

## 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.
- 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 more fully 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 perpetrator 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 permitting them to disclose the information.

### For support, contact the following:

The sexual and domestic 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?

Sexual violence includes sexual actions and words that coerce, manipulate, or are forced upon someone with the intent to intimidate, humiliate, or control. Most often these acts are perpetrated by someone the victim already knows such as a friend, relative, or intimate partner. 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.

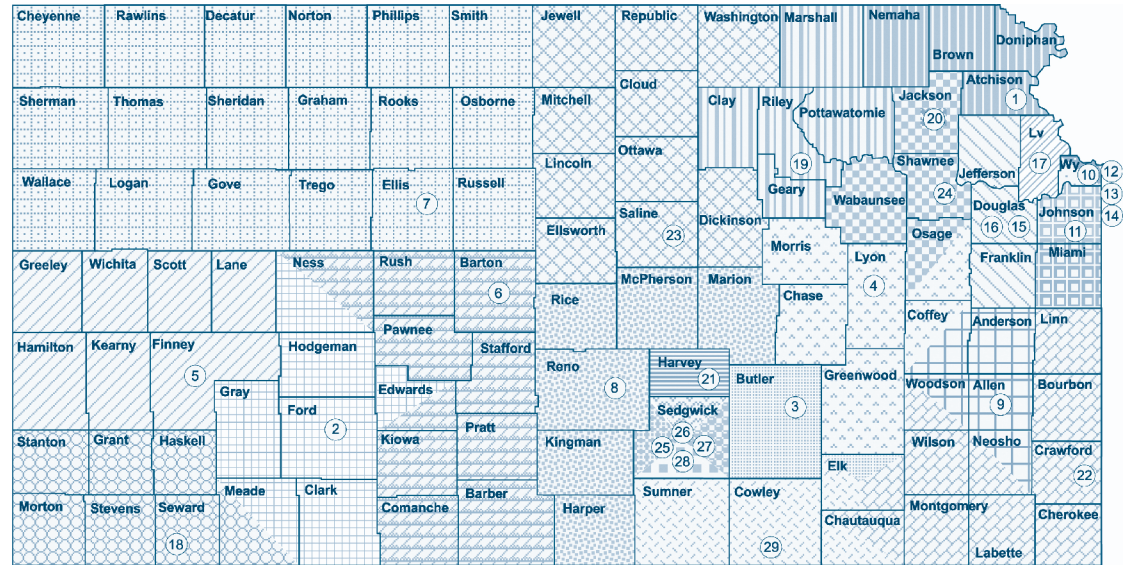
## Effects of Sexual Violence

In the United States, 1 in 6 women and 1 in 33 men have experienced an attempted or completed rape in their lifetime. Many other people have survived other types of sexual violence, as well. The experience of sexual violence has different meanings for each person. No one knows precisely how an individual will react. 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 later. Trauma can produce pronounced 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 Kansas, approximately 245,000 women and 40,000 men will be raped in their lifetime and many more Kansans will experience other forms of sexual violence such as human trafficking, sexual harassment, child molestation, and other forms of sexual violence.
- In Kansas, one rape is reported to law enforcement every seven hours.
- In 78 percent of law enforcement reported cases of rape in Kansas, rapists know their victims.
- Sexual violence happens in every community in Kansas.

## Kansas Sexual and Domestic Violence Programs



CITY	SEXUAL AND DOMESTIC VIOLENCE PROGRAMS	CRISIS HOTLINE NUMBER
1. Atchison	DoVES	800-367-7075 or 913-367-0363
2. Dodge City	Crisis Center of Dodge City	866-270-2270 or 620-225-6510
3. El Dorado	Family Life Center of Butler County	800-870-6967 or 316-321-7104
4. Emporia	SOS, Inc.	800-825-1295 or 620-342-1870
5. Garden City	Family Crisis Services	800-275-0535 or 620-275-5911
6. Great Bend	Family Crisis Center	866-792-1885 or 620-792-1885
7. Hays	Options: Domestic and Sexual Violence Services, Inc.	800-794-4624 or 785-625-3055
8. Hutchinson	Sexual Assault/Domestic Violence Center	800-701-3630 or 620-663-2522
9. Iola	Hope Unlimited	620-365-7566
KC Metro		
10. Wyandotte Cnty	Friends of Yates Della Gill/Joyce H. Williams Center ( <i>domestic violence</i> )	913-321-0951
11. Johnson Cnty	Safehome ( <i>domestic violence</i> )	888-432-4300 or 913-262-2868
12. MOCSA	Metropolitan Organization to Counter Sexual Assault ( <i>sexual assault</i> )	913-642-0233 or 816-531-0233
13. El Centro	El Centro, Inc. ¡Si Se Puede! ( <i>domestic violence</i> )	913-677-0100
14. KCAVP	Kansas City Anti-Violence Project (LGBT services)	816-561-0550
15. Lawrence	GaDuGi Safe Center ( <i>sexual assault</i> )	785-843-8985
16. Lawrence	The Willow Domestic Violence Center ( <i>domestic violence</i> )	800-770-3030 or 785-843-3333
17. Leavenworth	Alliance Against Family Violence	800-644-1441 or 913-682-9131
18. Liberal	Liberal Area Rape Crisis and DV Services	620-624-8818
19. Manhattan	The Crisis Center, Inc.	800-727-2785 or 785-539-2785
20. Mayetta	Prairie Band Potawatomi Family Violence Prevention Program	866-966-0173
21. Newton	Harvey County DV/SA Task Force	800-487-0510 or 316-283-0350
22. Pittsburg	Safehouse Crisis Center, Inc.	800-794-9148 or 620-231-8251
23. Salina	Domestic Violence Assoc. of Central Kansas	800-874-1499 or 785-827-5862
24. Topeka	YWCA Center for Safety and Empowerment	888-822-2983 or 785-354-7927
25. Wichita	Catholic Charities Harbor House ( <i>domestic violence</i> )	866-899-5522 or 316-263-6000
26. Wichita	StepStone ( <i>domestic violence</i> )	316-265-1611
27. Wichita	Wichita Area Sexual Assault Center ( <i>sexual assault</i> )	316-263-3002
		o español: 316-263-2044
28. Wichita	YWCA Women's Crisis Center ( <i>domestic violence</i> )	316-267-7233
29. Winfield	Safe Homes, Inc.	800-794-7672 or 620-221-4357