

SEXUAL ASSAULT:
A SURVIVOR'S HANDBOOK
FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

BOOKLET II: FOR PEOPLE WITH DISABILITIES AND THEIR ADVOCATES

BY

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INTRODUCTION

THIS BOOK IS A HANDBOOK FOR DISABLED PERSONS AND THEIR ADVOCATES. IT CAN BE USED AS A GUIDE AND SUPPORT AFTER A SEXUAL ASSAULT HAS OCCURRED. IT WALKS THE READER THROUGH THE EVENTS FOLLOWING AN ASSAULT, AND PROVIDES STEP-BY-STEP GUIDELINES FOR THE SURVIVOR AND HER, OR HIS, FAMILY. IT CAN ALSO BE USED AS A TRAINING GUIDE, TO TEACH PEOPLE ABOUT SEXUAL ASSAULT PREVENTION.

THE BOOK HAS BEEN PREPARED SO THAT IT WILL MEET THE NEEDS OF SEVERAL DIFFERENT DISABILITY GROUPS: PERSONS WITH DEVELOPMENTAL DISABILITIES, LEARNING DISABILITIES, SPEECH AND HEARING IMPAIRMENTS, MOBILITY IMPAIRMENTS, AND BLINDNESS OR VISUAL IMPAIRMENT.

PARTS ONE AND TWO ARE FOR THE SURVIVOR OF A SEXUAL ASSAULT. PART THREE IS FOR THE ADVOCATE OF THE SURVIVOR. ALL BOOKS CONTAIN A GLOSSARY OF TERMS USED THROUGHOUT THE BOOK, A RESOURCE DIRECTORY WHICH PROVIDES THE NAMES AND TELEPHONE NUMBERS OF COUNSELING RESOURCES, AND A REFERENCE SECTION, IF YOU WANT TO READ MORE.

WE WOULD APPRECIATE IT IF YOU WOULD COMPLETE AND RETURN THE EVALUATION FORM AT THE BACK OF THE BOOK. THIS WILL GIVE US NEEDED FEEDBACK ON THE USEFULNESS OF THIS BOOK TO YOU, AND WILL HELP IN THE PREPARATION OF NEW EDITIONS. THANK YOU.

ACKNOWLEDGEMENTS

THIS BOOK WAS DEVELOPED AND PRODUCED WITH THE ASSISTANCE OF SEVERAL KEY PERSONS, WITHOUT WHOSE ASSISTANCE, IT IS UNLIKELY THAT THIS BOOK WOULD HAVE BEEN WRITTEN YET. THEIR DEDICATION AND SUPPORT HAS BEEN INVALUABLE.

I ACKNOWLEDGE THESE PEOPLE HERE. THE STAFF OF THE COMMISSION, OF THE LOS ANGELES COMMISSION ON ASSAULTS AGAINST WOMEN, PRIMARILY KRYSIA DANKOWSKI AND TAWNYA JACKSON, FOR THEIR CONTINUING EFFORT AND SUPPORT.

I THANK THE REVIEWERS, WHO EACH SPENT THEIR TIME MAKING VERY IMPORTANT CONTRIBUTIONS TO THIS BOOK. THE REVIEWERS INCLUDE DEVELOPMENTALLY DISABLED WOMEN, PARENTS OF DEVELOPMENTALLY DISABLED CHILDREN (ADULT AND CHILDREN, MEN AND WOMEN), PROFESSIONAL RESIDENTIAL CARE PROVIDERS, REGIONAL CENTER STAFF MEMBERS, PROFESSIONALS IN THE FIELD OF SEXUALITY AND DISABILITY, AND ATTORNEYS WHO SPECIALIZE IN DEVELOPMENTAL DISABILITIES.

AND, LARRY MAYER, THE ARTIST. LARRY IS NEW TO THE CONCEPT OF ABUSE OF DISABLED PERSONS. HE IS RENOWNED ARTIST WHO WAS INTRIGUED THEN MOVED BY THE THINGS HE BEGAN TO LEARN ABOUT WHAT HAPPENS TO TOO MANY PERSONS WITH DISABILITIES.

THIS CARING FOR PEOPLE SHOWS THROUGH HIS WORK, AND HIS UNDERSTANDING THAT IN ORDER TO LEARN, DIRECT AND CLEAR ILLUSTRATIONS ARE REQUIRED. LARRY DID NOT SHY AWAY FROM THE TASK. HIS WORK MAKES ALL THE DIFFERENCE FOR THIS BOOK. THANK YOU LARRY MAYER.

THANK YOU ALL.



FOR YOU, THE SURVIVOR

HAVE YOU EVER BEEN RAPED? DID SOMEONE TOUCH YOU WHEN YOU DIDN'T WANT THEM TO? HAVE YOU BEEN KISSED OR HUGGED OR HELD WHEN YOU DIDN'T WANT TO? HAS SOMEONE EVER FORCED YOU TO HAVE SEX WITH THEM, OR DO SEXUAL THINGS?

THEN THIS BOOK IS FOR YOU.

THIS BOOK IS FOR PEOPLE WHO HAVE HAD THESE THINGS HAPPEN TO THEM, AND WHO ARE TAKING CARE OF THEMSELVES. BY GOING TO THE HOSPITAL FOR TREATMENT, BY TELLING THE POLICE, AND, BY READING THIS BOOK!

THIS BOOK IS FOR THE MEN AND WOMEN WHO HAVE BEEN FORCED TO DO SEXUAL THINGS BY FRIENDS, FAMILY OR BY STRANGERS.

THERE ARE OTHER BOOKS AROUND FOR PEOPLE WHO HAVE BEEN HURT SEXUALLY. THIS ONE IS FOR PERSONS WITH DISABILITIES: DEVELOPMENTAL DISABILITIES, LEARNING DISABILITIES, PHYSICAL DISABILITIES, OR COMMUNICATION PROBLEMS LIKE BEING DEAF, OR BLIND, OR TROUBLE WITH SPEECH.

WHY IS THIS BOOK NECESSARY IF THERE ARE OTHER BOOKS? WELL, THIS WAS WRITTEN SO THAT PEOPLE WITH THESE KINDS OF DISABILITIES COULD EASILY READ THE BOOK, AND THAT IT COULD BE HANDLED EASILY BY PERSONS WHOSE HANDS OR ARMS DON'T LET THEM HOLD A BOOK WHILE THEY READ. ALSO, BECAUSE OF THE DISABILITY, SOME OF THE THINGS THAT HAPPEN AFTER A RAPE MAY NEED TO BE DIFFERENT FOR YOU THAN FOR OTHERS...FOR EXAMPLE, HOW THE DOCTOR WILL EXAMINE YOU. SO, WE HOPE THAT THIS BOOK WILL HELP YOU AS YOU GO THROUGH THE PROCESS TO GET BETTER AFTER THE RAPE OR SEXUAL ASSAULT.

MANY PEOPLE READ THIS BOOK WHO HAVE NOT BEEN RAPED. BUT YOU CAN LEARN SOME THINGS BY READING THIS BOOK THAT WILL HELP IF SOMEONE DOES TRY TO HURT YOU. SO IT IS A BOOK, REALLY, FOR EVERYONE.

WHAT THIS BOOK IS ABOUT

WHAT - THIS IS A BOOK ABOUT SEXUAL ACTS THAT BOTHER OR HURT PEOPLE. IT IS TO HELP STOP THOSE ACTS FROM HAPPENING AND TO KNOW WHAT TO DO IF THEY HAPPEN.

