

You Can Make a Difference

Easy Ways to ADVOCATE for Survivors



AN OUNCE OF PREVENTION

Prevention efforts often include changing cultural attitudes and harmful norms about gender roles and aggression that allow sexual violence to occur.

We can all be a part of prevention efforts.

- »»» If someone you know is being abusive or disrespectful **don't ignore it. Reach out** to someone you trust or contact your local Rape Crisis Center for support.
- »»» **For direct impact, recognize and speak out** against oppressive attitudes and beliefs.
- »»» **Communicate your sexual expectations and respect your partner's boundaries.** The responsibility for getting consent falls on the person initiating sexual activity.
- »»» Support outreach efforts such as *The Empowered Voice* movement, a traveling art exhibit empowering and supporting the voices of survivors. **Learn more about The Empowered Voice** movement at EmpoweredVoiceTravelingExhibit.com

If Someone You Know is in crisis...

If you or someone you know is in **immediate danger** and needs medical attention, **call 911.**

Advocate Safehouse Hotline: 970.285.0209
Response Hotline: 970.925.7233

Colorado Crisis Support:
844.493.TALK (8255)

Text TALK to 38255
4 pm – 12 am 7 days a week

CCASA Hotline: 800.799.SAFE (7233)

RAINN Hotline: 800.656.HOPE (4673)
Live Chat 24/7

For Peer Support
Claire O'Leary 303.525.6893

WHEN SOMEONE SHARES

What do I say when someone shares?

Sharing a painful story of abuse is probably the most difficult thing they will ever do. The average age a childhood sexual abuse survivor shares is 52. More than anything at this time, they need a trusted friend. Someone who will be there for them.

Listen. Care. Believe

More than anything at this time, they need a trusted friend. Someone who will be there for them.

»»» Listen to them - really hear them

- » Thank you for trusting me with this.
- » I'm so sorry this happened to you.
- » It's not your fault.

»»» Show Them You Care with support

- » I'm here for you.
- » What do you need most from me?
- » Be there when they need you.
- » Healing is possible with the right resources. You deserve to be supported in your healing.
- » Share this and other resources.

»»» Most of all Believe Them

HELP for a Loved One?

Claire O'leary, Survivor's Healing Alchemist
Empowering the Authentic Voice of Survivors so
they can Accelerate their Healing and Recovery.

from
Wounds
to
Wisdom

Claire creates a safe haven for survivors of CSA who have been through traditional therapy yet are still feeling the effects.

Her *From Wounds to Wisdom* program will take you step by step to access your own deep wisdom so you can **experience the Confidence & Inner Power to Live Authentically.**

303.525.6893

Claire@ClaireOLeary.com

The Cost of Sexual Assault

FINANCIAL, PHYSICAL and EMOTIONAL
COST of SEXUAL ASSAULT



THE FINANCIAL BURDEN

Sexual Assault Is a Larger Financial Burden On Society Than any Other Crime.

A recent study conducted by Centers for Disease Control and Prevention, Atlanta, Georgia*, found the estimated lifetime cost of rape was:

- »»» **\$122,461** lifetime cost per victim.
- »»» **An economic burden of nearly \$3.1 trillion** (2014 U.S.) over victims' lifetimes, based on data indicating **over 25 million adults in the U.S. have been raped.**
- » This estimate included **\$1.2 trillion in medical costs** (39% of total).
- » **\$1.6 trillion in lost work productivity** among victims and perpetrators (52%).
- » **\$234 billion in criminal justice** activities (8%)
- » **\$36 billion in other costs**, including victim property loss or damage (1%).
- » **Government sources pay an estimated \$1 trillion** of the lifetime economic burden (32%)

*American Journal of Preventive Medicine Volume 52, Issue 6, June 2017, Pages 691-701

COMMON EFFECTS EXPERIENCED

The effects of sexual assault are long-lasting and affect both physical and mental health.

Survivors are more likely to experience on-going health challenges like **diabetes, weight gain, fibromyalgia, COPD, heart disease, cancer, and high blood pressure.**

Survivors Frequently Struggle with...

- »»» Lack of **self confidence**, often feeling **guilty**, or **powerless**
- »»» Difficulty **trusting** and/or feelings of **betrayal?**
- »»» **Feeling anger, frustration, shame and blame.**
- »»» Struggling with **relationships** or avoiding them.
- »»» Difficulty **nurturing themselves** or even basic **self-care.**
- »»» Feeling **unseen and unheard** or feel they have no voice.

DID YOU KNOW?

Sexual violence affects hundreds of thousands of Americans each year.

In the United States, **every 98 seconds** another person experiences sexual assault.



Every 8 minutes, a victim is a child. That's **over 180 kids sexually assaulted every day.** That's **65,000 every year!**



7/10

Seven out of 10 sexual assaults are committed by someone who knows the victim.

Of every 1,000 sexual assaults, **only 310** are reported to the police.

310
of every
1000

6
of every
1000

Only **6 out of every 1,000** perpetrators will end up in prison.

Survivors are:

- **4 times more likely** to experience **drug abuse.**
- **4 times more likely** to experience **PTSD** as adults.
- **3 times more likely** to experience a major **depressive episode** as adults.
- **90%** of sexually abused children **develop Post Traumatic Stress Disorder (PTSD).**