

Get the Facts

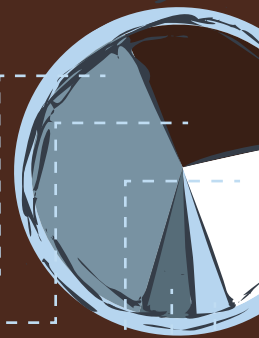
Victims of Sexual Assault are

- 3X more likely to suffer from depression.
- 6X more likely to suffer from post-traumatic stress disorder.
- 13X more likely to abuse alcohol.
- 26X more likely to abuse drugs.
- 4X more likely to contemplate suicide.



College-age women are **4X** times more likely to be the **victim** of sexual assault.

Men are victims too
10% of all victims are **men.**



Relationship to Attacker

- 38% Acquaintance
- 31% Stranger
- 23% Intimate Partner
- 6% Unknown
- 3% Other Relative

Free.
Safe.
Confidential.

Get. Help. Now.

rainn.org
800.656.HOPE

Recovery starts here.
Call or click today to get
the support you deserve.

RAPE,
ABUSE &
INCEST
NATIONAL
NETWORK
RAINN

National Sexual Assault Hotline
(1.800.656.HOPE) and Online Hotline
(rainn.org) Free. Confidential. 24/7.

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How does
**sexual
violence**
affect your
campus?

RAPE,
ABUSE &
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Volunteer

Get involved in the fight against sexual assault on your campus!

In as little as 10 minutes, you can make the difference in someone's life. Here are some simple and effective ways to get involved:

- Volunteer at a local rape crisis center
- Post information and resources on *Facebook*, *Twitter* and *MySpace*
- Join RAINN's Speakers Bureau and share your own experience
- Organize an awareness event on campus for RAINN Day

RAINN Day



Visit rainn.org for more information on how to get involved with RAINN and its programs.

Safety Tips

Consent matters!

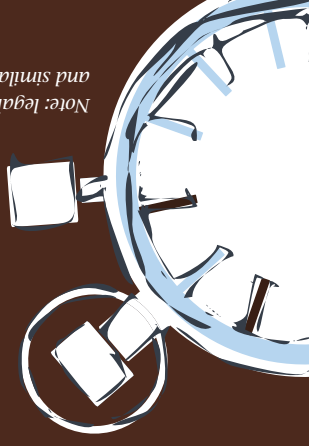
- No matter what, "no" always means "no." It's very simple — it all comes down to consent.
- Regardless of whether you were drunk or sober, if the sex was non-consensual, it is rape, and it is a crime. If you said no—it's rape, and it's a crime.
- It doesn't matter if you've had sex with the other person in the past; if it's non-consensual this time, it's rape.

Keep your friends and yourself safe.

- Trust your instincts. If you feel unsafe, go with your gut.
- Be aware of your surroundings. Know where you are and who is around.
- Watch your drink at all times. Don't accept drinks from people you don't know or trust.
- If a friend seems too intoxicated, get him or her to a safe place immediately.
- Intervene! If you see something, say something. You could save a friend from becoming a victim of sexual assault—or from committing a crime.

Every 2 minutes someone in the U.S. is sexually assaulted.

Note: legal definitions of "rape," "sexual assault," and similar terms differ from state to state.



Get Help

Talk to someone who understands what you're going through and get the help you deserve. Whether it's moments after an attack or years later, RAINN can provide the help you need; it is never too late to begin to find your ground again.

How does the

National Sexual

Assault Hotline work?

When you dial 1.800.656.HOPE, you'll be routed to the nearest RAINN-affiliated rape crisis center. Staff and volunteers are standing by around the clock to listen, help, and provide information on forensic and medical exams and reporting the crime to police.

How is the *Online Hotline* at rainn.org different?

Instead of picking up the phone, visit rainn.org and chat directly with someone who understands through an IM-style window. When it's too difficult to say it out loud, the *Online Hotline* provides a safe, secure environment for you to chat with someone who can help.

Computer safety matters! Unlike most websites and blogs, the Online Hotline is truly secure and anonymous —rainn.org doesn't capture your computer's IP address, or store details of what you type.