WHO - THIS BOOK IS FOR PEOPLE WHO HAVE LEARNING OR READING DIFFICULTIES, OR WHO HAVE DIFFICULTY HEARING OR TALKING. IT IS ALSO FOR THE PEOPLE WHO HELP THEM, LIKE ATTENDANTS, COUNSELORS, PARENTS AND FRIENDS.

WHY - THIS IS TO HELP PEOPLE LEARN WHAT SEXUAL ACTS ARE AGAINST THE LAW, WHAT THEY ARE CALLED, AND WHAT YOU CAN DO ABOUT THEM.

HOW - THIS BOOK IS GIVEN TO PEOPLE WHO HAVE BEEN HURT SEXUALLY. IT WILL HELP YOU UNDERSTAND WHAT HAPPENED, AND WHAT YOU CAN DO TO FEEL GOOD AGAIN. IT IS ALSO GIVEN TO YOU TO LEARN HOW TO PROTECT YOURSELF FROM A FORCED SEXUAL ACT, AND WHAT TO DO IF SOMEONE TRIES TO HARM YOU IN A SEXUAL WAY.

THE FIRST PART OF THIS BOOK IS FOR "CONSUMERS". PERSONS WHO HAVE DISABILITIES. IT IS WRITTEN SO THAT YOU CAN UNDERSTAND IT,

1. YOU CAN USE IT AFTER BEING SEXUALLY HURT.
2. TO LEARN HOW TO KEEP FROM BEING SEXUALLY HURT...
3. OR TO KNOW WHAT TO DO IF IT EVER DOES HAPPEN TO YOU OR TO A FRIEND.

THE SECOND SECTION OF THE BOOK IS A MORE BASIC VERSION OF PART ONE. IT IS FOR THE PERSON WHO UNDERSTANDS BEST THROUGH FEWER WORDS AND MORE DRAWINGS.

THE THIRD PART OF THE BOOK IS FOR THE PERSONS CLOSEST TO THE CONSUMERS, SO THAT THEY CAN UNDERSTAND AND HELP. THESE PERSONS MAY BE

PARENTS, RESIDENTIAL CARE PROVIDERS, SOCIAL WORKERS, OR OTHERS CLOSE TO YOU. THESE PEOPLE ARE THE ONES WHO WILL HELP THE CONSUMER THE MOST IF THEY ARE RAPED OR SEXUALLY HURT IN ANOTHER WAY. WE CALL THEM "ADVOCATES".

ALL OF THE BOOKS CONTAIN A SECTION CALLED THE "GLOSSARY", WHICH EXPLAINS SOME OF THE WORDS USED IN THIS BOOK. IT IS A DICTIONARY. MOST OF THE WORDS THAT WILL BE NEW TO YOU, ARE EXPLAINED IN THE GLOSSARY.

ALL OF THE BOOKS ALSO CONTAIN A "RESOURCE" SECTION. IT IS A LIST OF PLACES AND PERSONS YOU CAN CALL FOR COUNSELING OR INFORMATION.

THIS WILL
BE OUR LITTLE
SECRET.





WHAT ARE WRONG SEXUAL ACTS?

RAPE - WHEN ONE PERSON MAKES ANOTHER PERSON HAVE SEX WITH THEM (LIKE PUTTING A PENIS (DICK) OR SOMETHING ELSE IN A WOMAN'S VAGINA (DOWN THERE, PUSSY), MOUTH, OR THE ANUS (BUTT) OF A MAN OR WOMAN. IMPORTANT: IT IS ONLY CALLED RAPE WHEN ONE PERSON IS FORCED BY THE OTHER. IF BOTH PEOPLE WANT TO DO SEXUAL ACTS, THEN IT IS NOT RAPE.

MOSTLY THIS HAPPENS WITH SOMEONE YOU KNOW. IT ALMOST ALWAYS HAPPENS AT YOUR HOME, THEIR HOME, OR SOMEPLACE YOU'VE BEEN BEFORE. THIS IS THE HARDEST THING ABOUT RAPE, THAT MAYBE IT IS SOMEONE YOU KNOW WHO HURTS YOU. SOMETIMES IT IS A STRANGER. HOWEVER, RAPE IS ALWAYS WHEN ONE PERSON DOESN'T WANT TO DO IT, BUT THEY HAVE TO BECAUSE THEY ARE SCARED OR CANNOT GET AWAY AND ARE FORCED TO. OR THEY THINK THEY ARE SUPPOSED TO, BECAUSE THE OTHER PERSON IS IN CHARGE OR SAYS THEY LOVE THEM.

BATTERY - WHEN ONE PERSON DOES ANY OF THESE THINGS TO ANOTHER, AND THEY DON'T LIKE IT OR DON'T WANT IT TO HAPPEN:

1. TOUCHING SOMEONE'S PRIVATE PARTS (BREASTS, ANUS [BUTT], PENIS [DICK], TESTICLES [BALLS], VULVA [PUSSY, "DOWN THERE"], VAGINA.
2. MAKING YOU TOUCH THEIR PRIVATE PARTS
3. PLAYING SEX GAMES LIKE "DOCTOR" OR "HUSBAND AND WIFE" OR "HOUSE"
4. KISSING YOU OR FORCING YOU TO KISS THEM.

THE MOST IMPORTANT THING IS THAT ONE OF YOU DOESN'T WANT TO DO IT.

INCEST - HAVING ANY OF THE THINGS WE JUST TALKED ABOUT (RAPE, BATTERY) HAPPEN WITH FAMILY MEMBERS (MOM, DAD, UNCLES, AUNTS, BROTHERS, SISTERS, COUSINS, GRANDPARENTS - OR EVEN A STEP-FATHER OR MOTHER - OR CLOSE FAMILY FRIEND.)

EXPLOITATION - WHEN ONE PERSON TAKES ADVANTAGE OF ANOTHER- LIKE: PAYING YOU TO DO SEX ACTS, OR TO TAKE OFF YOUR CLOTHES, OR TO TAKE SEXY OR NUDE (WITH NO CLOTHES ON) PICTURES OR TO SHOW PICTURES IF YOU DON'T LIKE IT.

HARASSMENT - TOUCHING SOMEONE IN A SEXUAL WAY, WHEN THEY DON'T WANT IT, USUALLY AT WORK. THIS MAY BE CALLED BATTERY, ALSO. LIKE IF A SUPERVISOR PATS THE REAR END (BUTTOCKS, BEHIND) OF A WORKER, OR TOUCHES HER BREASTS - OR EVEN SAYS SEXUAL THINGS THAT MAKE HER FEEL UNCOMFORTABLE OR SCARED.

