



Helpful Resources

Standing Together Against Rape

276-7279 www.staralaska.com

Teen Support Group, 1x1 support, and resource referrals.

POWER Teen Clinic

929-2633 www.aypfalaska.org

Free HIV & STD testing, pregnancy testing, birth control and condoms, bus tokens, food and drinks.

Covenant House Community Services Center

339-4431 www.covenanthouseak.org

Assistance with basic needs, educational and employment needs, life skills, and foster care Transitioning.

Abused Women's Aid in Crisis

272-0100 www.awaic.org

Assistance, education, and referral for victims of dating violence, safety planning and support.

Nine-Star Education & Employment Services

279-7827 www.ninestar.com

High school completion, employment assistance, and specialized services for those experiencing a disability.

Parachutes Teen Club & Resource Center

562-2932 www.parachutesalaska.com

Located at the Dimond Mall; drop-in center for teens, (13-19); video games, pool, computers, ping-pong, and a small café.

Suicide Hotline 1-800-SUICIDE or 1-800-273-TALK

Tobacco Quit Line Alaska 1-888-842-7848

GLBTA Hotline 929-GLBT or 258-4777

Anchorage Soup Kitchen 277-4302

Planned Parenthood (Anchorage) 563-2229



Courtesy of ConocoPhillips Alaska, Inc.
Questions regarding information provided in this
handout, please call Erin Patterson at STAR.
Updated August 2011



Standing
Together
Against
Rape

What Your Friends Don't Know... *The Truth About Sexual Assault and Dating Violence*



Standing Together Against Rape

1057 West Fireweed Lane, Suite 230 Anchorage, AK
Business Line: (907) 276-7279 Crisis Line: (907) 276-7273
Statewide Crisis Line: 1-800-478-8999
www.staralaska.org



What is Sexual Assault?

Sexual assault is a crime. It is motivated by power, domination, cruelty, and control. It is the humiliation, and domination of another person.

ANYONE OF ANY AGE, GENDER, OR SEXUAL ORIENTATION CAN BE SEXUALLY ASSAULTED.

SEXUAL ASSAULT is ANY sexual contact gained through force, threats, trickery, manipulation or coercion.

you've been assaulted? A "yes" to any of these may mean a crime has occurred. Call STAR for support. Call 911 to report an assault.

Age~

I am under 16 years old.

I am a teen and there is more than a 4 year age difference between us.

The other person has authority over me (coach, teacher, boss) and I am not 18.

Aware~

I was asleep or passed out when it happened.

I was drunk, using drugs, or think I was drugged.

I have a guardian who makes decisions for me.

