

According to research done by the US Department of Justice:

- Most people are sexually assaulted by people they know.
- Fewer than 40% of sexual assaults are reported.

According to research done at the Center Against Sexual Assault:

- 4 out of 5 local people with disabilities have felt uncomfortable about the way someone touched them.
- Two-thirds of people who took our survey reported being forced to have unwanted sex.

Your community cares about you

There are a lot of concerned individuals and community groups that come together each month as part of the Southern Arizona Sexual Violence Disability Coalition. If you want to get involved with the Southern Arizona Sexual Violence Disability Coalition, call the Southern Arizona Center Against Sexual Assault and tell the person who answers the phone that you are interested in the Accessing Safety Project.

You can also visit
www.sacasa.org/disability.htm
for more information.



If you believe that you have experienced sexual violence, tell someone you trust. It's better to get it out than to hold your hurt in. If you are not comfortable telling someone you know, sometimes it's easier to talk with a stranger. You can call one of the following numbers to talk with someone who is specially trained to help:

If you are in immediate danger
Call 9-1-1

Southern Arizona Center Against Sexual Assault
327.7273
1.800.400.1001

The Brewster Center Domestic Violence Services
622.6347 or
1.877.472.1717

Wingspan Anti-Violence Project
624.0348 or
1.800.553.9387

Help On Call (Suicide Crisis Hotline)
323.9373

SAMHC (mental health crisis hotline)
622.6000 or
1.800.796.6762

Adult Protective Services
1.877.SOS.ADULT
(1.877.767.2385)

Child Protective Services
1.888.SOS.CHILD
(1.888.767.2445)

Arizona Center for Disability Law
327.9547
1.800.922.1447

Planned Parenthood Facts of Life Line
624.1761



Accessing Safety:

**Sexual Violence
against People
with Disabilities**

What is sexual violence?

Sexual violence is any kind of violence that involves sex, a person's body, or gender. Sexual violence is wrong and against the law. Some examples of sexual violence include rape, molestation and sexual harassment. Sexual violence affects a person's body, feelings and spirit.

If someone else touches or does things to your body or says things about your body in a way that doesn't feel right or makes you feel uncomfortable, that may be sexual violence.

But how do you know if it is sexual violence?

- When you do something you don't want to do because you might be afraid of what happens if you say "no".
- When one person knows the other person does not want to keep going, but does it anyway.

Has someone you know:

- Made you feel unsafe?
- Said things about your body or about sex that made you uncomfortable?
- Touched you in private areas without your permission?
- Forced you to do sexual things?



Do you feel safe with your:

- Family members and friends?
- Relationship partner?
- Caregiver/personal assistants?
- Group home, institutional, or healthcare providers?
- Transportation driver?

If not, one option is to talk with someone you trust. Another option is to call one of the crisis hotlines listed on the back panel of this brochure.

Your body belongs to you!

- No one has the right to do something to your body you don't agree with.
- You have the right to change your mind at any point during a sexual activity.
- You don't have to have sex with someone because they help you, because your friends think you should, or because you have had sex with that person in the past.
- It's totally normal to go on a date with someone, out to dinner, to the movies or anywhere else and not end the night having sex with them. Even if one person buys the other one things, sex does not have to be the end result!

You have the right to say no

Sometimes it's hard to know what is legal and what is not. It does not matter if you have a disability or not. If somebody does something to your body, says something about your body that makes you feel uncomfortable, or does not seem right, you have the right to say no.

We believe you... It's NOT your fault Services are available

If you or someone you care about is being hurt by a personal care attendant, by a family member, by a relationship partner, or by anyone else - Help is within your reach.

You can call the Center Against Sexual Assault 24-hour Crisis Hotline any time to discuss your options with a crisis advocate who understands and wants to help you.

When you call, you can ask about coming in and talking with a therapist about what you are experiencing.

If you have a disability and you tell one of our crisis advocates or therapists about what happened to you and you also tell them your name, they have to call the police and Adult Protective Services (APS) to ask for an investigation.

If you feel safer not reporting to law enforcement or APS, you can still call the numbers below or on the back panel of this brochure to get more information or talk to someone, but you do not have to give your name.

**You can always call our
24-hour Crisis Hotline:
327.7273 or
1.800.400.1001**

visit www.sacasa.org for more information

This project was supported by Grant No. 2002-VF-GX-K005 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice to SafePlace. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice or SafePlace.