ASSAULT - ANY OF THE ABOVE, AND INCLUDING RAPE. IT IS ALSO WHEN SOMEONE COMMITS A LEWD (NASTY) ACT IN FRONT OF YOU, LIKE:

1. SHOWING YOU THEIR PRIVATE PARTS, OR MAKING YOU SHOW YOURS
2. TAKING OFF THEIR CLOTHES OR MAKING YOU TAKE OFF YOURS

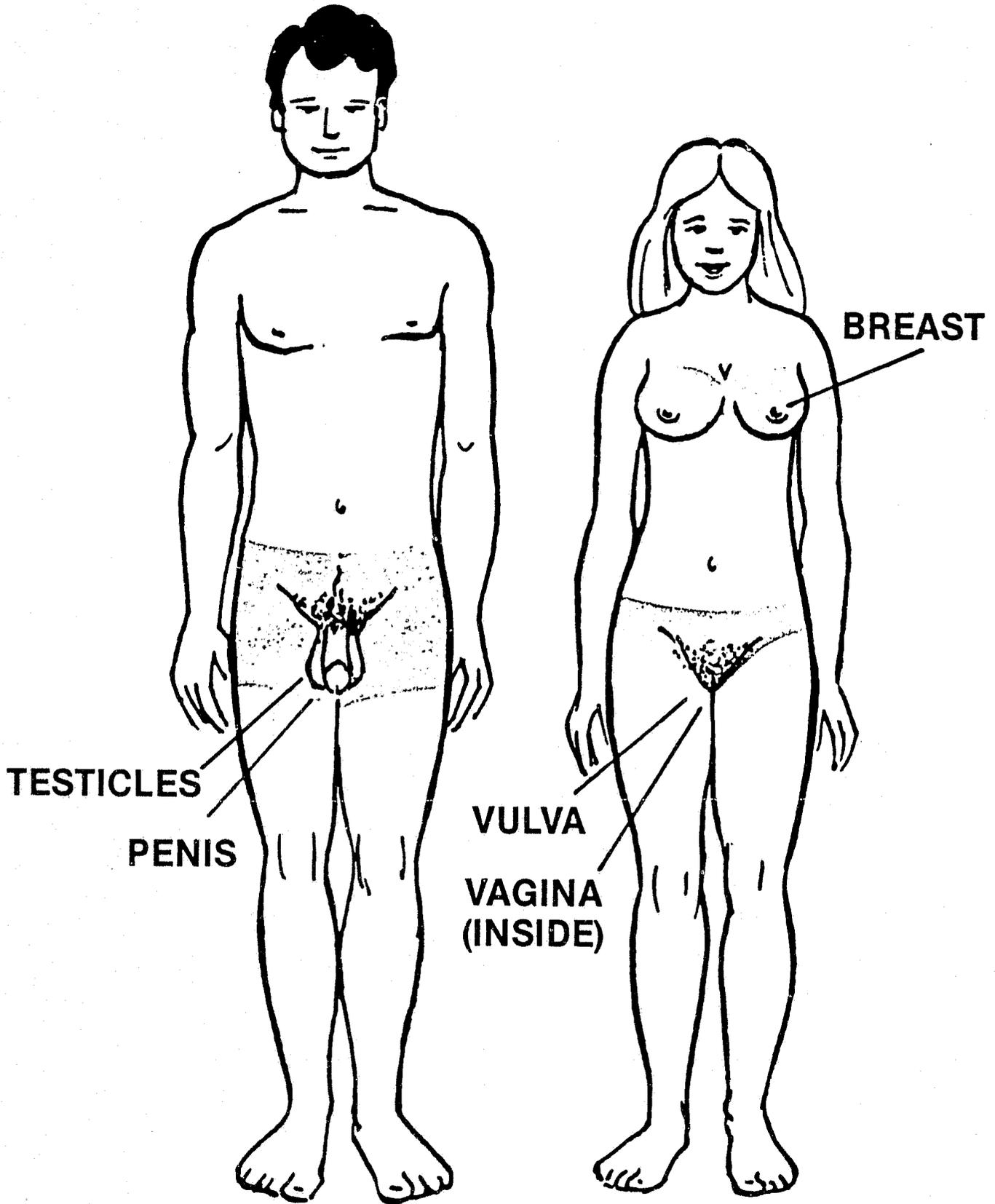
WHO DOES THESE THINGS?

ALL OF THESE THINGS ARE AGAINST THE LAW. THE PERSON WHO FORCES THE SEXUAL ACT ON ANOTHER IS BREAKING THE LAW. THAT PERSON IS CALLED THE RAPIST, PERPETRATOR OR OFFENDER. THIS COULD BE SOMEONE WHO HAS BEEN A GOOD FRIEND TO YOU OR YOUR FAMILY, THE BUS DRIVER, THE SCHOOL TEACHER OR ASSISTANT, SOMEONE IN CHARGE AT WORK, LIKE THE SUPERVISOR, DIRECTOR OR COUNSELOR, SOMEONE IN CHARGE AT A GROUP HOME, LIKE THE DIRECTOR OR HOUSE PARENT. AND IT COULD BE A STRANGER, OR A PERSON YOU KNOW BECAUSE YOU'VE SEEN THEM ALOT, BUT YOU DON'T KNOW THEIR NAME. FOR EXAMPLE, THE CLERK AT THE STORE, OR A NEIGHBOR.

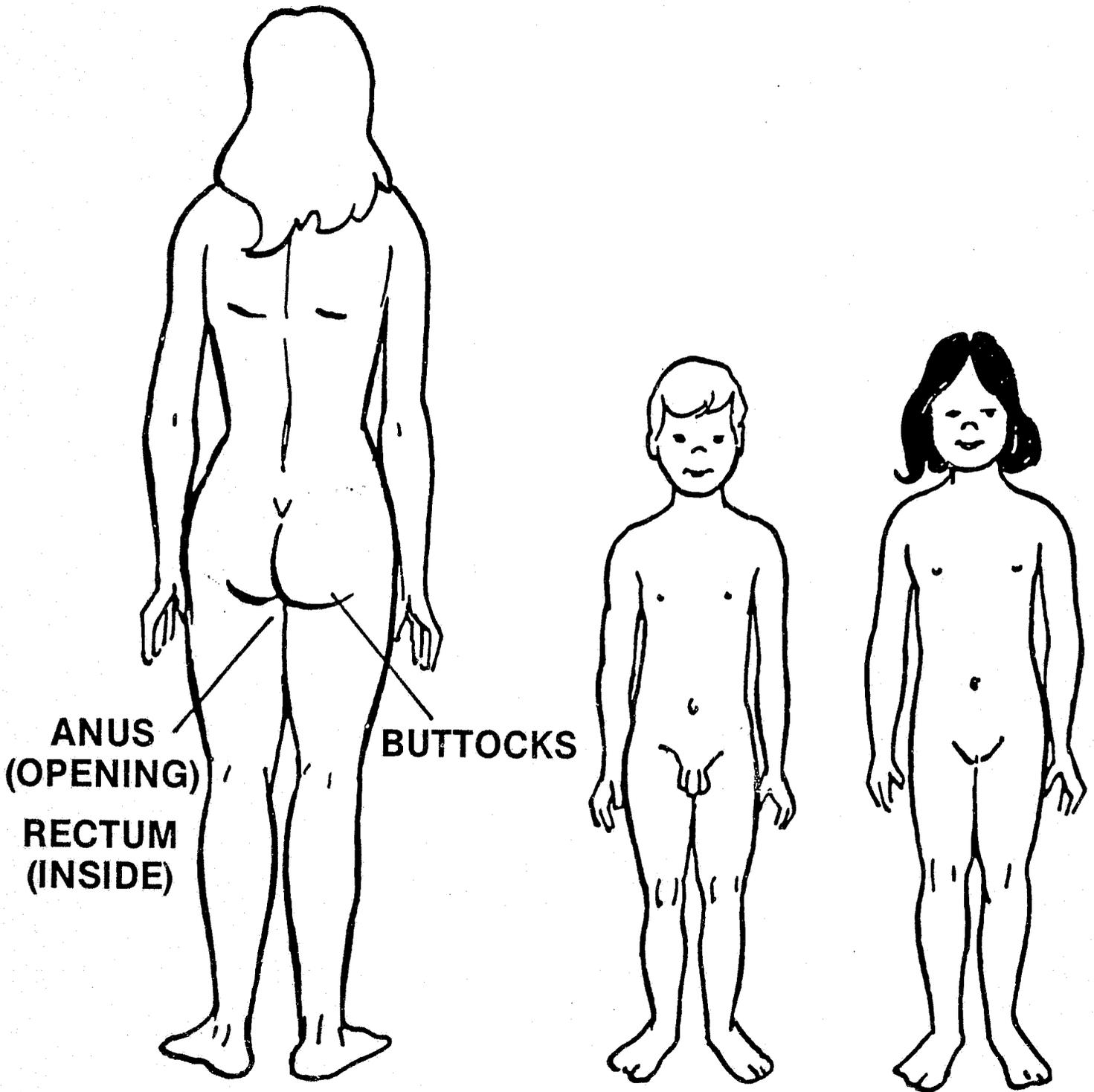
IF THIS WAS DONE TO YOU, YOU WOULD BE CALLED THE VICTIM OR SURVIVOR. IT IS VERY IMPORTANT TO KNOW THAT THE VICTIM DID NOT DO ANYTHING WRONG, AND WILL NOT GET INTO TROUBLE BECAUSE OF WHAT HAPPENED TO YOU. IF THE VICTIM WAS FORCED TO DO ANY OF THESE THINGS TO ANOTHER

