

HOW CAN WE HELP?

- 24/7 HOTLINE CONNECTING CALLERS TO HIGHLY TRAINED COUNSELORS IN CRISIS RESPONSE AND SAFETY PLANNING
- 24/7 EMERGENCY SHELTER
- SUPPORT GROUPS
- THERAPY
- COURT ADVOCACY
- HOSPITAL ACCOMPANIMENT

CALL US (540) 743-4414

CONTACT US

- Visit our website at www.choicesofpagecounty.org.
- Send us a fax at 540-843-3251.
- Call us at 540-743-4414
- Choices is a member of the United Way Northern Shenandoah Valley.
- Follow us on Facebook @ ChoicesofPageCounty
- Scan the QR code below for more information!



Our mission is to prevent both domestic and sexual violence through public awareness and education, and to serve as a resource and safe haven to those affected.

supportline@choicesofpagecounty.org

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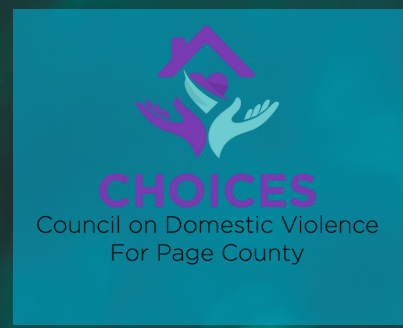
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SEXUAL VIOLENCE

INFORMATION FOR VICTIMS & THEIR FAMILIES



FACTS & SERVICES



CALL US (540) 743-4414

WHAT IS SEXUAL VIOLENCE?

Sexual violence happens when a person is **forced, coerced, and/or manipulated into any unwanted sexual act.** There's a vast range of sexual violence. It can include rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, human trafficking and voyeurism.

Sexual violence violates a person's trust, self-esteem, and perceptions of safety. Reactions are as varied as the individual assault.

Common reactions to sexual assault or violence are...

- Anger
- Fear
- Guilt
- Denial
- Shock
- Pregnancy
- Sexually transmitted disease or infections
- Excessive crying
- Emotional numbing
- Shame
- Insomnia
 - *Inability to sleep*
- Hypersomnia
 - *Sleeping too much or all the time*

SEXUAL COERCION

Sexual coercion lies on the continuum of sexually aggressive behavior, and it may vary in practice from **begging and persuasion to forced sexual contact.** It may be **verbal and emotional** through statements made to **pressure, guilt, shame,** or it may appear more subtly. Even if your partner isn't forcing you to perform sexual acts against your will, **making you feel obligated to do them at all is coercion in itself.** *Being in a relationship—no matter what kind—never means that you owe your partner intimacy of any kind.*

REPRODUCTIVE COERCION

Reproductive Coercion is a form of power and control where one partner **strips another of the ability to control their own reproductive system.** It is often less visible than other types of abuse occurring simultaneously. It may **appear as pressure, guilt, or shame about having or wanting children** (or not having or wanting them).

WHAT SHOULD YOU DO IF YOU ARE IN DANGER?

Call the CHOICES support line:
(540)-743-4414



"Sexual abuse is one of the few crimes that brings more shame to the victim than to the offender."

YOU HAVE THE RIGHT TO MAKE DECISIONS ABOUT HAVING SEX, USING BIRTH CONTROL, BECOMING PREGNANT & HAVING CHILDREN.