

# FAQ

## Your body, your rules.

No one is allowed to touch your body without your consent.

If someone touches your private body parts or has you touch their private body parts without your consent it is important to tell someone.

## Consent

Consent is when you give someone permission to do something to you.

- Consent is a choice freely given
- Consent is active and enthusiastic
- Consent is informed
- Consent is specific
- Consent is ongoing
- Consent is reversible

### What are mandatory reporters?

- Adults, typically professionals, who must report to child protective services (CPS) if they think a minor (someone under 18) has been abused.
- CPS is a part of the government that investigates child abuse cases and ensures child safety through legal action.
- These are good people to tell if you want a report made but don't want to make one yourself.
- If you don't want your situation reported tell a family member or friend who is not a mandatory reporter.

### What happens when I use a hotline?

- Hotlines (chatting, calling, texting) give you free & confidential support- someone talks through your options and helps you get more support if you need it.
- You are allowed to stay anonymous on a hotline and don't need to share your name or age.
- Minors: If you do disclose your age, the support person will have to report to CPS.

### What happens if I tell an adult at school?

- Adults at schools (like teachers and counselors) are mandatory reporters.

### Do I need medical care?

- Getting a check-up after an incident of sexual abuse is important. There are specialized nurses who are trained to make you feel safe when getting medical care.
- Minors: Doctors and nurses are mandatory reporters.

### What are the reporting options?

- **These options are for adults (over 18):** Someone who has experienced sexual abuse has 3 options. They can make a law enforcement report, a medical report, or an anonymous report depending on if they want to participate in the legal process and have their information shared.
- Minors: You don't have the same options because the person you report to will be a mandatory reporter.

# Reporting Sexual Abuse



*Emma Richardson, OTS*

# Safety Network

Your safety network is a group of people you choose to be your trusted adults. Trusted adults are there to listen, believe, and help you whenever you need them.

## My Safety Network:

Write down the names of 5 trusted adults.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Some types of people who might be trusted adults are:

- Parents, caregivers
- Older siblings
- Cousins, aunts, uncles, grandparents
- Therapists
- Teachers
- Coaches

Your safety network should have at least one person who is not a family member.

If someone is making you feel unsafe or is touching your body without your consent follow these steps.

## 1. Escape

Communicate “NO” or “STOP”. Get away from the person as quickly as you can. You are allowed to do whatever is needed to escape.

## 2. Tell

As soon as you can, tell someone in your safety network what happened and how it made you feel.

## 3. Report

You have the choice to seek services and/or report what happened. You can ask a trusted adult to help you report but you can also do it by yourself.

# Services

Victim/survivor services help after someone makes you feel unsafe or violates your body rules.

## Online:

You can message with a support person

- [RAINN.org/hotline](https://RAINN.org/hotline)
  - RAINN also has a Youth Help room
- [safeaustin.org/chat](https://safeaustin.org/chat)
- [loveisrespect.org](https://loveisrespect.org) > Get Help > Chat live now

## Calling:

You can call and talk with a support person

- Childhelp National Child Abuse Hotline:
  - 800-422-4453
- RAINN's National Sexual Assault Hotline:
  - 800-656-HOPE
- Love Is Respect:
  - 1-866-331-9474

## Texting:

You can text with a support person

- Childhelp National Child Abuse Hotline:
  - Text 'GO' to 800-422-4453
- RAINN's National Sexual Assault Hotline:
  - Text 'HOPE' to 64673
- Love Is Respect:
  - Text 'LOVEIS' to 22522

## In person:

You can go somewhere for help

- School: tell your school counselor or nurse what happened.
- The Initiative (DVI): 6825 E. Tennessee Ave., Ste. #475, Denver, CO 80224
- MESA: 1455 Dixon Ave., Suite 210 Lafayette, CO 80026
- Scan the QR code for more options

