Sexual assault is any unwanted sexual act, or a sexual act that occurs without the consent, or permission of both parties. Sexual assault can include fondling, vaginal, anal, or oral sex. Sexual assault occurs in situations when one person forces, pressures, or intimidates another into engaging in a sexual act. It can also happen when one person is under the influence of drugs or alcohol, or has passed out from consuming drugs and alcohol and is unable to give consent.

Consent for sex does not occur under the following circumstances:

- When one person constantly pressures another to have sex;
- When one person refuses to take "no" for an answer;
- When one person threatens to withhold something or to do something to make another engage in a sex act
- When one person uses their physical size to intimidate another person into engaging in a sexual act;
- When one person pushes another person away to indicate that they are not interested; and
- When one person tells the other "no," or "stop."

RESOURCES

National Sexual Assault Hotline
1-800-656-HOPE (4673)
www.rainn.org

National Sexual Violence Resource Center
www.nsvrc.org

Men Can Stop Rape
www.mencanstoprape.org

Engaging Bystanders in Sexual Violence Prevention
www.wcsap.org/prevention-review-engaging-bystanders

Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300
Portland, OR 97201
503.228.4185
npaihb@npaihb.org
www.npaihb.org

THRIVE

RESPONSE CIRCLES
SEXUAL ASSAULT PREVENTION PROJECT

MY MIND, BODY, AND SPIRIT ARE SACRED.

PREVENT SEXUAL ASSAULT.

HOW TO HELP SOMEONE AFFECTED BY SEXUAL ASSAULT

You may be the first person that a victim confides in after a sexual assault. Often times, victims blame themselves for the assault or are afraid they won't be believed. It is important to let the person know they are not alone on their journey to recovery and help is available whether the assault was recent or in the past.

If someone you know tells you that they have been sexually assaulted consider one of the following responses:

- *I believe you.*
- *You are not alone.*
- *It is not your fault.*
- *You do not deserve to be abused.*
- *Help is available.*

If you need more specific guidance on how to help someone, call the National Sexual Assault Hotline: 1-800-656-HOPE (4673) or your local advocacy center.

1 IN 3
NATIVE WOMEN
WILL BE SEXUALLY ASSAULTED
IN HER LIFETIME

1 IN 8
MEN WILL BE
SEXUALLY ASSAULTED
IN HIS LIFETIME

AS PARENTS, SISTERS, BROTHERS, AUNTIES, UNCLES, COUSINS, AND FRIENDS, WE HAVE THE POWER TO CHANGE THESE STATISTICS.

WHAT TO KNOW...

Some people may not be ready to press charges against their perpetrator. Reporting the assault should be the victim's choice.

It is important to know that a sexual assault exam is available to get checked for injuries, and if the person chooses, to have evidence collected at no cost to the victim. A person does not have to report to law enforcement to have a sexual assault exam or to have evidence collected.

During the exam, medication is available to prevent sexually transmitted diseases (STDs) or pregnancy (if taken within 72 hours of unprotected sexual contact).

A person should not shower before the exam. However, an exam can still be completed if a person has showered. The person should bring the same clothing that was worn during or immediately after the assault to the exam.

If the person is in immediate danger, call 911 or your local police department.

MY MIND, BODY, AND SPIRIT ARE SACRED. PREVENT SEXUAL ASSAULT.