WHAT IS SEXUAL ASSAULT?

Sexual assault is a crime in which the perpetrator uses "sex" as a weapon to express power, anger, or control over another. Sexual assault is any unwanted sexual contact, even if there was prior consensual sex with the perpetrator.

HOW COMMON IS SEXUAL VIOLENCE?

1 IN 2 TGQN*
1 IN 6 WOMEN
1 IN 33 MEN

have experienced some form of completed or attempted sexual violence in their lifetime.

*transgender, gender queer, non-conforming

WHERE DOES SEXUAL ASSAULT HAPPEN?

The Capital Area Sexual Assault Response Team (CASART) is a multidisciplinary team that collaboratively responds when a sexual assault is reported and seeks to improve community responses and services for survivors of sexual assault.

CASART is a sub-committee of the Capital Area Domestic & Sexual Violence Coordinating Council (CADSVCC)

Source: raiss.org
SUPPORTING SURVIVORS

1. BELIEVE THEM
Survivors who are believed by the first person they tell are more likely to report their assault and receive services later.

2. USE SUPPORTIVE STATEMENTS
"It’s not your fault that this happened to you." • “What can I do to support you?” • “Thank you for telling me.”

3. GIVE THEM OPTIONS
Empower them to make their own decisions, whether that’s reporting to the police, seeking counseling, or doing nothing for the time being.

4. TAKE CARE OF YOU
It can be emotionally difficult to see someone you care about in pain. Take some time to take care of yourself.

COMMON RESPONSES TO SEXUAL ASSAULT

PHYSICAL
Changes in eating or sleeping, body tension, nightmares, fatigue

EMOTIONAL
Shock, numbness, anger, shame, embarrassment, fear, sadness, irritability, mistrust

COGNITIVE
Difficulty concentrating, acceptance of rape myths such as “I deserved this,” depression, anxiety, flashbacks, hyper-vigilance

BEHAVIORAL
Isolation, changes in lifestyle, withdrawal from friends and family, changes in academic or work performance

OPTIONS FOR SURVIVORS

IT IS ALWAYS YOUR CHOICE HOW TO GO FORWARD

SUPPORT
Seek support from free, confidential services with an advocate or counselor (see: Community Resources). These services can help you decide what is best for you.

LEGAL
Report to the police if you would like to seek accountability through the justice system. Students may also report to their school. There are options if safety is a concern.

MEDICAL
Attend to any medical needs by going to the hospital. Ask for a free, confidential sexual assault (SANE) exam.

SELF CARE
No one path is the right path, so do what you need to do to take care of yourself. Take a walk, watch a movie, listen to music, or reach out to a support person.

COMMUNITY RESOURCES

End Violent Encounters (EVE)
Counseling, advocacy and shelter for survivors of domestic abuse and sexual violence
24/7 Hotline: (517) 372-5572
Ingham PPO Office: (517) 483-6545
Mason Support: (517) 676-8285
eveinc.org

The Firecracker Foundation
Advocacy and therapeutic services for child survivors and their families
Office Line: (517) 242-5467
thefirecrackerfoundation.org

MSU Safe Place
Counseling, advocacy, and shelter for survivors of relationship violence and stalking
Office Line: (517) 335-1100
safeplace.msu.edu

MSU Sexual Assault Program
Counseling for MSU students and advocacy for all survivors of sexual violence
24/7 Hotline: (517) 372-6666
endrape.msu.edu

Sparrow Hospital
1215 East Michigan Avenue
Lansing, MI 48912
Non-Emergency: (517) 364-3931

Call 911 in the case of an emergency.