

## If Someone Hurts You:

You may feel many things at once (scared, hurt, confused, angry, sad).

It is alright to feel this way and to tell someone how you feel.

It is not your fault. You did nothing wrong and you are not in trouble.

Telling can help you deal with these feelings and help keep you safe.

## Get Help:

You can call the Rape Crisis Line to talk to someone about what happened to you. They are there 24 hours a day everyday. Call them at **335-6000** to talk.

They can also have someone meet with you if you want to talk to a counselor or if you decide to report what happened to you.

The Rape Victim Advocacy Program serves:

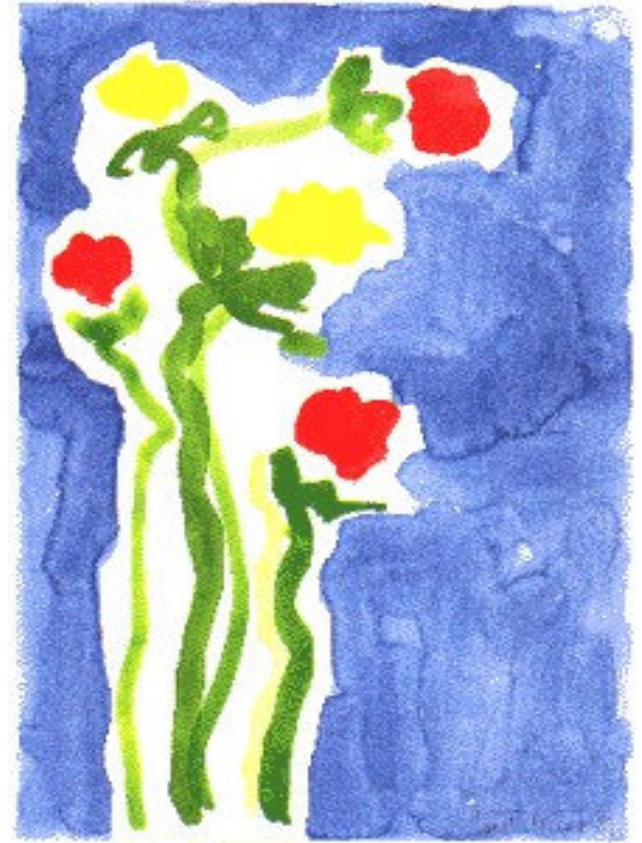
Johnson County

Cedar County

Iowa County

Washington County

## Your Body Belongs to YOU!



*Rape Victim Advocacy Program*  
320 South Linn Street  
Iowa City, IA 52240  
Phone: (319) 335-6000  
[www.rvap.org](http://www.rvap.org)

## **Your Rights:**

No one has the right to touch your private parts **when You do not want them to!!!**

That includes:

- . Family members
- . Staff people
- . Coworkers
- . Friends
- . Strangers

## **You need to tell a person you trust if:**

-someone touches your private parts when you do not want them to.

-someone touches you in a way that makes you feel bad.

-someone makes you touch his/her private parts.

-someone scares or tricks you into touching them or being touched by them.

-someone says things to you that make you feel bad or scared.

-someone does any of these things and tells you it is a secret. and not to tell.

**Remember: it is never your fault!**

**You Always Have the Right to Feel Safe!**