

It was not your fault. Nobody deserves to be sexually assaulted.

HELP IS AVAILABLE!

If you are a victim of sexual violence, now is the time to protect yourself. You don't deserve to be abused. Help is available.

The Eastern Shore Coalition Against Domestic Violence (ESCADV) was founded in 1983 to address domestic violence on the Eastern Shore of Virginia. We believe that all people deserve a life free from interpersonal violence. In 2016 our mission broadened to include sexual violence. Our intervention and prevention services provide support, advocacy, and education in Accomack and Northampton Counties to empower individuals to build violence-free lives that are healthy, safe, and self-sufficient.

ESCADV provides individualized, client-centered services. We respect differences in national origin, race, gender, age, sexual orientation, gender identity/expression, ethnicity, mental/physical disabilities, religious beliefs and/or financial status.



Sexual Assault.....

- Is a Crime
- Can happen to men and women of all ages.
- Is the intentional sexual contact, characterized by the use of force, physical threat of force, or the abuse of authority when the victim does not or cannot consent.
- Can be in the form of rape, nonconsensual sexual intercourse that is committed by physical force, threat of injury, or other duress.

REMEMBER:

Sexual assault is never the victim's fault.
No one deserves to be sexually assaulted!

Attackers are usually people the victims know...

- They may be a partner, friend, co-worker, or acquaintance.
- Some assaults are committed by strangers.

What if I Have Been Assaulted?

First, get to a safe place!

- Call the local ESCADV Office at 757-787-1329. (In Virginia, you can call the statewide hotline at 1-800-838-8238 to contact the closest rape crisis.) Call someone you trust for emotional -support.
- Do not shower, wash clothing, or comb your hair. SEEK MEDICAL ATTENTION.
- A PERK (Physical Evidence Recovery Kit) examination can be performed, even if you are unsure about making a report.

Statistics....

- Every 2 minutes another American is sexually assaulted.
- 97% of rapist will never spend a day in jail.
- 80% of victims are under age 30, 44% are under the age of 18.
- 91% of the victims of rape and sexual assault are female, and 9% are male.
- Victims of sexual assault are 13 times more likely to abuse alcohol and 4 times more likely to contemplate suicide.
- Among college women, 9 in 10 victims of rape and sexual assault knew their offender.

How to help if someone you know has been sexually assaulted?

- Talk, listen, respect and be emotionally available to the person.
- Understand and accept that the assault/abuse happened.
- Don't blame the survivor. Understand and accept that it is not the person's fault.
- Suggest options and actions (medical, psychological and other assistance), but let the person decide what action to take.
- Let the person talk about the incident, but don't force a discussion.
- If the person wishes to seek criminal action, it should be done as soon as possible after the incident.

You are not alone, and help is available!
Please call us at 757-787-1329 to learn more about your options and resources to live a violence-free life.