PERSON, THAT IS PART OF THE ASSAULT, AND IS NOT THE VICTIM'S FAULT. IF THE VICTIM LATER DID THESE THINGS TO SOMEBODY ELSE, THEY SHOULD GET HELP NOT TO DO IT AGAIN.

A SURVIVOR IS SOMEONE WHO WAS A VICTIM OF AN ASSAULT, BUT WHO DECIDED TO TAKE REALLY GOOD CARE OF HERSELF, BY GOING TO THE HOSPITAL TO GET MEDICAL CARE, AND BY TELLING THE POLICE. THE SURVIVOR GOES TO A COUNSELOR WHO KNOWS HOW TO HELP VICTIMS OF CRIMES TAKE CHARGE OF THEIR LIFE AND NOT LET THE ASSAULT RUIN THEIR LIVES. OF COURSE, A SEXUAL ASSAULT DOES CHANGE YOUR LIFE...BUT IT DOESN'T HAVE TO RUIN IT. A SURVIVOR MAKES SURE THAT SHE RECEIVES ALL OF THE SUPPORT SHE NEEDS. THIS BOOK IS TO HELP VICTIMS OF CRIMES BECOME SURVIVORS.



**THE PRIVATE PARTS ARE SHOWN
COLORED IN GREY**



LET'S TALK ABOUT WHAT TO DO IF ANY OF THESE THINGS HAPPEN. WHAT SHOULD YOU DO? FIRST, LET'S TALK ABOUT BATTERY, EXPLOITATION AND HARASSMENT. WHAT YOU DO ABOUT THESE IS DIFFERENT FROM WHAT YOU SHOULD DO ABOUT RAPE. ALL OF THESE ACTS ARE CALLED SEXUAL ASSAULT. IN THIS FIRST SECTION, WE WILL TALK ABOUT BATTERY, EXPLOITATION, AND HARASSMENT. WHAT TO DO IF SOMEONE DOES SEXUAL BATTERY, EXPLOITATION OR HARASSMENT TO YOU

WE WILL NOW TELL YOU:

1. WHAT TO DO BEFORE AN ASSAULT
2. WHAT TO DO WHEN AN ASSAULT STARTS
3. WHAT TO DO AFTER AN ASSAULT HAPPENS

BEFORE THEY ASSAULT, EXPLOIT OR HARASS YOU

1. PRACTICE SAYING "NO" IF SOMEONE ASKS YOU TO DO SOMETHING YOU DON'T WANT TO DO. SAY IT WITHOUT LAUGHING.
2. TAKE ASSERTION CLASSES (CLASSES WHERE YOU LEARN TO SAY WHAT YOU WANT AND DON'T WANT, AND HOW TO GET OTHERS TO RESPECT WHAT YOU SAY)
3. BELIEVE THAT NO ONE HAS A RIGHT TO TOUCH YOUR BODY OR ASK TO SEE IT IF YOU DON'T WANT THEM TO
4. KNOW THAT THERE IS A "GOOD TOUCH" AND "BAD TOUCH" - TOUCH THAT FEELS GOOD AND TOUCH THAT FEELS BAD. YOU CAN ALWAYS SAY, "NO, STOP THAT" TO THE BAD TOUCHER. HERE IS WHAT WE MEAN BY GOOD AND BAD TOUCH:

GOOD TOUCH: TOUCHING THAT MAKES YOU FEEL GOOD, LIKE A HUG FROM SOMEONE YOU LIKE, HOLDING HANDS WITH A FRIEND OR A PAT ON THE SHOULDER THAT MAKES YOU FEEL GOOD.

BAD TOUCH: TOUCHING THAT MAKES YOU FEEL BAD OR "YUKKY", LIKE WHEN SOMEONE YOU DON'T LIKE TOUCHES YOU--OR IF SOMEONE TOUCHES YOUR PRIVATE PARTS WITHOUT YOUR PERMISSION, OR AT THE WRONG TIME OR PLACE,



HEY,
COME
BACK!

NO!
I'M GOING
TO TELL MY
FRIEND WHAT
YOU DID!





LIKE IN FRONT OF YOUR FRIENDS, BOSS OR CO-WORKERS, AND IT EMBARRASSES YOU. OR IF SOMEONE KISSES YOU THAT ISN'T SUPPOSED TO, LIKE YOUR BOSS OR YOUR BUS DRIVER. OR IF SOMEONE ACTS LIKE YOU'RE THEIR GIRLFRIEND OR BOYFRIEND AND YOU'RE NOT. ALL OF THESE THINGS ARE CALLED "BAD TOUCH", AND IF THEY HAPPEN, YOU DO NOT HAVE TO LET IT HAPPEN ANYMORE...YOU CAN DO SOMETHING ABOUT IT.

WHEN THEY ARE TRYING TO ASSAULT, EXPLOIT OR HARASS YOU

1. SAY TO THE PERSON "NO" ,"STOP", "DON'T DO THAT" SAY IT LOUD
2. MOVE AWAY FROM THE PERSON
3. IF POSSIBLE, PUSH THEIR HANDS AWAY FROM YOU
4. IF THEY DON'T STOP, YOU CAN KICK, BITE, OR HIT THEM.
5. YELL FOR HELP. YELL "FIRE" OR "GET AWAY"*
6. THEN, IF YOU CAN, RUN AWAY.

