

YOU ARE NOT TO BLAME

- There is **NOTHING** you did to cause someone to rape you. **Victims are never at fault.**
- Rape and sexual assault are about **Power and Control.**
- Perpetrators make **conscious and premeditated decisions** to rape.
- Consensual sex should be about saying YES, not about having to say NO.

"It's not a lack of female modesty but a sense of male entitlement that leads to sexual violence. And the idea that we women can change men's behavior by changing our clothes is not only disconcerting it has been debunked. As millions of women know all too well, no one ever avoided a rape by wearing a longer skirt."

~Anne K. Ream.

AND REMEMBER...

**Sexual Assault
is a crime!**

How PAVE can help

- 24-hour Crisis Hotline
- Emergency & Transitional Shelter
- Peer Support
- Advocacy & Referrals
- Probation & Parole-based Police Liaison
- Legal, Medical, Social Service
- Employment
- Drugs & Alcohol
- Case Management
- Youth Education
- Community Education
- Supervised Visitation
- Nurturing Parenting Classes

**All Calls Are
Confidential.**

The mission of Project Against Violent Encounters (PAVE) is to end domestic and sexual violence and to provide supportive and educational services to individuals, families, and the community.

PAVE is an equal opportunity provider, and employer.

Revised January 2014

*You are not
alone*



*Surviving Sexual
Assault*

PAVE

*Project Against Violent Encounters
CONFIDENTIAL SERVICES*

24-hour hotline: (802) 442-2111

PAVE Office: (802) 442-2370

Email: pave@pavebennington.com

www.pavebennington.org

The Myths:

Women are asking for it. What you wear, how you dance and flirt do NOT imply that you are wishing to be raped.

Sexual assault is an impulsive and uncontrollable sexual urge. Rape is an expression of anger, power and control on the part of the assailant. The majority of sexual assaults are planned in advance.

It can't happen to me. Rape victims can be any age, race, or social status. Victims have been as young as 6 months old and as old as 93 years.

This won't happen to "nice girls." This is a dangerous myth in that it implies that if you conform to society's definition of "nice girl" you will avoid the danger of rape.

Males should be able to prevent their rape. Men who do not fight back are not "weak." No victim of rape should be judged for failure to stop an assault.

The Facts:

- * 1 out of every 3 woman and 1 in 7 men will be sexually assaulted in her lifetime.
- * For every 1 reported assault, an estimated 10 go unreported.
- * Sexual assault crosses all socio-economic backgrounds.
- * The majority of rape victims know the perpetrator.
- * Sexual assault occurs in marriage.
- * No one deserves to be raped!

Definition of sexual assault:

"An individual commits sexual assault if that person compels another to participate in a sexual act without consent, by threat or coercion, or by threatening that another will be harmed."

What to do if you have been sexually assaulted...

- Don't blame yourself.
- Go to a safe place.
- Confide in a friend.
- Call PAVE for confidential services.
- Seek medical attention within 48 hours.
- Contact the police.

YOU ARE NOT ALONE

Important Numbers

	911
Bennington Police	442-1030
County Sheriff	442-4900
Southwestern VT Medical Ctr.	442-6361
Manchester Police	362-2022
State's Attorney's Office	442-8116
VT State Police	442-5421
Winhall Police	297-2121

Feelings you may experience:

Guilt: I feel as if I did something to cause the assault.

Anger/Revenge: I want to kill him!

Fear: I'm afraid of so many things. Am I safe now? Will I ever want to be intimate again? Will anyone want me? Am I going crazy?

Numbness: I know and see what is going on around me, but somehow it doesn't touch me. I feel as if I'm walking around in a glass bubble

Shock: I can't believe this happened! Why me?

Shame: I feel so dirty. I want to take showers all day.

Confusion: I'm so mixed up. Sometimes I don't know what I'm feeling.

Anxiety: I'm so nervous. I am easily startled. I can't sleep and have difficulty breathing.

