IN IMMEDIATE DANGER, CALL 911.

If you would like confidential support, day or night, please call the statewide sexual assault hotline. Trained advocates are available to listen 24/7. If the person you are calling about has been sexually assaulted and is under the age of 18 it is required that the assault be reported to the authorities. However you do not need to give your age in order to receive support and services.

1.800.277.5570

TTY & Language Line interpretation available.
in-person support and hospital accompaniment is also available.

RESPONSE to Sexual & Domestic Violence (1-866-644-3574)
Berlin, Colebrook, Lancaster

The Support Center at Burch House (1-800-774-0544) Littleton

Starting Point (1-800-336-3795) Conway, Ossipee

Voices Against Violence (603-536-1659) Plymouth

WISE (1-866-348-9473) Lebanon

New Beginnings: A Women's Crisis Center (1-866-644-3574)
Laconia and all of Belknap County

Turning Points Network (1-800-639-3130) Claremont, Newport

Sexual Harassment and Rape Prevention Program (SHARPP)
University of New Hampshire (1-888-271-7233) Durham

Rape and Domestic Violence Crisis Center (1-866-644-3574)
Concord

A Safe Place (1-800-854-3552) Portsmouth, Rochester, Salem

Sexual Assault Support Services (1-888-747-7070)
Portsmouth, Rochester

YWCA Crisis Service (603-668-2299) Manchester, Derry

Monadnock Center for Violence Prevention (1-888-511-6287)
Keene, Jaffrey, Peterborough

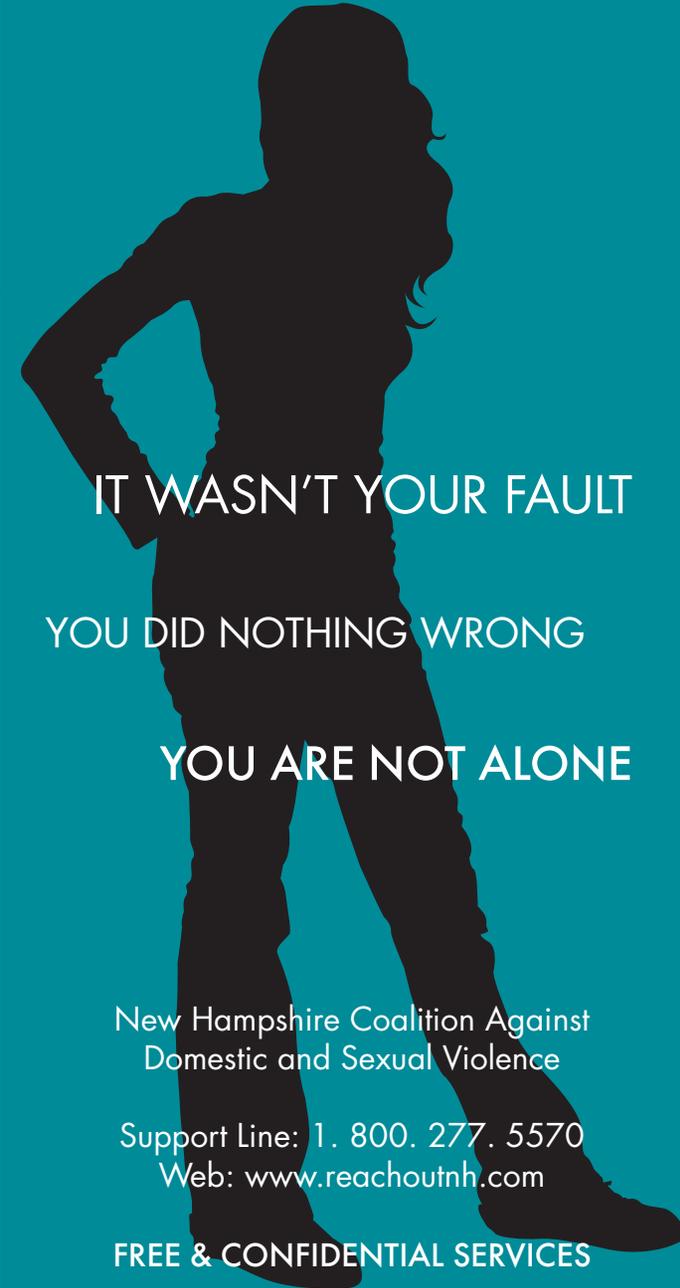
Bridges: Domestic & Sexual Violence Support (603-883-3044)
Nashua, Milford

The 14 member programs of the New Hampshire Coalition Against Domestic and Sexual Violence provide services regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status or religious or political affiliation.

*This brochure was adapted from a version created by the Rape and Domestic Violence Crisis Center, Concord, NH.

What Can I Do...