* WE SAY THAT IT IS A GOOD IDEA TO YELL "FIRE", BECAUSE PEOPLE NEARBY WILL PROBABLY DO SOMETHING QUICKLY TO HELP AND SEE WHAT IS THE MATTER. SOMETIMES WHEN PEOPLE YELL "HELP", NOBODY PAYS ANY ATTENTION. BUT, IF YOU ARE IN CLOSED PLACE LIKE AT THE MOVIES OR IN AN AIRPORT, IT MIGHT SCARE TOO MANY PEOPLE TO HEAR "FIRE", AND IN THOSE PLACES, IT IS PROBABLY AGAINST THE LAW TO YELL "FIRE" WHEN THERE REALLY IS NO FIRE. YOU HAVE TO DECIDE IF IT IS BETTER TO YELL "FIRE", OR "POLICE". THE GOAL IS TO GET SOME HELP. SO, IF YOU NEED SOMEONE'S HELP, MAKE SURE YOU YELL, AND YELL REALLY LOUD.

THIS IS A RAPE



THE ATTACKER SNEAKS UP ON HER.



HE GRABS HER.

RAPE IS WHEN THE PRIVATE PARTS OF YOUR BODY ARE ATTACKED.



HE RAPES HER.



HE GETS AWAY. SHE CALLS FOR HELP.



AFTER THEY ASSAULT, EXPLOIT OR HARASS YOU

1. GET AWAY FROM THE PERSON AND GO TO A SAFE PLACE. IF YOU ARE AT WORK, GET AWAY FROM WHERE THE PERSON IS BOTHERING YOU, AND GO TO THE LADIES ROOM, OR TO YOUR COUNSELOR'S OFFICE, OR TO THE ADMINISTRATION OFFICE; IF YOU ARE AT HOME, GO TO THE OFFICE IF YOU LIVE IN A RESIDENTIAL FACILITY, OR TO THE HOME OF ANOTHER ADULT WHO IS YOUR FRIEND.

2. TELL SOMEONE RIGHT AWAY WHO CAN STAY WITH YOU (IF YOU ARE AT WORK, GO TELL YOUR COUNSELOR; IF YOU ARE AT HOME, TELL ANOTHER ADULT THAT WILL HELP YOU; IF YOU ARE AT A STORE, GO TELL THE STORE MANAGER).

3. CALL THE POLICE AND TELL THEM WHAT HAPPENED - OR MAYBE YOUR FRIEND WILL HELP YOU DO THIS

4. CALL A "RESPONSE CENTER" TO GET SOME COUNSELING TO HELP YOU FEEL BETTER (NOT SO SCARED). THERE IS A LIST OF THESE CENTERS AT THE BACK OF THIS BOOK IN THE RESOURCE SECTION. LOOK FOR ONE IN YOUR CITY.

5. CALL YOUR REGIONAL CENTER AND ASK TO TALK TO YOUR SOCIAL WORKER. IF YOU CAN'T TALK TO YOUR WORKER RIGHT AWAY, ASK TO TALK TO THEIR SUPERVISOR OR THE CLIENT'S RIGHT'S ADVOCATE. THEY WILL HELP YOU, TOO.

REMEMBER: BATTERY, EXPLOITATION AND HARASSMENT ARE NOT THE SAME AS RAPE. LOOK AGAIN AT WHAT THESE DIFFERENT WORDS MEAN.

NOW, READ ON AS WE TALK ABOUT RAPE, AND WHAT TO DO IF THIS HAPPENS TO YOU OR TO A FRIEND...OR MAYBE HAPPENED A LONG TIME AGO.

I'M TAKING CARE
OF MYSELF.



WHAT TO DO IF YOUR WERE RAPED

NOW WE WILL TELL YOU ABOUT

1. WHAT TO DO BEFORE A RAPE HAPPENS
2. WHAT TO DO WHEN A RAPE STARTS
3. WHAT TO DO AFTER A RAPE HAPPENS

1. WHAT TO DO BEFORE A RAPE HAPPENS

IF YOU WERE NEVER RAPED, READ THIS BOOK. PAY ATTENTION TO THE SECTIONS CALLED "TO TAKE CARE OF YOURSELF" AND "FEELING SAFE AGAIN". DO THE THINGS SUGGESTED. THIS WILL HELP YOU NOT TO BE A VICTIM OF RAPE. RAPE IS A CRIME LIKE A ROBBERY. SOMETIMES WE ARE THE VICTIM OF A CRIME, NO MATTER HOW CAREFUL WE ARE. BY READING THIS BOOK, AND DOING SOME OF THE THINGS SUGGESTED, YOU CAN DO EVERYTHING POSSIBLE TO NEVER BE A VICTIM OF RAPE. IF SOMEONE DOES RAPE YOU, AND YOU KNOW WHAT TO DO WHEN IT IS HAPPENING YOU WILL HAVE A BETTER CHANCE OF SURVIVING AND FEELING BETTER AGAIN AFTER THE RAPE. SURVIVING MEANS TWO THINGS: ONE, STAYING ALIVE; TWO, BEING ABLE TO RECOVER AFTER THE RAPE. THIS MEANS, DOING THINGS LIKE TALKING TO OTHERS ABOUT THE RAPE, GOING TO SEE A COUNSELOR, GOING TO THE DOCTOR, AND TAKING CARE OF YOURSELF IN EVERY WAY.

2. WHAT TO DO WHEN A RAPE IS HAPPENING

USUALLY A PERSON WHO RAPES USES SOME KIND OF FORCE TO MAKE YOU DO WHAT HE (OR SHE) WANTS. SOMETIMES THEY SCARE YOU BY TELLING YOU THEY WILL HURT YOU. SOMETIMES THEY EVEN HAVE A GUN OR A KNIFE THAT THEY SHOW YOU, TO MAKE YOU SO SCARED YOU WILL DO EXACTLY WHAT THEY SAY. SOMETIMES THEY TELL YOU THAT THEY WILL HURT SOMEONE YOU CARE ABOUT IF YOU DO NOT DO WHAT THEY SAY. AND THERE ARE OTHER THINGS THEY SAY TO MAKE YOU DO WHAT THEY WANT.

WHAT YOU SHOULD DO:

1. THE FIRST THING YOU DO, IS TO SEE IF YOU CAN SAFELY GET AWAY. IF YOU CAN, DO IT AS FAST AS YOU CAN. GET AROUND OTHER PEOPLE AS QUICKLY AS POSSIBLE. IT IS BEST TO RUN AWAY IF YOU CAN. MANY TIMES IT IS NOT POSSIBLE TO DO THIS. BUT SEE IF YOU CAN.

2. IF YOU CANNOT GET AWAY, LOOK AROUND AND SEE IF SOMEONE IS NEAR WHO COULD HELP. IF THERE IS SOMEONE NEAR, AND YOU CAN SAFELY YELL TO THEM, YELL AT YOUR ATTACKER, "NO--LEAVE ME ALONE". TO THE PEOPLE NEARBY, YELL, "FIRE". THIS WILL MAKE THEM PAY ATTENTION TO YOU, AND MAYBE GET SOME HELP FOR YOU. (REMEMBER ABOUT YELLING "FIRE"...SOMETIMES IT MAY BE BETTER TO YELL ANOTHER WORD LIKE "POLICE" OR "HELP".)

