

April is: Sexual Assault Awareness Month



Wear Teal to Support Awareness

While you can never completely protect yourself and others from sexual assault, there are some ways to help reduce the 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..
- **Go out in a group** of friends and watch out for each other.
- **Trust your instincts.** If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
- **Don't be a bystander.** If you see something shady taking place, intervene in any way you can. Enlist the help of friends, a party host or a bartender if you need backup. Or call 911 if it's an emergency.
- **Make sure your cell phone is with you** and charged and that you have cab money.
- **Don't allow yourself to be isolated** with someone you don't trust or someone you don't know.
- **Avoid putting 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** 541-444-9680
- My Sisters Place 24hr Crisis Line 541-994-5959

1 in 5 women & **1 in 33** men will be raped or sexually assaulted at some point in their lives.

There is an average of **293,066** victims (age 12 and older) of rape & sexual assault each year.

1 in 3 Native American women is sexually assaulted in her lifetime.

1 in 4 girls & **1 in 6** boys are sexually assaulted before the age of 18.

Approximately **1 in 4** dating teens is harassed or abused through technology.

People who sexually assault **usually attack someone they know**—a friend, classmate, neighbor intimate partner, coworker, or relative.

WALK A MILE in Her Shoes

The CARE program and SAAM 5K are hoping to team up with My Sisters' Place, in Newport, for a Walk a Mile in Her Shoes event. Walk a Mile in Her Shoes is an International men's march to stop rape, sexual assault and gender violence. A Walk a Mile in Her Shoes event is a playful opportunity for men to raise awareness in their community about these serious causes. We are asking men to help us raise awareness by walking a mile in a pair of women's heels. We will post a date as soon as we have one set.



COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

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

APRIL EVENTS

April 7th: Day of action

April TBD: Walk a Mile

April 28th: Central Coast NOW: 6PM Central Lincoln PUD

April 29th -- National Denim Day



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