

## If You Are a Victim of Sexual Violence

- Your immediate safety is important. Go to a safe place such as a friend or family member's home.
- Get support. Local sexual assault programs can provide free and confidential support and advocacy for you and your friends and family.
- Protect your health. You may have a range of health concerns as a result of the sexual violence. It is best to seek medical care as soon as possible. This can be done through seeing your regular doctor, going to the emergency room or with a Sexual Assault Nurse Examiner (SANE).
- Reporting the violence is your choice. Depending on the type of sexual violence you've experienced, you may consider reporting to law enforcement, an employer, a school official, or other person. Many factors may weigh into your decision to report or not to report the violence. There is no right way to handle the effects of sexual violence. If you decide to report the violence to someone, it is important to explore the potential effects of the report on your work, school, career, and all areas of your life. A local sexual assault program advocate will be able to help you understand the process in your area and to support you through it. If you decide not to report to anyone, you are still fully entitled to advocacy services and medical care.

## When Someone You Know Is a Victim of Sexual Violence

### Listen and Believe

Listen without judgment, believe what the victim tells you, and acknowledge feelings. Confusion, anger, sadness, guilt, numbness, helplessness, hopelessness, and self-blame are all normal reactions to trauma.

### Offer Your Support

Let the victim know you are there for support now and in the future.

### Make a Referral

Refer to 1-888-END-ABUSE (1-888-363-2287) and the sexual assault program in your area (see map).

### Speak Out

Speak out when you hear someone blaming the victim for the violence. Victim blaming can take many forms,

most often referencing the victim's clothing or behavior. Remind others that the responsibility for the violence lies with the offender and nobody deserves to be sexually violated.

## Advocacy Support Services

Getting in touch with an advocacy program can provide a victim of sexual violence with the support and assistance they need in the healing process. These programs offer services 24 hours per day, seven days a week. Their services include crisis hotlines, safety planning, information and referrals, criminal justice advocacy, civil court advocacy, hospital advocacy, personal advocacy, assistance with transportation, assistance with crime victims' compensation, assistance with protection orders, and more.

All of these services are free and confidential. Any information shared with an advocacy program is private and cannot be shared with anyone outside the organization, unless:

- The program is required to disclose the information by law.
- The victim signs an informed, written, time-limited release allowing them to disclose the information.

### For support, contact the following:

The sexual violence program nearest you (see map)

### Kansas Crisis Hotline

1-888-END-ABUSE (1-888-363-2287)

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# SEXUAL VIOLENCE

 **Kansas  
Coalition**  
against sexual &  
domestic violence

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## What is Sexual Violence?

According to the Centers for Disease Control and Prevention, sexual violence is any sexual act that is perpetrated against someone's will. Sexual violence encompasses a range of offenses, including a completed nonconsensual sex act (i.e., rape), an attempted nonconsensual sex act, abusive sexual contact (i.e., unwanted touching), and non-contact sexual abuse (e.g., threatened sexual violence, exhibitionism, verbal sexual harassment). All types involve victims who do not consent, or who are unable to consent or refuse to allow the act. Sexual violence can happen to anyone, regardless of gender, age, race, sexual orientation, socioeconomic status, or ability.

Sex offenders use many methods to intimidate the victim. They might use trickery, manipulation, coercion, bribery, blackmail, or threats. Offenders often take advantage of people they perceive as vulnerable or less powerful.

