

## **Sexual Abuse: Your Rights and Community Resources**

### **You Have Rights**

Everyone has a right to personal safety and a life free of sexual violence and abuse. No one has the right to touch you when you do not want them to. This includes family members, staff people, attendants, coworkers, friends, and anyone else. Your body belongs to you! If someone touches you or makes you touch them in a way that makes you feel bad, you can tell them to stop, get away from the person, and tell someone you can trust.

### **If You Have Been Sexually Assaulted...**

#### **Finding Help: You Don't Have to Do This Alone**

After a sexual assault, the healing process is often confusing and painful. You may feel fear, distrust, loss, anger, self-blame, and confusion. But remember, you do not have to do this alone. The Rape Victim Advocacy Program is the local rape crisis center for Cedar, Iowa, Johnson, and Washington counties. We can help by providing the following services:

#### *Advocacy*

It is important you know that no matter what choices you make regarding the sexual assault, an advocate is available to help you throughout the healing process. An advocate will help you identify your immediate

needs and be a resource and support system as you begin the healing process. Advocates are available to answer any questions you may have and to give you the information you need to make informed decisions. Advocates can come to the hospital and also legal meetings (police station, court house...).

### *Crisis Counseling*

The Rape Victim Advocacy Program supports a 24-hour crisis line which provides crisis counseling and referral information. The Rape Crisis Line number is 319-335-6000 or 1-800-228-1625. Trained rape crisis counselors are available 24 hours a day to offer support and information.

### *Individual Counseling*

The Rape Victim Advocacy Program provides free and confidential individual counseling. To find out more information about individual counseling contact the RVAP business office at 319-335-6001.

**Rape Victim Advocacy Program**

**320 S. Linn Street**

**Iowa City, IA 52240**

**Rape Crisis Line: 1-319-335-6000**

**1-800-228-1625**

**Iowa Sexual Abuse Hotline: 1-800-284-7821**

**[www.rvap.org](http://www.rvap.org)**

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# **YOUR Body Belongs to YOU!!**

## **YOU have rights:**

Private parts are the areas of your body covered up when you wear a swimming suit. If someone touches your private parts and it makes you feel confused, worried, or bad tell an adult you can trust. No one has the right to touch your private parts when you do not want them to. That includes family members, staff people, attendants, coworkers, friends, and strangers.

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

## **If Someone Hurts You:**

You might feel sad, mad, afraid, and confused. It is ok to feel this way and to tell someone how you feel. It is not your fault, you did nothing wrong.

## **Getting Help:**

You can call the Rape Crisis Line to talk to someone about what happened to you. The number is 1-319-335-6000 or 1-800-228-1625. The staff at RVAP can also have someone come to talk to you if you decide you want to talk to a counselor or report what happened to you in person or face to face.

**IT IS NEVER YOUR FAULT!  
YOU ALWAYS HAVE THE RIGHT TO FEEL SAFE!**

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