

# We're Here to Help!

*SafePlace's Sexual Assault Response and Prevention program is here to provide accompaniment with the following:*

- Sexual Assault Nurse Examinations in Thurston County 24 hours a day at Providence St. Peter Hospital
- Monarch Children's Justice Advocacy Center for child victim exams and guardian support
- Sexual assault survivor interviews with law enforcement agencies in Thurston County
- Medical and doctor's appointments related to the sexual assault: follow-up, reproductive health needs, sexually transmitted infections and/or HIV screening if these appointments are in Thurston County

*A SARP advocate can find you resources and referrals to help navigate the following legal aspects:*

- Sexual Assault Protection Orders, both temporary and permanent, at the Thurston County Family and Juvenile Court
- Any aspect of a sexual assault survivor's criminal case in Thurston County, including, but not limited to, prosecution and defense interviews, sentencing, trial and pre-trial
- Sexual Assault Protection Orders: must be from someone who is NOT an intimate partner, previous partner, or family member (for sexual assault incidents involving an intimate partner, previous partner, or family member; that individual would need to file a Domestic Violence Protection Order instead).
- Anti-Harassment Orders if the presenting issue is sexual violence.

# Connect With Us

A service for ALL survivors of sexual assault and domestic violence to receive support, advocacy, and resources regardless of age, ethnicity, nationality, race, gender, sexuality, class, religion, veteran status, the presence of a physical, sensory or mental disability, marital status or pregnancy status.



Services are confidential, voluntary, and discrimination-free. Additionally, all of our services are free of cost, and can be offered in multiple languages.

**Talk to someone RIGHT NOW!**



**(360) 754-6300 TTY: 711**

**Our HelpLine is available 24 hours a day, 7 days a week.**

**SafePlace Community Service Center:**

**521 Legion Way SE**

**Olympia, WA 98501**

**Hours: Monday-Friday 9am-12pm, 1pm-5pm.**

**Business Office: (360)786 8754**

**SafePlace@SafePlaceOlympia.org**

**Safeplaceolympia.org**

**Safe**   
**Place**  
*Freedom from Violence*

**Believe  
Survivors**



**Sexual Assault  
Resources and  
Healing**

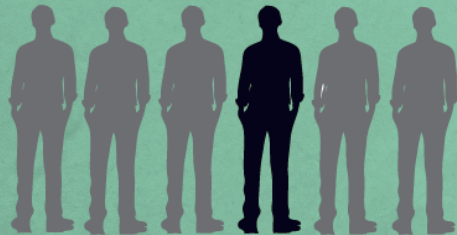


# What IS Sexual Assault?

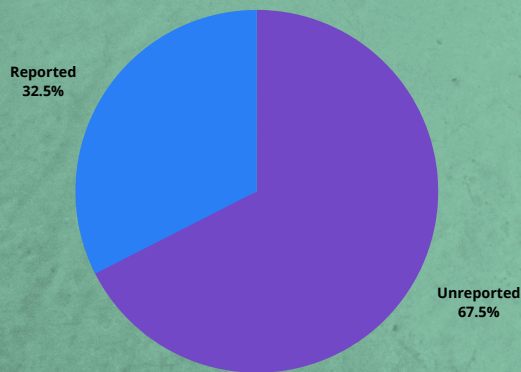
Sexual assault is any sexual act forced upon an individual against their will or explicit consent.



About 1 in 5 women report being sexually assaulted in their lifetimes. <sup>1</sup>



About 1 in 6 men report being sexually assaulted before their 18th birthday. <sup>1</sup>



Two-thirds of sexual assaults are estimated to go unreported each year <sup>1</sup> Odds are extremely high that you personally know someone who has experienced sexual assault, or a child has been or is being sexually abused.

<sup>1</sup>National Intimate Partner and Sexual Violence Survey: 2010 Summary report. Retrieved from the Centers for Disease Control and Prevention at [https://www.cdc.gov/violenceprevention/pdf/nisvs\\_report2010-a.pdf](https://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf)

<sup>2</sup>Criminal Victimization, 2015. US Dept of Justice, Bureau of Justice Statistics:

<https://www.bjs.gov/content/pub/pdf/cv15.pdf>

# This ISN'T Your Fault

"What were you wearing? Why did you walk alone? Did you lead them on?" Questions like these shift the blame from the assailant to the survivor, and perpetuate the notion that sexual assault could have been avoided "if you just did something different."

While It's normal to ask yourself what you might have done to avoided the assault, no matter how it happened, it's never your fault. Blame for the assault belongs only to the person(s) who assaulted you.



## The Myth of "Stranger Danger"

Despite popular belief, it is most common to be sexually assaulted by intimate partners and people who are familiar to you than by complete strangers. <sup>1</sup>

In fact, nine out of ten sexual assaults on people under 18 are perpetrated by family & friends. <sup>1,2</sup>

## Your Reactions are Normal

Some reactions may be short term, and others may stay with you for some time. Remember to be patient with yourself. Some examples of what you might feel or experience are:

- Denial Flashbacks
- Having Memory Gaps
- Anger or Shame
- Crying
- Trouble with Eating, Sleeping, Intimacy, and more.



SafePlace has someone ready to talk to you RIGHT NOW! Call day or night: (360) 754-6300 TTY:711

# What Can I Do?

Washington State has Sexual Assault Protection Orders which can provide survivors certain protections from their assailant, such as requiring the offender to stay away from you, places you work and/or places you frequent.



You can contact St. Peter Hospital Sexual Assault Clinic or you can go to St. Peter Hospital emergency room to have a sexual assault exam.

This exam collects forensic evidence from the assault should you choose to file charges. Having this exam does not mean you must file charges. There is no fee and no medical insurance required for the exam.



You may also consider contacting other community agencies that can offer services such as confidential HIV testing and emergency contraception.

Call (360) 754-6300 TTY:711 for help TODAY!