Interest~

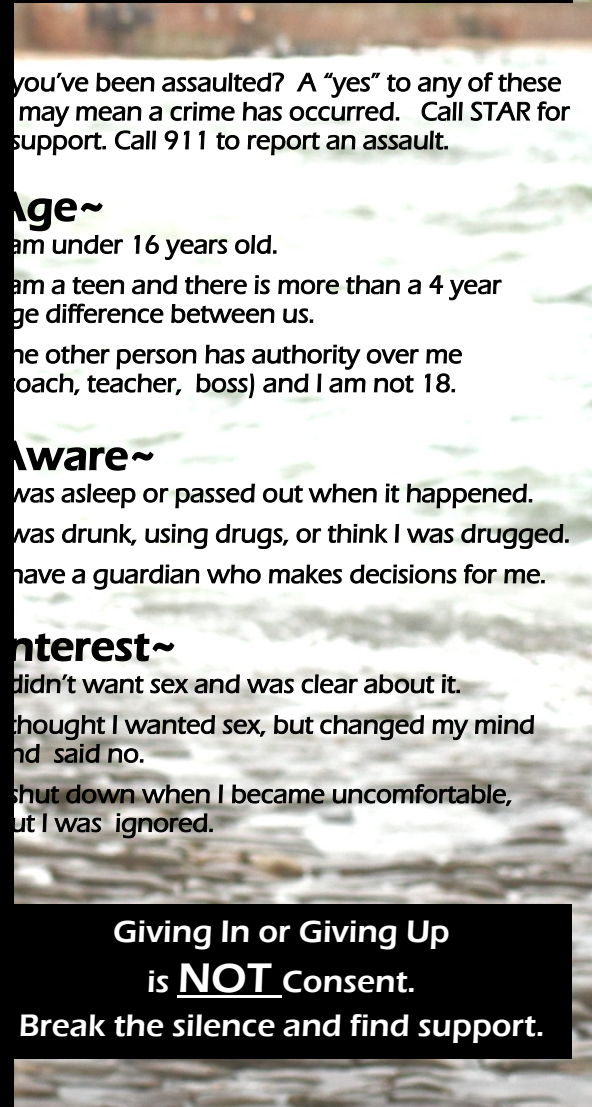
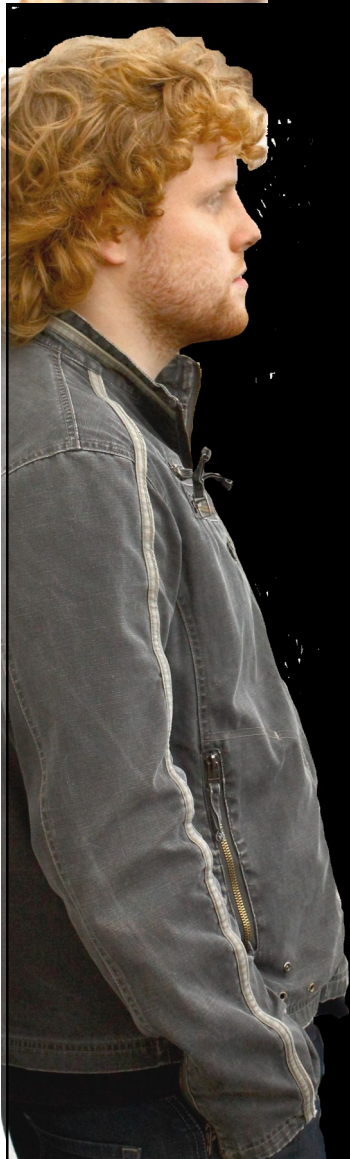
I didn't want sex and was clear about it.

I thought I wanted sex, but changed my mind and said no.

I shut down when I became uncomfortable, but I was ignored.

Giving In or Giving Up is NOT Consent.

Break the silence and find support.



How to Support Yourself



Self-care is just that- learning how to care for yourself. For victims of sexual assault, this is the most valuable method of healing. Since so many victims choose not to report or even to tell anyone, their only source of support must come from within themselves. Here are a few ideas to get started:

Find a creative outlet~

Journal, write poetry, compose a song, paint a picture, design a tattoo, find a way to express your feelings in a non-violent way. Create it, destroy it, keep it to look back on later, whatever you decide to do will be helpful if you can get those feelings out.

Plan something fun in your day~

Make time for something fun everyday. Even if it is something small like painting your toe nails or checking out a funny website. Plan it and make it happen. No one else may be around to make sure you are taking care of yourself.

Exercise~

We all know that exercising releases chemicals in your body that make you feel better. When your body feels good, than your heart has a better chance of feeling that way too. Find a way to move your body!

Build a network~

You never have to talk about the assault if you are not ready. But, that does not mean you have to be lonely and isolated. Be brave and make some friends that can help keep you afloat. Book clubs and craft groups are just a few suggestions. You can even join our STAR teen support group.

If you are a friend or family member of a victim, do not discredit your own experience and grief. Support your friend by taking care of yourself. Not only will you demonstrate health and wellness, but you will also be stronger support.



Write it, draw it, sing it, design it... get your thoughts out on paper

★ How to Support Someone

How can you support a victim?

