



Community Health Department

Sexual Assault Awareness Month How can you show support for victims of sexual assault?

What you could say

To someone affected by abuse or assault

- "I believe you." "It's not your fault." "I support you."
- "You didn't do anything wrong." "What would you like to do?"
- "I'm sorry this happened to you." "What do you need?"
- "I'm here if you want to talk about it." "Thank you for telling me."

DO NOT

Do not do any of these things:

- **DON'T** pass judgment. The victim survived, that means they did the right thing, they made it through. Do not judge their actions.
- **DON'T** demand to know every detail of the assault or abuse. Respect the victim's comfort level, don't pressure them into anything.
- **DON'T** minimize the victim's experience. Any form of abuse or assault is wrong. It is NEVER okay.
- **DON'T** try to solve the victim's problems for them. Allow the victim to take control of their own life.
- **DON'T** gossip, do not break the survivor's trust by telling others about the assault without the victim's permission.
- **DON'T** tell the victim to "get over it." The affects of trauma can be long-lasting. Each person and each case is unique and people have different ways of coping with trauma.

Community Health ~ Wellness Series

This month's topic:

Connection

the value of vulnerability

Please join us for a short video followed by a discussion on connection, vulnerability and the importance of self-care

April 24th 6pm-8pm

Siletz Community Health Clinic ~ Shell Room

Dinner Provided

Events

April 2- all day
Notes of Hope
Fill out notes for survivors
Admin & Clinic Breakrooms

Teal Tuesdays
Show support by wearing teal every Tuesday in April

Every Tuesday: 12-1pm
Lunchtime film club
Documentary viewing
Kind Hearted Woman
Bring your own lunch
Clinic Shell Room

April 4 - 5:30pm
CEDARR Community Dinner
Tribal Community Center

April 5 & 19 - 5-7pm
Girls' Group
Clinic - Behavioral Health

April 10 - 5:30-8pm
Community Response to Childhood Trauma Event
Community discussion:
What are the effects of childhood trauma and what can we do?
Tribal Community Center

April 11 & 18 - 12pm-8pm
Necklace making
Make necklaces for survivors
Clinic Shell Room

April 12 - 11am-1pm
Necklace making
Make necklaces for survivors
Salem Area Office

April 24 - 6pm-8pm
Community Health Wellness Series
Topic: Connection
Short Video & Discussion
Clinic Shell Room

April 25 - all day
Denim Day
Wear denim to work

April 25- 1pm-8pm
Red Shawl Project
Help make shawls for survivors
Tribal Community Center

April 26- 11am-1pm
Necklace making
Make necklaces for survivors
Portland Area Office