

April | 2017



CONTACT THE
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Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Raise Your Voice

This month our newsletter's main focus is sexual assault and rape in observance of Sexual Assault Awareness Month. That's because it happens too often and we are raising our voices to increase the community's awareness about the problem. First we want to make it clear that **sexual assault is not about sex, it's about the perpetrator's intent on having power and control over the victim.** Types of sexual assault include rape, sexual battery, child sexual abuse, incest and same sex assault.

Facts you might want to know:

- * Every 2 minutes someone in the US is sexually assaulted.
- * Each year there are about 293,000 victims of sexual assault
- * 1 in 5 women will be sexually assaulted while in college
- * 42% of college women who are raped tell no one about the assault
- * 1 in every 4 girls and 1 in every 6 boys will be sexually assaulted before their 18th birthday



What is Sexual Assault?

It is any unwanted sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include:

- * Attempted rape
- * Rape is a form of sexual assault, but not all sexual assault is rape
- * Fondling or unwanted sexual touching
- * Forcing a victim to perform sexual acts
- * Kissing without the victim's consent.
- * Being forced to watch porn.

Forced doesn't always refer to physical pressure. Perpetrators may use emotional coercion, psychological force or manipulation to coerce a victim into non-consensual sex. They may use threats to force a victim to comply, such as threatening to hurt the victim.

Rape and Sexual Assault

1 in 5 women and 1 in 71 men will be a victim of sexual assault in their lifetime. The most important thing to remember if you are a victim is **IT IS NOT YOUR FAULT.** Write on a card the following statements and put it somewhere that you see every day and read it daily: **YOU ARE NOT ALONE. YOU ARE NOT TO BLAME. YOU DO NOT DESERVE TO BE TREATED THIS WAY. YOU HAVE RIGHTS. YOU CAN GET HELP.**

If you have experienced sexual assault or domestic violence and need HELP, call us at 828-322-1400 Crisis line 828-228-1787

Who Are the Perpetrators of Rape or Sexual Assault?

The man next door, your uncle... the majority of perpetrators are someone known to the victim. About 7 out of 10 sexual assaults are committed by someone known to the victim, such as in the case of intimate partner sexual violence or acquaintance rape. It may be a date, a classmate, a neighbor, a friend's significant other, a relative, a teacher, or someone trusted by the victim. The fact is there is no one profile of a perpetrator...it can be anyone.

Even if the person was your date, boyfriend, girlfriend, spouse or someone you live with, they still need your consent.

In other instances, it could be a complete stranger, someone the victim doesn't know and has had no previous contact.



A Person Did Not Give Consent If...

- * They were pressured, intimidated or forced to do sexual things they didn't want to do.
- * They were incapacitated or passed out due to drugs or alcohol.
- * Changed their mind about engaging in sexual activity.
- * They said NO, but didn't fight or resist the perpetrator.



April is Also Child Abuse Prevention Month

We can all do something about child abuse. It is our responsibility to report any suspected child abuse to the Department of Social Services—*it's the law too!*

Signs That A Child May Be Abused

- * Avoiding certain places or individuals
- * Sudden changes in mood or personality, i.e., becoming withdrawn, anxious or aggressive.
- * Regression in behavior like bedwetting or thumb-sucking, becomes clingy, whiny.
- * Unexplained bruises, cuts, marks, burns.
- * Extreme changes in weight gain or loss.
- * Poor concentration, school performance drops.
- * Wearing extra layers of clothes to cover up injuries.

Blue And White Fashion Show

When: Saturday, April 22

Time: 2:00 pm

Where: Ridgeview Recreation Center,
Hickory

What: A fashion show with male models strutting to STOP Domestic Violence.

Entertainment: Santonio and White
White

Admission is free!

Numbers with Impact

334 63 13 7 6

For every 1000 rapes that occur in the US....

334 of those rapes are reported to the police

63 of those rapes lead to an arrest

13 of those rapes are referred to prosecutors

7 of those rapes lead to a felony conviction

6 of those rapes will be incarcerated.... That means

**994 out of every 1000 rapists
will walk free.**

Every 8 seconds...

Someone is sexually assaulted in the US.

Sexual Assault
Awareness Month

You Made a Difference

- * Our hats off to Lenoir Rhyne University for its Take Back The Night event and its week-long awareness activities on sexual assault.
- * Thanks to all our Volunteers who contribute their time, talent and services at our Purple Ribbon Thrift Store.
- * Thank you to the Volunteers at Family Guidance Center, Marion Baer, Addie Welch and Rachel Hardy. You brighten our day and lighten our work load.

**“LIKE” us on Facebook to keep up
with FGC news, facts and
information.**

The Purple Ribbon

Mother's Day is almost here! Shop The Purple Ribbon and help stop Domestic Violence!

Come visit us! You'll find LOTS of great deals at the Purple Ribbon Thrift Store!