- ★ **Believe her/him:**
Your job is to support your friend, not investigate a crime.
- ★ **Let her/him know that the assault is NOT her/his fault:**
No one asks or deserves to be assaulted. Regardless of a person's choice about her/his own behavior.
- ★ **Listen carefully:**
Don't let your nerves create a boundary. Listen to their feelings and fears.
- ★ **Let her/him know that their feelings are normal:**
Crisis looks a 1,000 different ways and can change each day. Validate and reassure them it is understandable for all their emotions.
- ★ **Support her/him in talking about the assault:**
Tell her/him that healing begins when she/he talks about the experience and the feelings surrounding the experience.
- ★ **Be confidential and respect her/his privacy:**
This isn't gossip. It is trauma. Don't hurt a victim more by spreading rumors or taking their story away from them.
- ★ **Respect her/his decisions:**
Don't jump in and begin making decisions for them. They need to recover their sense of control by making their own choices. If hurting themselves or others is a concern call 911 immediately for help.



What is Sexual Harassment? ★

Sexual Harassment is hurtful and scary.

The difference between sexual assault and sexual harassment is physical contact.

VERBAL ASSAULT: Whistles, jokes, comments and insults about gender, sexuality, or sexual activity.

VISUAL ASSAULT: Showing yourself to another, showing someone else nude or pornographic material against their wishes, gesturing, or mimicking sexual acts.

THREATS of ASSAULT: Intimidating behaviors and postures, like cornering or hovering over another person, tickling or wrestling beyond that person's comfort, touching another person.

If you or someone you know has recently been hurt or if the assault occurred years ago, STAR Advocates can help. Advocates can provide information and support over the phone or in person.



If you are being sexually harassed:

- Tell the harasser to stop.
- Tell a parent, teacher, nurse, counselor or other adults if behavior doesn't stop.
- Keep a diary of the behavior if it doesn't stop.
- Harassment is hurtful and may take healing, talk with supportive friends and family about it.

You are never alone either.
STAR is available 24 hours a day to give you the words, the options, the resources to help a friend.

907-276-7273 or 1-800-478-8999



is not a
punishment
it's a CRIME

STAR Support Services available:

- 24-hour support and information for victims and families of sexual violence on the crisis line.
- Explanation of reporting and healthcare options.
- Hospital response and assistance filing police report.
- 1-on-1 advocacy sessions by appointment or walk-in.
- Support groups throughout the year on various topics.
- Legal advocacy and court accompaniment.
- Information and referral for other support agencies and counselors throughout the state.

Call Anonymously. Call Anytime.