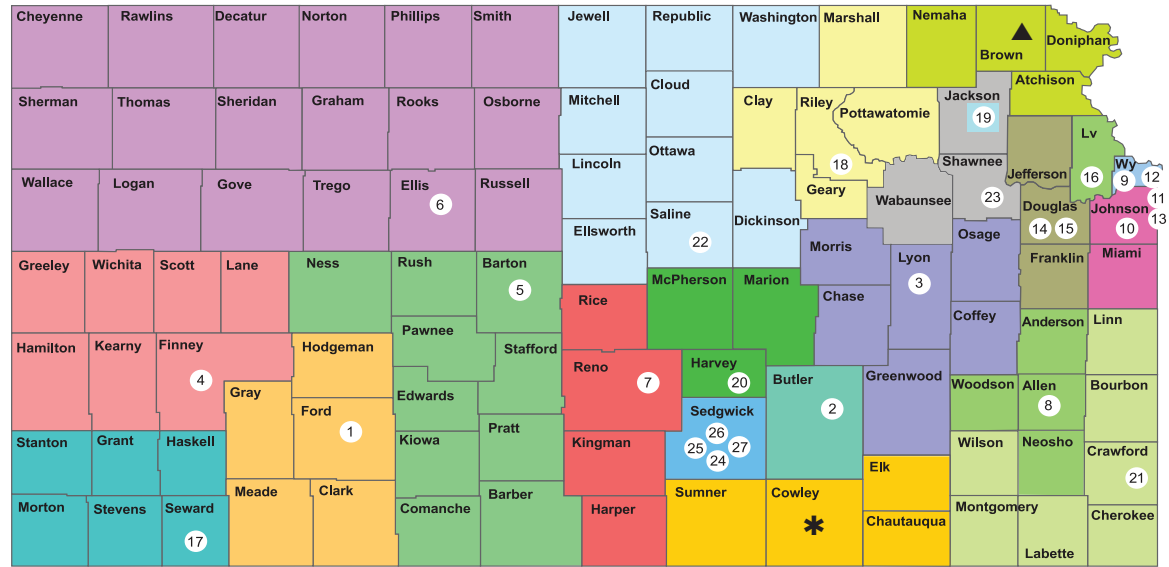
## Effects of Sexual Violence

In the United States, 1 in 5 women and 1 in 71 men have reported being raped in their lifetime. Nearly 1 in 2 women and 1 in 5 men experienced sexual violence victimization other than rape at some point in their lives. Many other people have survived other types of sexual violence, as well. The experience of sexual violence has different meanings for each person, therefore everyone responds differently to being sexually assaulted. There is no "right" way to act after experiencing sexual violence. After the violence, some victims are very emotional and some are numb initially. However, sexual assault advocates have found that many people experience sexual violence as a severe emotional and physical violation. The effects of that violation can be seen in victims directly after or many days to even months later. Trauma can cause feelings of helplessness and powerlessness, as well as physical symptoms such as breathing problems, vomiting, nightmares, and the inability to remember events.

## Sexual Violence in Kansas

- In 2014, one rape was reported to Kansas law enforcement every eight hours and 18 minutes.
- In 80 percent of law enforcement reported cases of rape in Kansas, victims know the rapist.
- Sexual violence happens in every community in Kansas.

## Kansas Sexual and Domestic Violence Programs



CITY	SEXUAL AND DOMESTIC VIOLENCE PROGRAMS	CRISIS HOTLINE NUMBER
1. Dodge City	Crisis Center of Dodge City	866-270-2270 or 620-225-6510
2. El Dorado	Family Life Center of Butler County	800-870-6967 or 316-321-7104
3. Emporia	SOS, Inc.	800-825-1295 or 620-342-1870
4. Garden City	Family Crisis Services	620-275-5911
5. Great Bend	Family Crisis Center, Inc.	866-792-1885 or 620-792-1885
6. Hays	Options: Domestic and Sexual Violence Services, Inc.	800-794-4624 or 785-625-3055
7. Hutchinson	Sexual Assault/Domestic Violence Center	800-701-3630 or 620-663-2522
8. Iola	Hope Unlimited	620-365-7566
KC METRO		
9. Wyandotte Cnty	Friends of Yates Della Gill/Joyce H. Williams Center ( <i>domestic violence</i> )	913-321-0951
10. Johnson Cnty	SAFEHOME ( <i>domestic violence</i> )	888-432-4300 or 913-262-2868
11. MOCSA	Metropolitan Organization to Counter Sexual Assault ( <i>sexual assault</i> )	913-642-0233 or 816-531-0233
12. Mattie Rhodes	Mattie Rhodes Center ¡Si Se Puede! ( <i>domestic violence</i> )	816-241-3780 (not a crisis line)
13. KCAVP	Kansas City Anti-Violence Project ( <i>LGBT services</i> )	816-561-0550
14. Lawrence	The Sexual Trauma and Abuse Care Center ( <i>sexual assault</i> )	785-843-8985
15. Lawrence	The Willow Domestic Violence Center ( <i>domestic violence</i> )	800-770-3030 or 785-843-3333
16. Leavenworth	Alliance Against Family Violence	800-644-1441 or 913-682-9131
17. Liberal	LARC/DVS, Inc.	620-624-8818
18. Manhattan	The Crisis Center, Inc.	800-727-2785 or 785-539-2785
19. Mayetta	Prairie Band Potawatomi Family Violence Prevention Program	866-966-0173
20. Newton	Safehope, Inc.	800-487-0510 or 316-283-0350
21. Pittsburg	Safehouse Crisis Center, Inc.	800-794-9148 or 620-231-8251
22. Salina	Domestic Violence Assoc. of Central Kansas	800-874-1499 or 785-827-5862
23. Topeka	YWCA Center for Safety and Empowerment	888-822-2983 or 785-354-7927
24. Wichita	Catholic Charities Harbor House ( <i>domestic violence</i> )	866-899-5522 or 316-263-6000
25. Wichita	StepStone ( <i>domestic violence</i> )	316-265-1611
26. Wichita	Wichita Area Sexual Assault Center ( <i>sexual assault</i> )	877-927-2248 or 316-263-3002
27. Wichita	Wichita Family Crisis Center ( <i>domestic violence</i> )	316-267-7233
▲	No accredited services in this area. If you are in need of advocacy services in Atchison, Brown, Nemaha, and Doniphan counties, call the surrounding advocacy programs or the 24/7 Kansas Crisis Hotline at 1-888-363-2287.	
*	No accredited services in this area. If you are in need of advocacy services in Cowley, Chautauqua, Elk, and Sumner counties, call the surrounding advocacy programs or the 24/7 Kansas Crisis Hotline at 1-888-363-2287.	