How to Get Help

If you aren't sure what to do or who to ask for help, there are hotlines you can call. Rape crisis centers have a hotline that is always open. You don't have to tell them your name, address, or phone number. You can ask them for advice and they can help you understand your choices.

Rape crisis centers also give free services to people that have been sexually abused. They offer free counseling and can go with you to a hospital exam. If you decide to tell the police, rape crisis centers can help you make a report.

Local Hotline:

National Hotline: 1-800-656-4673

Understanding Sexual Abuse

It's important for everyone to learn about sexual abuse, including adults with developmental disabilities. Sexual abuse can happen to anyone and it is never your fault. Knowing what it is and how to talk about it can help you feel stronger. This pamphlet will give you important information about sexual abuse and how to get help.

C.A. LEADDS
A ValorUS® and
Arc of California Project

valor.us/gethelp

What is Sexual Abuse?

It is important to know the difference between sexual activity and sexual abuse. If it makes you feel **scared**, **confused**, **uncomfortable**, **angry**, or **ashamed**, it might be sexual abuse. All of the things on this list are abuse if you do not want to do them and don't agree to do them.

Touching or showing penis, vagina, breasts, butt in a sexual way

Taking sexual pictures or videos

Paying or bribing for sex

Secrets about touching

Using threats or fear to make you agree to sex

You Have the Right To

- Feel safe and respected.
- Decide who can touch you.
- Decide what parts of your body someone can touch.
- Enjoy touch that makes you feel happy and comfortable.
- Change your mind, even if you said yes.
- Say "No" if someone makes you feel uncomfortable.
- Tell someone if you were touched in a way that feels wrong.
- Talk to a family member, friend, or person you trust.