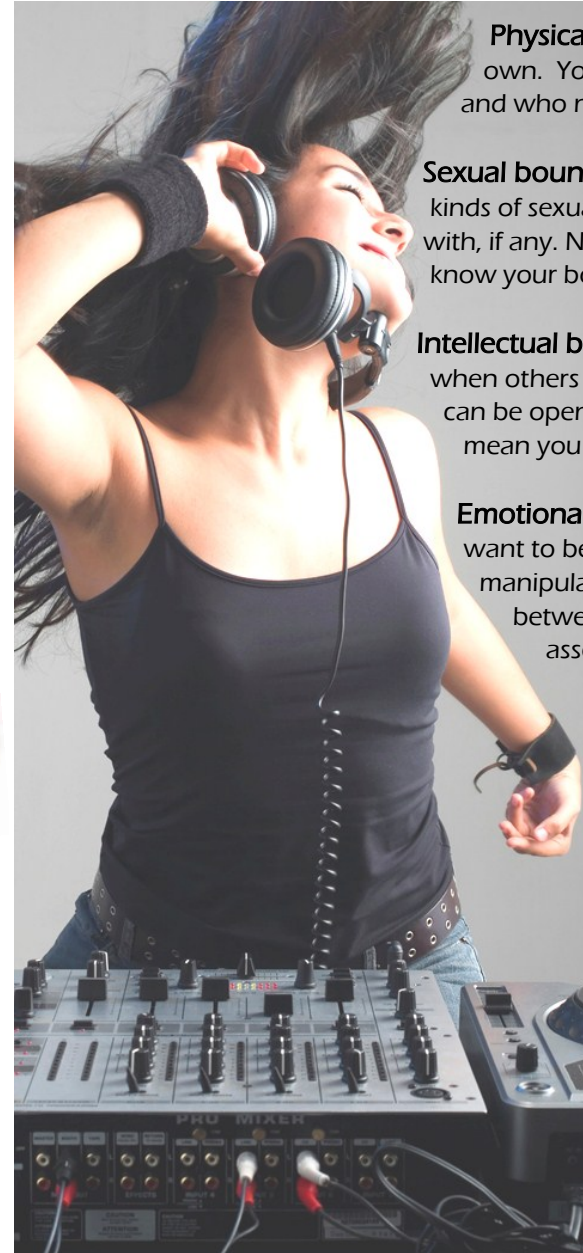
- **Set Sexual limits.** Think about what sex means to you and decide what your sexual limits are and how far you want to go. It is your body and no one has the right to force, harass or coerce you into doing anything that you don't want to do.
- **Practice being assertive** and stating what you want.
- **Get to know people** before giving them a lot of information about yourself or trusting them.
- **Avoid dating** or hanging out with people who are a **lot older than you.**
- Hang out with others who **share your values.**
- **Hang out where there are other people** and you feel safe.
- **Avoid alcohol and drugs.** Your best defense is having a clear mind.
- Establish **"buddy systems."**
- Always have **your own plan** to get home safely.
- **Avoid being alone** with someone you don't trust or know very well.
- **Stop or slow down** before you get to your sexual limit.
- Use a **confident voice** and body posture. Match your body language to your words– don't laugh and smile while saying "NO."
- **Trust your instincts.**

Predators are extremely well practiced at the art of deception. They can trick even the smartest people. Most predators have hundreds of victims and never tell any of them the truth.

What are boundaries?

A boundary is a limit or edge that defines a person as separate from others. It increases a person's identity and creates self-respect. Boundaries empower us to determine how we want to be treated by others.

You be you...here is how



Physical boundary– your body is your own. You decide who gets close to you and who needs to back-off.

Sexual boundary– be able to verbalize what kinds of sexual activities you are comfortable with, if any. Never be afraid to let someone know your boundary has been crossed.

Intellectual boundary– stick to your guns when others try to tell you what to think. You can be open to other ideas, but that doesn't mean you have to change yours.

Emotional boundary - decide how you want to be treated and don't let others manipulate you. Know the difference between passive, aggressive, and assertive behaviors.

DON'T BE AFRAID OF HURTING SOMEONE'S FEELINGS IF YOUR BOUNDARY IS CROSSED.

RESPECT YOURSELF and stand up for your safety.

★ Healthy Friendships & Relationships

Dating and hanging out with new friends is the best thing about getting older. What isn't fun is being around someone that tries to control or persuade you into doing things you don't like. Your boyfriend or girlfriend is your equal and you should feel good about yourself when you are together. Here is what healthy RELATIONSHIPS look like:

REMAIN INDEPENDENT AND UNIQUE
EFFECTIVELY COMMUNICATE
REARN AND RESPECT BOUNDARIES & FEELINGS
EXPLORE DISAGREEMENTS
REALISTICALLY ASSESS YOUR FEELINGS TO AVOID HURTFUL ACTIONS
EVALUATE YOUR FEELINGS ABOUT YOUR PARTNER
RELEASE PRESSURE WHEN FEELING OVERWHELMED
EMPLOY SELF-DEFENSE AND WANT TO BE
REASSURED SAFETY, HONESTY, AND RESPECT ARE ESSENTIAL
ESTABLISH HEALTHY RELATIONSHIPS MAKE HEALTHY INDIVIDUALS
REALISTICALLY ASSESS ABUSIVE SIGNS IS DANGEROUS
EMPLOY SELF-DEFENSE FOR FEELINGS TO CHANGE
REALISTICALLY ASSESS SUPPORT IF HELP OR ADVICE IS NEEDED