3. IF YOU CANNOT GET AWAY, AND IF NO ONE COMES TO HELP YOU, DO WHAT THE ATTACKER SAYS TO DO. BE OBEDIENT. DO WHATEVER HE ASKS. THE MOST IMPORTANT THING IS TO STAY ALIVE, AND NOT GET HURT. SO, DO WHAT HE SAYS TO DO. THIS IS VERY SCARY AND HORRIBLE, BUT WE HAVE LEARNED THAT THIS IS THE BEST THING TO DO IN SUCH A BAD SITUATION. AND, IF HE ASKS, AGREE THAT YOU WON'T TELL ANYBODY THAT HE DID THIS TO YOU. YOU CAN EVEN PROMISE NOT TO TELL, AND THEN LATER BREAK THE PROMISE. WHEN A PROMISE IS MADE WHILE YOU ARE SCARED OR IN DANGER, YOU DO NOT HAVE TO KEEP THE PROMISE.

4. AS SOON AS YOU ARE ALONE AGAIN, FOLLOW THE STEPS IN THIS BOOK. REMEMBER: IF YOU ARE UNABLE TO MOVE WITHOUT HELP, YOU WILL HAVE TO WAIT UNTIL SOMEONE ELSE COMES ALONG, BEFORE YOU CAN GET AWAY AND GET SOME HELP. OR YOU MAY HAVE TO WAIT UNTIL SOMEONE YOU TRUST COMES ALONG SO THAT YOU CAN TELL THEM. ACCEPT THIS REALITY. YOU HAVE DONE ALL THAT CAN BE DONE. AND CONGRATULATE YOURSELF ON HAVING SURVIVED A SERIOUS ATTACK. THIS IS A GREAT SUCCESS. NOW IT IS TIME TO DO SOME THINGS TO TAKE CARE OF YOURSELF.

3. WHAT TO DO AFTER THE RAPE HAS HAPPENED

IMMEDIATELY AFTER YOU ARE ALONE AFTER THE RAPE, YOU SHOULD:

1. GO TO A SAFE PLACE
2. DO NOT SHOWER OR CLEAN UP IN ANY WAY (BATH, DOUCHE, WASH YOUR HANDS, OR BRUSH YOUR TEETH)
3. DO NOT USE THE BATHROOM (THIS IS BECAUSE IF YOU URINATE OR DEFECATE [PEE OR DO POOP] YOU MAY CLEAN AWAY SOMETHING THAT THE POLICE COULD USE TO MAKE THE OFFENDER GO TO JAIL.)
4. DO NOT CHANGE YOUR CLOTHES OR THROW THEM AWAY
5. CALL A FRIEND OR YOUR FAMILY OR YOUR ATTENDANT OR FOSTER PARENT, IF YOU WANT SOMEONE TO HELP YOU. ASK THEM TO HELP YOU WITH THE NEXT THINGS ON THIS LIST.
6. PACK A SET OF CLOTHES TO CHANGE INTO AT THE HOSPITAL
7. GO TO THE HOSPITAL, EMERGENCY ROOM
8. CALL THE LOCAL RAPE HOT LINE TO GET COUNSELING
9. RE-READ THIS BOOK
10. SHOW THIS BOOK TO THE PERSON YOU CALLED TO HELP YOU.

AT THE HOSPITAL

WHY GO TO THE HOSPITAL?

1. YOU MAY BE IN "SHOCK". SOMETIMES YOU DON'T FEEL ANY DIFFERENT, BUT YOU HAVE BEEN HURT AND CAN'T FEEL IT YET. YOU NEED TREATMENT FOR SHOCK. ("SHOCK" MEANS IT'S HARD TO THINK CLEARLY AND ACT NORMALLY.)
2. TO FIND OUT IF THE RAPE MADE YOU GET V.D. (VENEREAL DISEASE), OR HURT IN ANY OTHER WAY. AND TO MAKE SURE YOU WERE NOT PREGNANT AT THE TIME OF THE RAPE. THIS IS A FIRST STEP TO FEELING "O.K." AGAIN.
3. TO TALK ABOUT PREVENTING PREGNANCY (STOPPING A BABY) AND GETTING RID OF ANY V.D. (VENEREAL DISEASE)
4. TO LET THE DOCTOR EXAMINE YOU AND GET "EVIDENCE"- THINGS THAT WILL PROVE THAT YOU WERE RAPED AND WHO RAPED YOU. THESE THINGS WILL BE IMPORTANT LATER, IF YOU GO TO COURT, TO HAVE HIM PROVEN GUILTY.

WHO WILL TALK TO YOU AT THE HOSPITAL?

1. THE FIRST PERSON YOU WILL TALK TO WILL BE A NURSE OR A CLERK. THEY WILL ASK:

- > WHY ARE YOU HERE? > HOW OLD ARE YOU?
- > WHAT IS YOUR NAME? > YOUR ADDRESS?
- > WHERE DO YOU WORK?
- > WHAT INSURANCE DO YOU HAVE? OR MEDI-CAL/MEDI-CARE?

YOU DO NOT HAVE TO TELL THEM ALL ABOUT WHAT HAPPENED, BUT YOU DO HAVE TO SAY YOU WERE RAPED, SO THEY CAN GIVE YOU THE RIGHT HELP.

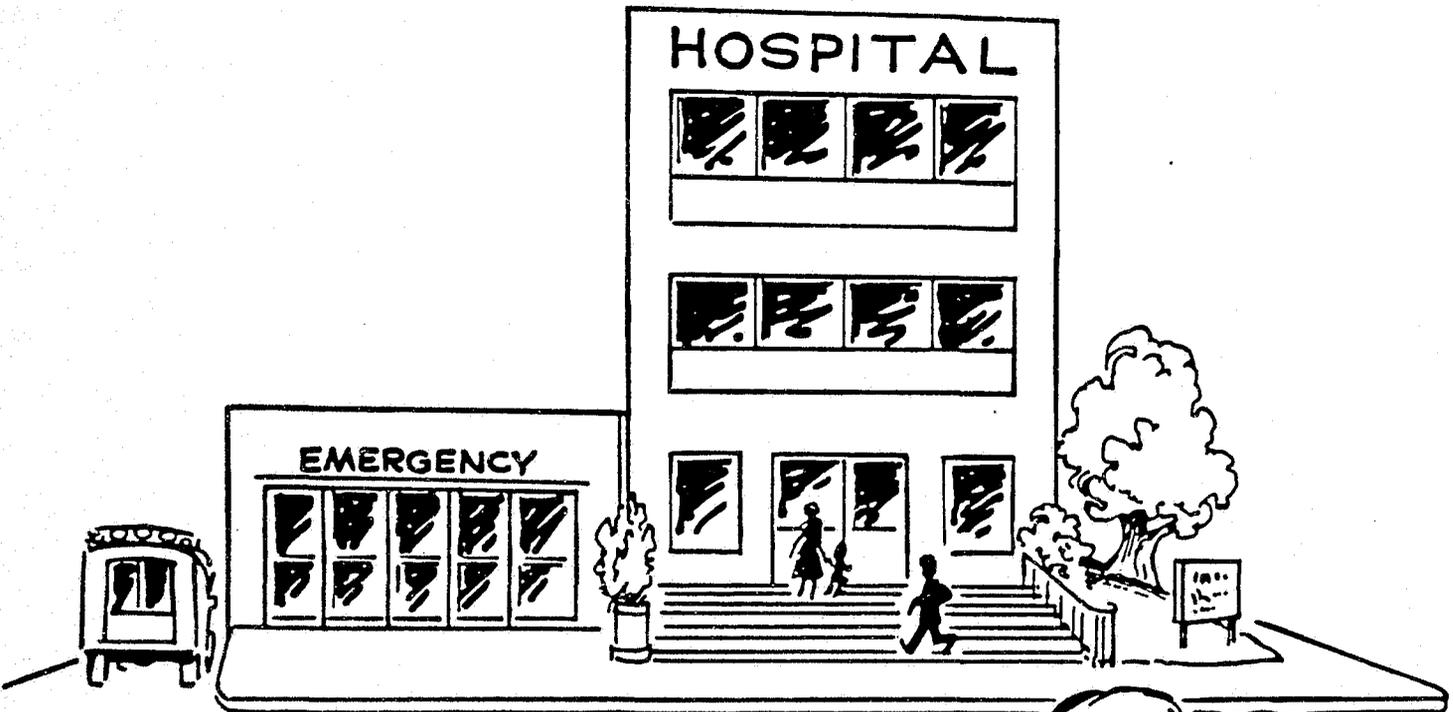
2. NEXT, A SOCIAL WORKER OR "ADVOCATE" WILL TALK TO YOU. THEY ARE THERE FOR COUNSELING, TO HELP YOU FEEL BETTER AND TO ANSWER YOUR QUESTIONS. THEY TELL YOU WHAT WILL HAPPEN NEXT. ALSO, THEY WILL HELP YOU WHEN YOU HAVE TO SIGN PAPERS TO GIVE YOUR PERMISSION TO TAKE EVIDENCE. THEY WILL PROBABLY TELL YOU ABOUT YOUR RIGHTS AT THE HOSPITAL. (SEE "WHAT ARE MY RIGHTS?" ON PAGE 16)

