

# STAND...



## AGAINST SEXUAL VIOLENCE

- Be informed and educate yourself by attending workshops and seminars on sexual violence.
- Talk to your children about body safety and healthy sexual boundaries especially if there is a history of family sexual violence. Talk about the difference between good touch and bad touch.
- Don't participate in crude jokes about sexual violence. It's not a laughing matter.
- Stop victim blaming! No one asks or deserves to be sexually assaulted. Place responsibility where it rightfully belong—on the offender who made the choice to abuse.
- Support and encourage survivors to seek professional help and recovery services in order to promote emotional healing.
- Speak up and don't remain silent when you encounter acts of sexual violence. It's a criminal act.

## ABOUT US

ARISE! International, Inc is a faith-based 501 (c) 3 nonprofit organization registered in the State of Texas in 2007.

Our mission is to help survivors of sexual violence heal emotionally, socially, and spiritually. We are committed to STAND against sexual violence by providing recovery services to help survivors begin their healing journey from the devastating effects of being sexually exploited.

Make online donations at our website



Resources for Assistance—

### **National Sexual Assault Hotline**

800.656.4673 (Free 24/7)

RAINN.org

### **Suicide & Crisis Lifeline (Free 24/7)**

Call or Text 988



**ARISE! International, Inc**

**800.513.2450 - EXT 1**

[www.ariseintl.org](http://www.ariseintl.org)



**A PLACE OF HOPE AND HEALING**

**HELPING SURVIVORS OF SEXUAL VIOLENCE HEAL**



## VICTIMS OF SEXUAL VIOLENCE ARE—

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from Post-Traumatic Stress Disorder (PTSD)
- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more like to contemplate suicide

*Statistics by RAINN.org*

### WHAT IS SEXUAL ABUSE?

Sexual abuse is any sexual activity—verbal, visual or physical—engaged in without consent, which may be emotionally and physically harmful and which exploits a person in order to meet another person’s sexual or emotional needs.

*Shelter from the Storm©-Hope for Survivors of Sexual Abuse*

### CONSEQUENCES OF SEXUAL ABUSE

There are many consequences to sexual violence as there are survivors but the most common are:

- misplaced guilt and shame
- anger (repressed/suppressed)
- confusion
- low self-esteem
- fear/anxiety
- depression/loneliness
- controlling behaviors
- distrust of people
- numb (suppression of feelings)

### COMMON MYTHS ABOUT SEXUAL ABUSE

- **MYTH:** The child or youth is at fault for allowing sexual abuse to happen.  
**REALITY:** Adults are responsible for their behavior in the presence of a minor. A child or youth is never responsible for behavior displayed by an adult.
- **MYTH:** Most child abusers are strangers.  
**REALITY:** While abuse by strangers does happen, sexual abuse is frequently committed by those the child knows, loves and trust. (ex: family members or others who are close to the family).
- **MYTH:** Abusers of sexual assault come largely from certain races or backgrounds.  
**REALITY:** Men and women of all races, ethnicities, ages, sexual orientations, economic and social classes are represented among offenders.

### CLIENT SERVICES WE SUPPORT SURVIVORS

#### Virtual Support Groups-ZOOM Video Conferencing—Spring/Fall semesters

- Female survivors (ages 18 & up)
- Live Q & A Calls
- One-on-one mentoring

#### Resources

Referrals for professional counseling, legal services, crisis hotlines and faith-based ministries.

#### Relationships

Building a safe and supportive community network of thrivers.

#### Community Education

Presentations on sexual violence awareness, prevention and recovery.