

I was playing football with my uncle and cousins. My uncle told me I was good and should practice alone with him. While showing me how to throw, he started to touch me. He told me he would kill me if I fought. I did not want him to touch me, but he got me off. I thought people would say I was gay, so I never told anyone.

—MICHAEL, LATINO, 18

I was out with a guy I knew from medical school. He was really nice so when he asked me to his house I said okay. As we walked through his door, he became a different person; he shoved me against a wall and choked me. I kicked hard and scratched him, but he forced me to have sex. Afterwards I was crying and he asked if I was okay. He took me home and asked if he could see me again.

—MICHELLE, AFRICAN AMERICAN, 27

I use a wheelchair and need help to go to the bathroom. A guy who was supposed to help me pulled down my pants and touched me. I felt so much shame. It went on for a year because he said he would hurt me if I told. Finally he quit working at my school.

—DAVID, PILIPINO, 16

I've been homeless for five years and have been assaulted a lot, many times by guys who would threaten me if I did not have sex. But the other day I was hanging out in the park and this guy said he would give me \$10 to have sex. I said yes, but he pulled out a knife. He raped me and did not pay me.

—RACHEL, WHITE, 38

I have been married to my husband for twelve years. There are times he comes home and wants to have sex and I don't want to. I just let him do what he wants, because I am afraid our children will hear what is happening. I'm not sure what to do. I just wish he wouldn't hurt me like this.

—USHA, EAST INDIAN, 32

## RESOURCES

**San Francisco Women Against Rape** provides free and confidential services, including: 24-hour Crisis Phone Counseling • In-Person Counseling • Support Groups • Medical, Legal, & Social Service Advocacy & Accompaniment • Self-Defense Instruction • Youth and Adult Education Programs • Support Mobilizing Communities to confront and end rape • and Multi-lingual Services in Spanish, many Asian, and other languages. For non-English services, please call our 24-hour crisis line and tell the counselor what language you would like services in. The counselor will ask for your contact information so an appropriate multi-lingual advocate can return your call as soon as possible. Wheelchair accessible.

SFWAR serves all survivors of sexual assault, including their families and friends, and all communities working to end sexual assault.

**415.647.RAPE/7273 (24-hour Rape Crisis Line, collect calls accepted)**

415.861.2024 (Business Line)

www.sfwar.org • info@sfwar.org

### **San Francisco Trauma & Recovery/Rape**

**Treatment Center** Medical treatment and counseling, optional police report and evidence collection. Serves men and women 18 and older. Spanish and Asian languages spoken.

**415.821.3222 (Business Line)**

### **Child and Adolescent Support Advocacy and Resource Center (CASARC)**

Medical treatment, counseling & police report. Confidential calls accepted. Serves those 17 and under. Spanish and Asian languages spoken.

**415.206.8386 (24-hour Crisis Line)**

### **Community United Against Violence (CUAV)**

Serving gay, lesbian, bisexual, transgender communities. 24-hour hotline and counseling for victims of intimate partner violence and hate crimes. Spanish and Asian languages spoken.

**415.333.4357 (24-hour Crisis Line)**

### **Women Organized to Make Abuse Nonexistent (W.O.M.A.N., Inc.)**

24-hour domestic violence hotline, in-person counseling, support groups, assistance with restraining orders and acquiring shelter. Spanish and Asian languages spoken.

**415.864.4722 (24-hour Crisis Line)**

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# EDUCATION SUPPORT EMPOWERMENT CHANGE

## SAN FRANCISCO WOMEN AGAINST RAPE

24 HOUR CRISIS LINE

**415.647.RAPE/7273**

COLLECT CALLS ACCEPTED



SAN FRANCISCO  
WOMEN AGAINST RAPE

3543 18th Street #7

San Francisco, CA 94110

tel. 415-861-2024

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I have lived alone since my husband died. A year ago, a man broke into my house through an open window and came into my room. He put his hand over my mouth, but I bit him and started yelling loud. A neighbor came and rang the bell. That startled the man and he ran off.

—TONI, AFRICAN AMERICAN, 75

I was new at an office, and went to the company party. Everyone kept handing me drinks. I started feeling drunk, so I went to lie down in the lounge. I passed out and when I woke up my boss was on top of me. He said if I told anyone what happened he would fire me.

—CHRISTINE, CHINESE AMERICAN, 21

My girlfriend and I were leaving a bar and four guys followed us, saying, "You should try a real man," and "Smile, dykes." Then one guy jumped in front of me and felt my breast. Two others pushed my girlfriend against a wall. Some women were coming toward us; they yelled, and the guys ran off.

—GLORIA, LATINA, 29

When I was little, adults I knew would sometimes wear robes and take a bunch of us kids into a dark room with candles. They would cut up animals, take pictures of us naked, or make us do sexual things. I know now this has happened to a lot of people, and there are places that believe me and will help.

—LORI, WHITE, 34

I was cleaning this man's house when he touched me. I slapped him and tried to get away, but he grabbed me and said he would report me to immigration. I was scared for me and my kids, so I stopped fighting. I do not clean that house anymore, but I am afraid it will happen again.

—EDNA, LATINA, 42

# If you have been sexually assaulted, it was not your fault. You deserve support. You are not alone.

## If someone attacks you, you could:

- Use a weapon (keys, pen, etc.),
- Try to talk the attacker out of it,
- Do something unusual to surprise or disgust the attacker (pee, vomit, act strange, yell, say you have a disease),
- Use physical self-defense,
- Decide your best option to survive is to do what the attacker wants.

## EVERYONE HAS THE RIGHT TO SAY “NO” TO ANYONE, but if you don’t say no, and the sex is unwanted, it is still rape.

**Trust your instincts:** If you feel uncomfortable, even when you are with someone you know, it is okay to act on your feelings. Trust your ideas about how best to get out of a situation that feels dangerous or uncomfortable. If you feel in danger, it is okay to do things that might seem rude or embarrassing.

