It doesn’t matter what someone is wearing, what they are drinking, or how they are acting, no one asks to experience sexual violence. Victims are never at fault.

Sexual violence can include words and actions of a sexual nature against a person’s will and without their consent.

Sexual violence can range from sexist attitudes and jokes to rape and murder.

Sexual violence affects people of all genders, ages, races, religions, incomes, and sexual orientations.

A person may use force, threats, manipulation, or coercion to commit sexual violence.

People who commit acts of sexual assault are almost always known and trusted by victims – a friend, classmate, neighbor, coworker, or family member.

What is sexual violence?

Sexual violence is any type of unwanted sexual contact.

- Rape
- Sex Trafficking
- Incest
- Stalking
- Child Sexual Abuse
- Harassment
- Intimate Partner Violence
- Unwanted Contact

Victims are never at fault.

Contact your local rape crisis center:
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What is sexual violence?

Pennsylvania Coalition Against Rape
1-888-772-PCAR
www.pcar.org

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I am a survivor. I care about survivors.

Everyone heals in their own time and in their own way. You don’t need to face this alone. There’s help, hope and healing available at your local rape crisis center in Pennsylvania.

Rape crisis centers can provide free, confidential crisis counseling 24 hours a day to you and your loved ones. Trained staff and volunteers can talk to you about your medical and legal options. They can accompany you to the hospital, police station, or court. Centers also provide free short-term counseling and advocacy services.

Call 1-888-772-7227 or visit pcar.org for more information.

Remember, what happened to you was not your fault, and you can heal.

I know a survivor.

We all know someone who has been affected by sexual violence — a son or daughter, brother or sister, loved one, friend or co-worker.

Sexual assault is a serious crime and is known to have short- and long-term effects on victims and those who love and care for them.

Each survivor reacts to sexual violence differently. They may talk about the assault soon after, or wait weeks, months, or years before discussing the assault, if ever.

But you can help.

Encourage counseling and be patient: healing can take years with advances and setbacks, but healing can happen.

If someone you know tells you their story, here are examples of supportive things you can say:

I believe you.
Thank you for telling me.
It wasn’t your fault.
You did nothing wrong.
I am here for you.
You are brave.
You are never alone.
How can I help?

I care about survivors.

We all have a role to play in preventing sexual violence.

Promote and practice healthy attitudes and relationships

Seek voluntary consent that is clear and specific when engaging in sexual activity

Speak up when you hear harmful comments or when you see problematic behavior

Believe survivors and assist them in finding help and resources

Support your local rape crisis center; donate or volunteer
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