

What is Sexual Assault?

Sexual Assault is any type of sexual contact or behavior occurring without **explicit consent**. Sexual assault usually involves force or is inflicted upon someone who is incapable of giving consent. The assailant could be someone in a position of trust or authority. Sexual assault is violence, and often occurs in a private setting, which puts the burden of proof on the survivor. Survivors are never at fault.

Options for Assault Survivors:

- Immediately head for a safe space.
- Call 911 for medical assistance or to file a police report, if this feels safe.
- Call a trusted individual for support.
- Call the US National Sexual Assault Hotline at 800.656.HOPE (4673), Provincial hotlines in Canada (links below).

What Can I Do to Support a Survivor?

- Use WRJ says STOP material to make a positive change in your community.
- Be an ally – Listen to, learn, and support sexual assault survivors.
- Be an Upstander/Bystander – Step in to protect someone who may be at risk.
- Provide a safe community space, bring Upstander training to your community.
- Learn how to deal with disclosures – **TALK** – Thank the survivor for telling you. Ask how you can help. Listen without judgment. Keep supporting. Believe what they say.
- Improve or develop community *britot* (covenants) or ethics codes.

Why is this important?

Survivors of sexual assault may experience mental, physical, and emotional harm, and ongoing trauma responses. Teaching about consent may prevent future assaults (link below).

Using Women of Reform Judaism (WRJ) says STOP materials, you can make a positive change in the culture and environment of your community.



WRJ says STOP



Sexual Assault - USA



Sexual Assault -
Canada



Understanding
Consent



Be a Good Listener

