

## 6 Steps to Support Survivors:

1. LISTEN many people share that just being able to tell their story to someone else lessens the weight of isolation, secrecy and self-blame .
2. VALIDATE a survivor may feel like what happened to them is their fault but the responsibility and shame lies with the perpetrator. It can be helpful to communicate that gently and repeatedly.
3. ASK WHAT MORE YOU CAN DO TO HELP instead of pushing someone into taking actions for which they are not ready, ask how you can support them.
4. KNOW WHERE TO POINT SOMEONE FOR MORE HELP you can best help the survivor by offering options and leaving space for them to decide where to go from there.
5. KEEP AN OPEN HEART remind them that you are available should they like to talk about their experiences further. Knowing that you are there to support along the way can make a big difference for someone.
6. CARE FOR YOURSELF It's important to care for yourself as you support another person.

## SAVS provides:

- Emotional support and safety planning
- Adult and Youth Shelter
- Accompaniment and support during reports to law enforcement, medical care, and court proceedings
- Assistance accessing resources, information, and programs for victims including restraining orders, victim compensation benefits, Safe at Home address confidentiality program, and victim rights information
- Support to secondary victims including family, friends, partners, and witnesses
- Support groups

## Other Numbers to Call for Help:

Non– Emergency Sheriff's Dept.

(715) 258-4466

ThedaCare Waupaca ER

1(800)924-4442

ThedaCare New London

(920)-531-2000

EMERGENCY: 911



*Transforming People  
and Communities*

***Family Crisis Center***

**SAVS**

Sexual Assault Victim Services

101 Tower Road  
Waupaca, WI 54981  
Office:(715)258-9575

**FREE & CONFIDENTIAL SERVICES**

**24/7**

**1-800-472-3377**

## What is Sexual Assault

Sexual assault or violence refers to a completed or attempted act that is sexual in nature where consent is not obtained or freely given. It is a forced, coerced, or manipulated act that is sexual in nature and breaks a person's trust and safety. Sexual assault is motivated by a need to control, humiliate, dominate, and harm. Some forms of sexual assault are as follows:

- Rape
- Incest
- Child Sexual Abuse/Molestation
- Sex trafficking
- Unwanted sexual contact
- Harassment
- Exposing/flashing
- Forcing a person to look at or participate in sexual photos or movies
- Force into sexual acts which may include but is not limited to:
  - Use or display of a weapon
  - Physical battering
  - Immobilization of the victim

## What is the Law

- The legal age of consent for sexual contact other than intercourse is 16
- The legal age of consent for sexual intercourse is 18
- It is illegal for anyone 18 or older to have sex with a minor (17 or younger) regardless of consent

## IMPACT ON THE SURVIVOR

Each survivor reacts to sexual violence in their own unique way. Some may tell others right away what happened, others will wait weeks, months, or even years before discussing the assault. Many may choose never to share. It is important to respect each person's choices and style of coping with this traumatic event.

Whether an assault was completed or attempted, and regardless of whether it happened recently or many years ago, it will impact a survivor in a wide range of ways.

## EMOTIONAL REACTIONS

- Guilt, shame
- Embarrassment
- Vulnerability
- Fear, distrust
- Lack of control
- Sadness
- Anger
- Shock, disbelief
- Numbness
- Denial
- Confusion
- Self-Blame

## PSYCHOLOGICAL REACTIONS

- Nightmares
- Substance use
- Flashbacks
- or abuse
- Depression
- Phobias
- Difficulty concentrating
- Low self esteem
- Anxiety
- PTSD (Post-Traumatic Stress Disorder)
- Eating disorders

## CONSENT

Consent is a voluntary, enthusiastic, and a clear agreement between the participants to engage in specific sexual activity.

**Coherent** People incapacitated by drugs or alcohol cannot consent. If someone is not awake or fully awake, they're also incapable of giving consent.

**Clear** Consent is clear and unambiguous. Is your partner enthusiastically engaging in sexual activity? Have they given verbal permission for each sexual activity? Then you have clear consent. Silence is not consent. Never assume you have consent, if you don't know ask!

**Ongoing** You should have permission for every activity at every stage of a sexual encounter. It's also important to note that consent can be removed at any time — people do and can change their minds!

**Voluntary** Consent should be given freely and willingly. Repeatedly asking someone to engage in a sexual act until they eventually say yes is not consent

## You're Not Alone

- 1 in 4 women and 1 in 9 men experience violence from their partners in their lifetimes.
- 1 in 3 teens experience sexual or physical abuse or threats from an intimate partner in one year.
- 1 in 5 women are survivors of rape.
- 1 in 3 women and 1 in 6 men have experienced sexual violence in their lives.
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18.