FACT:

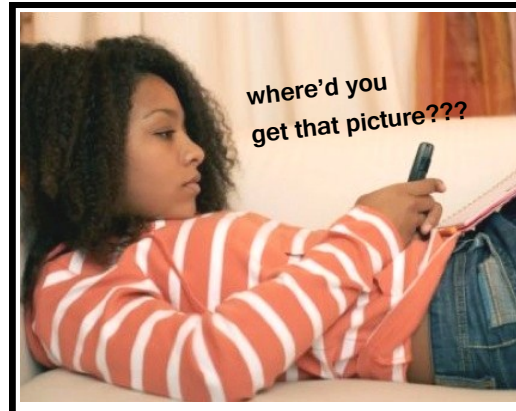
- Anyone can be a victim.
 - Over 50% of all rapes occur in or within 1 mile of the victim's home.
 - 2 out of 3 victims know the rapist. They are friends, partners, neighbors, acquaintances, co-workers, and fellow students.
- RAINN, 2011

STAYING SAFE ONLINE

- Never put sexually suggestive photos or comments on the internet. Even by sending the information to a friend, predators can search for images to distribute to other sex offenders throughout the world.
- Posting information about your life gives predators the opportunity to try and relate to you. Their goal is to build your trust and manipulate you.
- It is never safe to meet someone new when you are alone, especially an "online friend." Forced sexual contact, exposure to sexually transmitted infections, abuse, kidnapping, and even murder can happen.
- Never put your schedule or upcoming plans on Facebook, or anywhere online. A predator may use the information to come find you.



Sexting



Teen Sexting, sending nude or semi-nude pictures through text messages, is against the law.

When you hit "send" it is out of your control.

Don't make it.
Don't send it.
Delete it.



Don't Stand by and watch someone get hurt.

You know it is a set up.....but she can't see it coming.

Think of your sister, your mom, your girlfriend, or one of your good friends in a dangerous situation. What if someone watched or knew it was happening and did nothing to stop it? Regardless of what your friends say, it is ALWAYS okay to block or break-up a shady situation.

Types of Bystander Situation:

1. **One-track Mind:** The guy who is determined to get a girl in bed, no matter what it takes. You see it happening, what are you going to do?
2. **Sneak Attack:** The guy who manipulates the situation to get someone alone and you don't think the person realizes it. How do you tell him/her?
3. **The Blitz:** Overhearing a guy talk about getting a girl drunk (or drugged) so she doesn't know what hit her. How do you stop him?
4. **Party Scene:** A group of girls were invited to a party where you have heard the guys there are trying to have sex. You go to the party, just for the music and over hear their plan. How can you warn the girls?

Information provided by WhyNotAsk.org

Those Who HARM....

Sexual offenders are charming and friendly. They fool all of us and unfortunately cause many people to question the victim's story. Offenders can be male or female and are all different ages.



Sex Offenders:

- Often build up your trust so you let your guard down.
- Test your boundaries to see if you will react and if you will get help.
- Use alcohol as excuses for their behaviors.
- Believe they have the right to sex regardless of consent.
- Believe that using any means necessary to gain sex is okay.
- Believe the myth that "NO" really means "Yes."
- Disregard another person's feelings or needs.
- Violate another person's boundaries.
- Threaten humiliation or punishment to force you into sex.

Ways to Safely Intervene:

- Interrupt and start a conversation
- Knock on the door.
- Make a scene to disrupt the mood.
- Use humor to draw attention and split up the couple
- Refuse to leave the room or find a reason to call one of them into the hallway.
- If dancing at a party, cut in.
- Accidentally spill your drink to diffuse the situation.
- Lie about his/her car being towed.

It only takes a minute to step in and help.
It takes a lifetime to heal from sexual violence.