WHAT ABOUT THE MEDICAL EXAM?

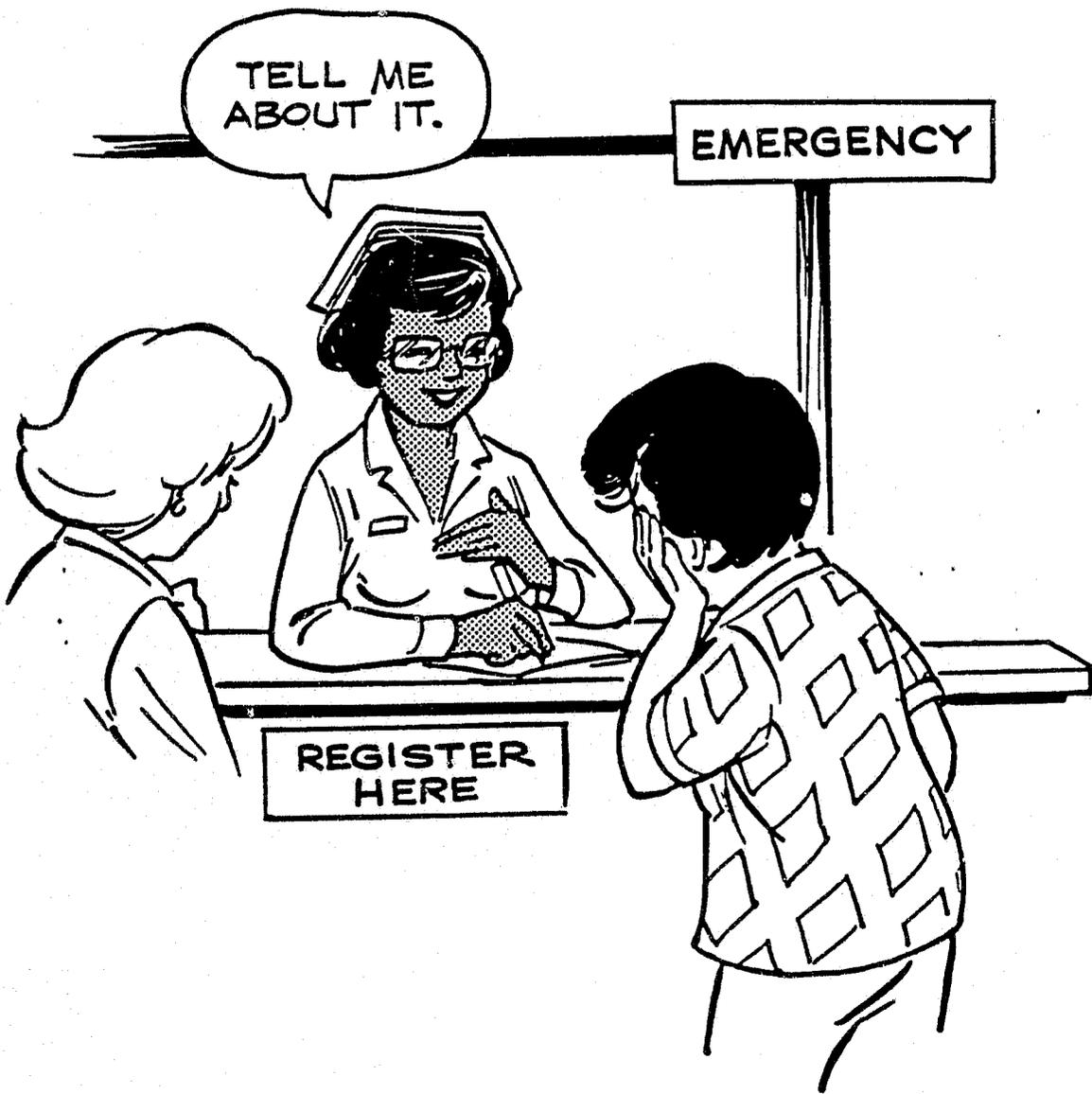
A NURSE WILL TALK TO YOU AND GET YOU READY FOR THE DOCTOR. BEFORE YOU SEE THE DOCTOR, THE NURSES WILL PROBABLY ASK YOU TO DO SOME THINGS. HERE THEY ARE:

1. UNDRESS. FOLD EACH THING SEPARATELY. THE NURSE WILL TAKE THESE CLOTHES TO THE POLICE FOR EVIDENCE.
2. SIT ON A PIECE OF PAPER AND COMB YOUR HAIRS NEAR YOUR VAGINA (THE PUBIC HAIR). THIS IS BECAUSE SOME OF HIS HAIRS MAY BE IN YOURS.
3. TELL HER ABOUT YOUR MEDICATIONS, YOUR PERIOD AND SOME OTHER INFORMATION ABOUT YOU.
4. TELL HER ABOUT WHAT HAPPENED TO YOU (THE RAPE). TELL HER EXACTLY WHAT HAPPENED.
5. GIVE WRITTEN PERMISSION FOR THE DOCTOR TO EXAMINE YOU. THIS IS A CONSENT FORM.
6. GIVE WRITTEN PERMISSION FOR THEM TO TAKE PICTURES OF YOU OR YOUR CLOTHES FOR EVIDENCE. THEY WANT TO SHOW YOU WERE HURT. IF YOU GET BRUISES LATER, GO BACK TO THE HOSPITAL OR POLICE STATION SO THEY CAN TAKE A PICTURE.

