Things to Think About

- You have the right and responsibility to set limits and communicate your limits clearly
- Trust yourself. If a situation doesn’t feel right, get out
- Practice assertive behaviors
- Drugs and alcohol impair your ability to assess situations and make healthy decisions
- Remember, NO is never wrong—it’s your right

Spread the Word

- Talk to others about sexual stereotyping and responsible behavior
- Get involved. Tell someone if you witness violence
- Write letters to the editor that focus on the issues of sexual assault and consent
- Speak out against inappropriate sexual behavior or comments. Just expressing your opinion may encourage others to look at situations or comments differently
- Sponsor dating expectations workshops using discussions, role playing, and videos
- Support survivors of sexual assault

SAVS provides:

- Advocacy and support to make informed decisions regarding safety and needs
- Information about accessing medical care, criminal justice systems, and counseling agencies
- Accompaniment to and support during meetings with medical & criminal justice professionals after an assault.
- Outreach and services to family members, partners, and friends.
- Peer support groups
- Assistance with obtaining civil restraining orders, victim compensation benefits, and victim rights information.

To contact SAVS:
Office Line: (715) 343-7179
24 Hour Crisis Line: 715) 343-7125
Or (800) 472-3377

Other numbers to call for help:

**SEXUAL ASSAULT**

**Supporting the Survivor**

**SAVS**

Sexual Assault Victim Services
A CAP Services’ Program

1616 West River Drive
Stevens Point, WI 54481
(715) 343-7125
(800) 472-3377

All services are FREE and Confidential
SEXUAL ASSAULT

Sexual assault is any sexual contact or behavior that occurs without the consent of the other person.

Sexual assault is a violent crime motivated by power and control. Through physical, emotional, and/or psychological means, sexual assault perpetrators intend to abuse, humiliate, and degrade the survivor. It often destroys the survivor’s sense of trust, safety and control over their life.

The term sexual assault includes rape, incest, child sexual assault, stranger rape, date/acquaintance rape, partner/marital rape, sexual harassment, exposure, and voyeurism. 1 in 4 females and 1 in 6 males are sexually assaulted by the age of 18.

CONSENT

- Consent is a mutual agreement between those legally able to so, to engage in sexual activity
- It is clear, coherent, willing, & ongoing
- The legal age of consent for sexual contact is 16
- The legal age of consent for sexual intercourse is 18
- Using threat or force is not consent.
- People incapacitated by drugs or alcohol cannot consent
- When individuals are of different status, power, or age, extra caution must be used to ensure that true consent is being given

WHAT TO DO AFTER AN ASSAULT

- Get to a safe place and call the police, a friend, family member, or Sexual Assault Victim Services (SAVS)
- Refrain from showering, bathing, or destroying any of the clothing you were wearing at the time of the assault
- Do not disturb anything in the area where the assault occurred. If possible, preserve all physical evidence if you can. This will leave your options open if you are not sure if you want to report the assault
- Seek medical care. The examining doctor or nurse can make a note of all injuries received as a result of the assault and assess the risks of pregnancy and sexually transmitted infections
- Call someone to be with you. Request an advocate from the SAVS program. It’s ok to need support during this time
- If you do not report to law enforcement, write down all the details of the assault and save them in case you decide to report the assault later
- If criminal charges are issued against the offender, the district attorney’s office will handle the case. The victim is not responsible for legal fees. SAVS advocates can assist you in understanding legal & judicial processes

SUPPORT

- Make sure they are somewhere they feel comfortable and safe. What happened is not their fault. The perpetrator is the only one responsible for the violation of their rights
- Know that individuals can have a variety of reactions to the assault, (pain, fear, denial, anger, confusion, sadness, powerlessness) all of which are common.
- Do not tell them that everything is all right. Accept that everything is not all right
- Let them know how much and what type of support you are able to provide
- Remember the assault was an act of violence expressed in a sexual manner by the perpetrator
- Be willing to listen and accept intervals of silence
- Be careful not to show shock or disdain at what is said. They may misinterpret your reaction as a judgement
- Let them know options, but let them make their own decisions. This is a difficult but especially important part of the healing process. Allow them to take control over a portion of life that was violated