

KNOW YOUR RESOURCES

WHAT IS SEXUAL ABUSE?

Forced or coerced sexual intercourse or sexual contact when there's no consent or someone is unable to consent or refuse. This may include the use of fear, threat of physical violence, psychological intimidation, bullying, and physical force. Sexual abuse also can include incidents of penetration by a foreign object.

WHAT IS SEXUAL HARASSMENT?

Repeated and unwelcome comments or gestures of a sexual nature, including demeaning references to gender, sexually suggestive or derogatory comments about body or clothing, or obscene language or gestures. Repeated and unwelcome sexual advances; requests for sexual favors.

WHAT ARE YOUR RIGHTS AS SOMEONE WHO EXPERIENCED SEXUAL ABUSE/HARASSMENT?

- The right to be treated with dignity and respect.
- The right to report privately and safely in writing or verbally, to a staff member, contractor, or volunteer, or through a third party, such as a family or friend, or outside reporting entity.
- The right to have an advocate or support person available for a forensic medical exam.
- The right to get help from trained medical and mental health care professionals at no cost to you.
- The right to have an advocate or support person available to support you through the investigation process.

MINDFULNESS ACTIVITIES

GROUNDING

5-4-3-2-1 Activity: This activity allows you to focus on your surroundings and be in the present moment. You can name 5 things you can see in the room with you, 4 things you can physically feel against you, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself.

BREATHING EXERCISE

You can try what's called "Boxed Breathing." You will breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, and hold for 4 seconds, and so on. You can do this for a few minutes until you find yourself more grounded or relaxed.

▶ WHAT CAN AN ADVOCATE DO?

AN ADVOCATE CAN

- Listen to your story and support you.
- Provide you information to make choices and help you look at next steps.
- Inform you of your rights as a victim.
- Inform you of other resources and services that are available to you related to sexual abuse and sexual harassment.

AN ADVOCATE CANNOT

- Provide legal advice.
- Make decisions for you (ie. tell you whether to report the sexual abuse or not).
- Change the facility's process (ie. outcomes of investigations.)
- Contact your family or friends for you.
- Provide therapy or mental health treatment services.

ADVOCATES ARE HERE TO HELP YOU

Provide confidential emotional support services, such as: