

SafePlace is...

a service for *all* survivors of sexual assault and domestic violence to receive support, advocacy, and resources. Our services are confidential, voluntary, and discrimination-free. Additionally, all of our services are free of cost, and can be offered in multiple languages.



Connect With Us!

Our Help Line runs 24 hours a day, 7 days a week. Call us!

360-754-6300

A SafePlace advocate can help you...

- Find emergency shelter
- Access therapy
- Join a support group
- Go with you to the hospital for a Sexual Assault Nurse Exam
- Get a legal protection order
- Get free legal advice from an attorney
- Provide you a safe space to share your story and process feelings
- Create a safety plan for your situation
- Connect with other community resources
- And more...

Our Business Office is located at:

521 Legion Way SE
Olympia, WA 98501
Phone: 360-786-8754

www.safeplaceolympia.org

SafePlace 
freedom from violence



Healing From Sexual Assault

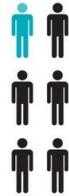


FACTS

About 1 in 5 women report being sexually assaulted in their lives.¹



About 1 in 6 men report being sexually assaulted before their 18th birthday.¹



The chances are extremely high that you know an adult who has been sexually assaulted, or a child who has been or is being sexually abused.

So what is Sexual Assault?

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

67.5% A horizontal bar chart with a blue bar representing 67.5% of the total length.

And over two thirds of assaults are estimated to go unreported every year.²

¹National 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
²Criminal Victimization, 2015. US Dept of Justice, Bureau of Justice Statistics: <https://www.bjs.gov/content/pub/pdf/cv15.pdf>

THIS ISN'T YOUR FAULT

Nobody deserves to be raped or assaulted. It's normal to ask yourself what you might have done to avoid the assault. No matter how it happened, it isn't your fault. Blame for the assault belongs only to the person(s) who assaulted you.

STRANGER DANGER IS A MYTH

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.¹

Nine out of ten sexual assaults on people under 18 are perpetrated by family & friends.^{1,2}

REACTIONS

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

Crying

Having Memory Gaps

Anger or Shame

Trouble with Eating, Sleeping, Intimacy, & more...

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 a SafePlace advocate at
360-754-6300
for more resources

www.safeplaceolympia.org