A Guide on Sexual Violence



IT WASN'T YOUR FAULT

YOU DID NOTHING WRONG

YOU ARE NOT ALONE

New Hampshire Coalition Against
Domestic and Sexual Violence

Support Line: 1. 800. 277. 5570

Web: www.reachoutnh.com

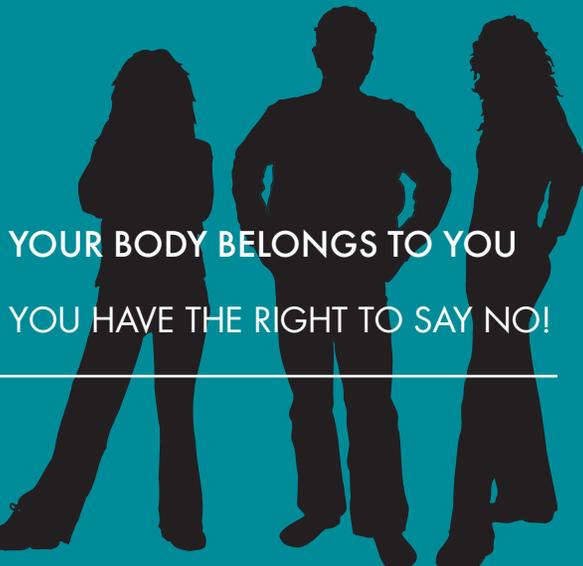
FREE & CONFIDENTIAL SERVICES

No one has the right to touch you without your consent. Sexual assault is a crime and the person who commits it is the **ONLY** one to blame.

Sexual assault is **ANY** sexual contact that occurs without the consent of those involved. It can include touching, kissing, grabbing, or any other type of sexual contact without a person's consent, including rape. Sexual assault can also happen after a person has been unknowingly drugged or is under the influence of alcohol and cannot give his or her consent.

To give your **CONSENT** means agreeing to do something without being pressured, manipulated, coerced or forced. Consent is freely choosing to say yes.

Unwanted sexual attention, including harassing comments and gestures, as well as pressuring someone to have sex, is also considered sexual violence.



YOUR BODY BELONGS TO YOU

YOU HAVE THE RIGHT TO SAY NO!

WHAT CAN I DO IF I'VE BEEN SEXUALLY ASSAULTED?

It can help to talk about it. You can call someone you know and trust for support. If something happened to you and it didn't feel right even if you are not sure it was an assault, you can still talk about it. An advocate from the local crisis center can explain your rights, what to expect, and explore options, call **1.800.277.5570** for more information.

- ☆ Sexual assault is a traumatic event and you may feel angry, ashamed, hopeless, anxious or scared. There are no right or wrong feelings & reactions.
- ☆ You may need medical care even if you don't seem to be hurt. If this is the case, you can go to a doctor, clinic, or a hospital emergency room to be checked for injuries, including ones you can't see. You can also receive testing and medicine for prevention of sexually transmitted infections (including HIV) & pregnancy.
- ☆ With your permission, a trained emergency room nurse can do a free exam to collect evidence if you were assaulted within the last five days. If you're under age 18, the medical staff must report the assault to the police. To preserve evidence after an assault, it is best not to eat, drink, shower, smoke, comb your hair, urinate, douche or change clothes. Even if you have done any of these things you can still go to the hospital for an exam. If you do change clothes, put the unwashed ones you were wearing in a paper bag (never plastic.) A nurse or police officer will want to know that you have them.
- ☆ You have the option to report the assault to the police.
- ☆ Above all, remember that it wasn't your fault! No one has the right to hurt you. Even if you were drinking, or had previous consensual sexual contact with this person they didn't have the right to force you to do something you didn't want to do this time.

NO ONE EVER DESERVES TO BE THE TARGET OF SEXUAL VIOLENCE

DOES ANY OF THIS SOUND FAMILIAR?

- ☆ You deserve to be sexually assaulted or harassed and are "asking for it" if you dress or behave a certain way.
- ☆ You deserve to be assaulted if you are using alcohol or drugs.
- ☆ Sexual violence is committed by total strangers, never family, friends, partners or authority figures.
- ☆ It's OK to pressure someone for sex after you've spent money going out, said "I love you" or because you've had sex in the past.
- ☆ Men can't be sexually assaulted.

NONE OF THE ABOVE STATEMENTS ARE TRUE!

No one deserves to have sex forced on them under ANY circumstance. Sexual contact of any kind without consent is assault, and it is a crime. Eighty five percent of sexual assaults are committed by someone the victim knows. Remember, sexual violence can happen to anyone.

HOW CAN I HELP A FRIEND?

- ☆ **LISTEN** to what he or she says and ask how you can help before doing anything.
- ☆ **BELIEVE** your friend and show support.
- ☆ **ENCOURAGE** your friend to seek help.
- ☆ **DON'T BLAME** your friend for what happened. Let your friend know it wasn't her or his fault.
- ☆ Help your friend make his or her own decisions, instead of pressuring her or him to do what you think is best.
- ☆ Don't confront the person who committed the assault. It could create an unsafe situation for you or your friend.
- ☆ Get help for yourself if you're feeling overwhelmed or frightened. Find someone you can talk to about those feelings. Support and information for you and your friend is available through the statewide sexual assault hotline below. For a full list of New Hampshire crisis centers see the back panel of this brochure.

NEW HAMPSHIRE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

24-hour statewide hotline:
1.800.277.5570

ONLINE AT:
www.reachoutnh.org & www.nhcadv.org

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