

## If You Think You Have Experienced Sexual Violence:

- Go to a safe place.
- For immediate danger, call 911; otherwise, call the NYPD Special Victims Division 24-hr Hotline: (646) 610-7272.
- Seek medical treatment immediately (if possible, within 96 hours of the assault).
  - Go to an emergency room, preferably one with a SAFE (Sexual Assault Forensic Examiner) Program, where trained doctors and nurses can provide sensitive care, collect evidence and provide medications to protect your health. It is best not to shower, change clothes, or brush your teeth. Even if you have, you can still get an exam and receive help.
  - You can have evidence collected even if you are unsure of reporting the crime to the police.
  - Costs associated with the sexual assault forensic exam and other healthcare expenses related to the crime can be covered in a number of ways. Speak to the emergency room staff about your options.
  - For SAFE program locations, call the NYC Sexual Assault 24-hr hotline: (212) 227-3000.
- You can receive assistance from the police and obtain medical treatment regardless of age or immigration status.
- Get support: Seek help from friends, family, rape crisis or domestic violence programs, or community organizations.

If you have experienced sexual violence, it is **NOT** your fault and help is available!

## Resources in New York City Include:

- NYPD Special Victims Division 24-hr Report Line: (646) 610-7272.
- NYC 24-hr multilingual Domestic Violence Hotline: (800) 621-HOPE (4673) (counseling, safety planning, referrals, advocacy, shelter assistance and victim compensation information).
- NYC Anti-Violence Project 24-hr bilingual (Spanish) Hotline for LGBTQ and HIV-affected survivors: (212) 714-1141.
- NYC TDD Hotline: (866) 604-5350.
- NYC Alliance Against Sexual Assault: [www.svfreenyc.org](http://www.svfreenyc.org) (resources for victims of sexual violence).
- Barrier Free Living: [www.bflnyc.org](http://www.bflnyc.org) (assistance for people with disabilities).

For emergencies,  
call 911.

For support and assistance,  
call the 24-hr  
NYC Sexual Assault Hotline:  
(212) 227-3000.



**NYPD**  
New York City Police Department



# SEXUAL VIOLENCE

- General Information
- Safety Tips
- Resources for Survivors
- How to Help Your Community

## What is Sexual Violence?

Any attempted or completed sexual act against a person's will or against a person unable to give consent. Someone may not be able to consent due to fear, coercion, age, illness, disability, and/or influence of alcohol or drugs.

Sexual violence includes, but is not limited to:

- Forced vaginal, anal or oral penetration
- Unwanted sexual touching
- Incest
- Sexual exploitation

## Who Perpetrates Sexual Violence?

- Approximately two-thirds of all sexual violence is committed by someone known to the victim (intimate partner, friend, acquaintance, relative, co-worker, or someone in a position of power).<sup>1</sup>
- Perpetrators often seek people in vulnerable situations (e.g., intoxicated, isolated people).

## Who Experiences Sexual Violence?

- Anyone, regardless of race, class, age, physical appearance, gender identity, or sexual orientation.
- Someone in the United States is assaulted every 109 seconds.<sup>2</sup>

# Sexual assault is a crime. Please report it.

<sup>1</sup> Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick M.T., Chen, J., & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

<sup>2</sup> U.S. Department of Justice. National Crime Victimization Survey, 2010-2014.

## Safety & Risk Reduction Tips:

Perpetrators are always responsible for the sexual violence; it is never OK for a person to manipulate, pressure, intimidate, or force another into sexual activity. There are things you can do, however, to increase your safety:

- **Trust your instincts:** If you feel that a person is not trustworthy (whether stranger or acquaintance), or a situation is unsafe, leave, seek help, or **call 911**.
- **Be clear about your limits:** Let others know what you want and do not want to do. You have the right to change your mind, to say "no," or to agree to some sexual activities and not to others.
- **Use the buddy system and make a plan before you go out:** Stay with your group, especially when leaving a party or nightlife establishment. Don't leave friends behind even if they want to stay.
- **Drink responsibly and cautiously:** Know your level of tolerance. Only accept drinks from a server and keep it with you at all times. If you've been drinking heavily, consider sharing a cab or car service (preferably with someone who is sober). If you must go alone, text the cab number or license plate to a friend.
- **Be safe online:** Be cautious about meeting someone you got to know online. Always meet in a public place and let a friend know where you are going.
- **Consider a self-defense course:** You can learn strategies and techniques to increase your safety.
- **Be alert and aware of your surroundings in public:** Keep your head up and do not wear headphones or display valuables. Have your keys ready before you reach your door and stay alert as you enter.
- **Plan your route along well-lit and busy streets:** If you suspect that you are being followed, stay away from quiet blocks and head for a store you know to be open.

If your partner or spouse is forcing you to have sexual relations, or abusing you emotionally, verbally or physically:

- **Call the NYC Domestic Violence Hotline: (800) 621-HOPE (4673).**
- **Develop a safety plan:** Where to go, who to call, and what to take if you need to leave your home in a hurry.

## How to Help:

Here are a few things you can do to safely intervene. Be very careful and only intervene if you think that it is safe.

- If you witness sexual violence, look for someone who may assist (e.g., police officer, MTA employee, school safety agent, or store staff) and **call 911**.
- If you witness a sexual assault, and it is not safe to intervene, **call 911 immediately**.
- After the incident ask the individual if s/he is OK or needs help. You can offer to escort him/her to the police station or a safe location.

## If You Know Someone Who Has Been Assaulted:

- **Listen:** Do not ask a lot of questions.
- **Believe:** People rarely make up stories about sexual assault.
- **Do NOT Blame:** A sexual assault is **NEVER** the victim's fault. Only perpetrators are responsible for the crime.
- **Encourage:** Suggest that the victim get medical attention, even if s/he is unsure of reporting the crime to the police.
- **Support:** Be available to provide support. Suggest that s/he seek counseling.

## Are You Interested in Prevention Efforts in New York City?

- Support awareness campaigns against sexual assault.
- If you are interested in taking part in prevention efforts in your community, contact the New York City Alliance Against Sexual Assault at (212) 229-0345 or visit their website: [www.svfreenyc.org](http://www.svfreenyc.org).