

Sexual Assault Awareness Month

While you can never completely protect yourself from sexual assault, there are some things you can do to help reduce your risk of being assaulted.

- **Be aware** of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
- Try to **avoid isolated areas**. It is more difficult to get help if no one is around.
- **Walk with purpose**. Even if you don't know where you are going, act like you do.
- **Trust your instincts**. If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
- **Try not to load yourself down** with packages or bags as this can make you appear more vulnerable.
- **Make sure your cell phone is with you** and charged and that you have cash money.
- **Don't allow yourself to be isolated** with someone you don't trust or someone you don't know.
- **Avoid putting music headphones in both ears** so that you can be more aware of your surroundings, especially if you are walking alone.

What should I do if I am sexually assaulted?

Sexual assault is a crime of motive and opportunity. Ultimately, there is no surefire way to prevent an attack. If you or someone you know has been affected by sexual violence, **it's not your fault**. You are not alone. Help is available 24/7:

- National Sexual Assault Hotlines at 1-800-656-HOPE
- Siletz Tribal CARE Program 541-270-9010
- My Sisters Place 541-994-5959



COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.



Find us on:
facebook

The Siletz CARE Program now has a Facebook page! "Like" our page at facebook.com/SiletzCAREProgram for updates and information.



WEAR TEAL TO SUPPORT AWARENESS

Teal Ribbons for your car or to wear are available at Siletz Tribal Admin, Siletz Community Health Clinic and Siletz area business partners!

Every **2** minutes, someone in the U.S. is sexually assaulted.

Each year, there are about **207,754** Victims of sexual assault

34% of American Indian/Alaskan Women experience sexual assault in their lifetime.

About 3% of American Men or **1 in 33** have experienced sexual assault

If you are victim of sexual assault you can seek medical assistance without any requirement to report to law enforcement!

The Violence Against Women Act (VAWA) addresses a sexual assault victim's access to a medical forensic exam. These provisions generally require U.S. states, territories, and tribal governments to ensure that victims of sexual assault have access to a medical forensic examination:

1. Free of charge, and
2. Without requiring them to cooperate with law enforcement or participate in the criminal justice



IT'S TIME ... TO TALK ABOUT IT!
Talk early, talk often. Prevent sexual violence.

APRIL EVENTS

Wednesday, April 10th -- CARE Community Meeting, 5:15pm at Siletz Library

Saturday, April 20th -- SAAM 5k and Earth Day Fair at SVS-Football Field. 9am - 1pm. ~ www.tinyurl.com/SiletzCare ~

Wednesday, April 24th -- Denim Day