**If the abuse is ongoing:** No matter what the abuser says, it is not your fault the abuse is happening. You do not deserve to be abused.

- 1) Think about telling someone you trust.
- 2) Think about calling a crisis line.

**On the street or in a public place:** You can walk fast and look confident about where you are going. If someone is following you, cross the street or walk faster, if possible, or go to a place such as a store where other people are around. Yelling or blowing a whistle can help attract attention.

**In your home:** You can make sure doors and windows are locked and you can decide not to let anyone in—even neighbors and people you know—unless you trust them. A person who has come to repair your home should show photo identification and have an appointment.

**On a date:** Think about arranging the date so that you will not need a ride home and will not be alone with your date until you know the person well. Drugs and alcohol are often used to cloud a person’s judgment, making them more vulnerable to assault, or to make a person blame themselves for what happened. Before you drink or use drugs with your date, you may want to consider this.

## FACTS YOU SHOULD KNOW

### What is sexual assault?

Sexual assault is a broad term and includes any sexual activity that is forced on a person. The force used during a sexual assault can be physical, but it can also include the use of threats, pressure, fear, manipulation, and/or drugs and alcohol. Sexual assault does not always include penetration. If something has happened to you that you feel uncomfortable about, you may want to talk to a friend or call a crisis line.

### What is rape?

Rape is a specific type of sexual assault. It occurs when any person is forced to have sex. A person does not have to be beat-up to have been raped or sexually assaulted. A person can be assaulted if they are too drunk to say yes or consent to sexual activity. It is against the law to force any person—whether they are a date, partner, spouse, child, relative, student, church member, friend, or a stranger—into any sexual activity they do not want.

### What is ritual abuse?

Ritual abuse is any systematic or regular physical, sexual, emotional or spiritual abuse. Torture, brainwashing and ritual sacrifice may be used to break a person’s spirit. Ritual abuse may be connected to any religion or philosophical system of beliefs.

### What is sexual harassment?

Sexual harassment is any unwanted and unwelcome sexual behavior. It is words or conduct of a sexual nature that offend, shame, lower, frighten, threaten, or objectify you because of your sex or gender identity. Sexual harassment can be physical (touching, grabbing, rubbing, patting, pinching, groping, kissing, hugging, blocking), verbal (comments about your body; sexual suggestions, questions, sounds, jokes; spreading rumors; persistently asking for a phone number or date; honking; whistling), or visual

(pornography or pictures of sexual situations or objects, obscene gestures, staring, masturbating/simulating sex in public, offensive written words).

### Who is raped or sexual assaulted?

Anybody can be raped. In the U.S., about one in four girls and one in six boys are sexually assaulted as children. About one in six women and one in eleven men are raped after turning eighteen. Rape is underreported, so these statistics may be higher. Rape happens among all age groups, from infants to elders, among all economic classes, from rich to poor, among all ethnic groups/races of people, and in heterosexual and same-sex relationships.

The fact is that rape is about dominating or controlling another person—often a person who has less power in society. The goal of a rapist is to dominate the victim and the weapon used to dominate is sex.

### Who rapes?

A rapist can be anyone. 75% of rapes are committed by someone the victim knows: a neighbor, boss, doctor, coach, teacher, even a friend, family member, intimate partner or spouse.

You can be raped by someone you had consensual sex with before. Each time you are asked to have sex you have a right to say “No,” even if you have said “Yes” in the past.

Most rapists do not look or act strange. And most rapes happen between people of the same ethnicity/race.

### Who is to blame for sexual assault?

Sexual assault is NEVER the victim’s fault. It has nothing to do with what the victim wore, where the victim went, what the victim did, or whether or not they are “attractive.” Only the person committing the assault is to blame. The attacker made a choice to violate someone’s rights.

## What can I do if I have been assaulted?

Some choices are:

- 1) Call a crisis line.
- 2) See a doctor or seek medical attention.
- 3) Talk to a counselor.
- 4) Talk to people who you feel will support you.
- 5) Confront the attacker.
- 6) Report to the police.

In the city of San Francisco, you can access the Sexual Assault Response Team (S.A.R.T.) by going to San Francisco General Hospital’s Emergency Department. The S.A.R.T can provide free medical attention, testing and medicines for pregnancy and sexually transmitted infections, counseling and assistance with making a police report. Bodily evidence can be collected for up to 72-hours after a sexual assault. If you are reporting an assault to the police, try not to shower, douche or wash your clothing.

It is most important to take care of yourself, do what is comfortable for you, and know that you have rights.

## You have the right to...

- Be treated with respect, dignity and courtesy.
- File a police report and receive services, no matter what your relationship is to the person who hurt you.
- Not be judged because of your race/ethnicity, age, class, gender, sexual orientation, ability, immigration or occupation.
- Have a sexual assault counselor come with you to medical, law enforcement and legal proceedings.
- Privacy when meeting with a counselor or police officer.
- Understand any forms you are asked to sign.
- Ask questions and get answers about any tests, exams, medications, treatments or police reports.
- Be told of any necessary follow-up care and testing.
- Voice complaints and expect to have them heard and accepted.

Experiencing a sexual assault is very difficult. After an attack, people often feel anger, confusion, guilt, depression, fear, and shame. These feelings are normal and can last for a long time. It can help to talk to someone, call a crisis line, or get counseling.

There are resource groups and phone numbers on the back of this brochure which may be of help.

**Remember: Being attacked is never your fault. Sexual assault can be a life-threatening situation; it is not always possible to escape an attack and whatever you did to survive was the right choice.**