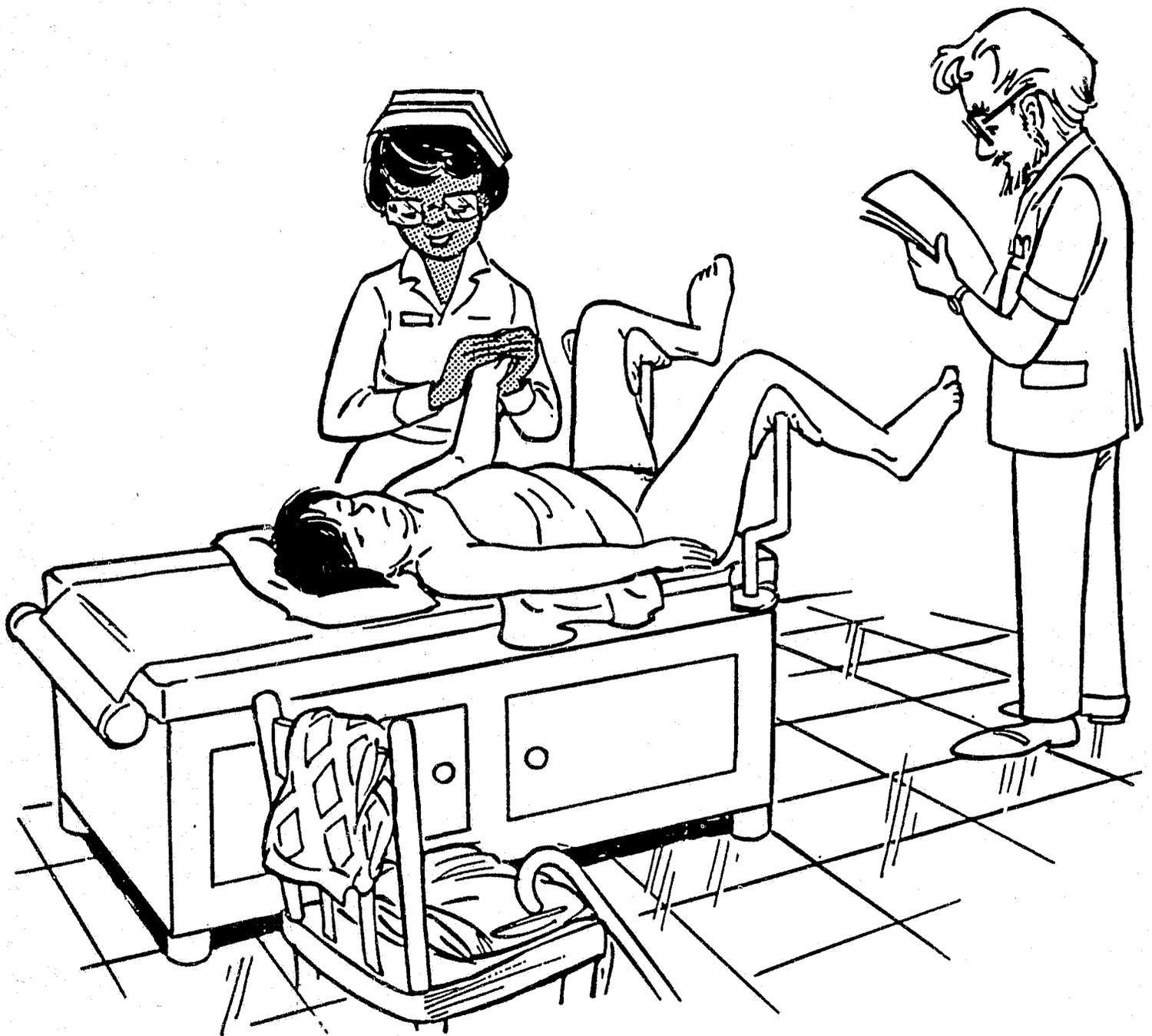
A DOCTOR WILL SEE YOU NEXT. THE DOCTOR MAY BE A MAN OR A WOMAN. YOU MAY REQUEST A WOMAN DOCTOR, IF YOU WANT. THIS IS ONE OF YOUR RIGHTS. SHE WILL LISTEN TO YOUR HEART, CHECK YOUR BREASTS, AND PLACES WHERE YOU HURT. THEN SHE WILL CHECK YOUR VAGINA. **IF YOU NEVER HAD A DOCTOR CHECK YOUR VAGINA BEFORE, TELL THE DOCTOR.** THAT WAY, SHE WILL EXPLAIN MORE ABOUT WHAT SHE IS DOING. THE DOCTOR WILL ASK YOU TO LIE FLAT ON THE EXAMINING TABLE, AND TO PUT YOUR FEET IN METAL FOOT-RESTS, WITH YOUR KNEES APART. THEN YOU SLIDE TO THE EDGE OF THE TABLE FOR THE EXAM. THE



**GO TO THE HOSPITAL WITH A FRIEND
OR PARENT**









PLEASE
COME BACK
FOR A
CHECK UP.



I'M TAKING CARE
OF MYSELF.



DRAWING SHOWS HOW YOU WILL LIE ON THE EXAM TABLE FOR YOUR CHECK-UP.

YOU MAY FEEL SCARED OR LIKE YOU'RE GOING TO CRY DURING THE CHECK-UP. IT'S O.K. TO CRY. YOU CAN ASK THE NURSE OR SOCIAL WORKER TO HOLD YOUR HAND. THAT WILL HELP. ALSO, YOU CAN RELAX YOURSELF BY TAKING DEEP BREATHS, AND RELAXING YOUR STOMACH AND REAR END.

THE DOCTOR WILL LOOK AROUND YOUR VAGINA FOR BLOOD OR CUTS. THEN SHE WILL PUT THE SPECULUM INTO YOUR VAGINA. (A SPECULUM IS A METAL OR PLASTIC THING THAT HELPS THE DOCTOR SEE INTO THE VAGINA.) SHE WILL TAKE SOME TESTS FOR V.D. THEN, SHE WILL TAKE OUT THE SPECULUM AND PUT 2 FINGERS INTO YOUR VAGINA TO CHECK FOR INJURIES. LAST, SHE WILL PUT ONE FINGER IN THE RECTUM (ANUS, BUTT) ALSO TO CHECK FOR INJURIES.

AFTER THE DOCTOR'S EXAM, YOU WILL SEE THE NURSE AGAIN., YOU WILL PROBABLY HAVE THESE THINGS HAPPEN:

1. A BLOOD TEST (TO CHECK FOR V.D. [SYPHILIS AND GONORRHEA])
2. A URINE TEST (TO CHECK FOR PREGNANCY)
3. A SHOT TO TREAT V.D. (SYPHILIS AND GONORRHEA)

AFTER YOU LEAVE YOU STILL NEED TO DO SOME THINGS:

1. IN TWO WEEKS, GET ANOTHER TEST FOR GONORRHEA AND FOR PREGNANCY. YOU CAN GO BACK TO THE HOSPITAL OR TO YOUR OWN DOCTOR.

2. IN 2 MORE WEEKS (ONE MONTH AFTER THE RAPE) RETURN AGAIN FOR THE LAST PREGNANCY TEST AND ANOTHER BLOOD TEST FOR SYPHILIS.

3. IF YOU HAVE QUESTIONS, CALL THE HOSPITAL. TALK TO YOUR SOCIAL WORKER OR ADVOCATE. THEY WILL BE HAPPY TO TALK TO YOU AND ANSWER YOUR QUESTIONS.

WHAT ARE MY RIGHTS?

A SURVIVOR IS A PERSON WHO WAS RAPED, AND THEN MAKES SURE SHE GETS TAKEN CARE OF. YOUR RIGHTS ARE WHEN YOU CAN CHOOSE TO HAVE SOMETHING HAPPEN OR NOT. HERE IS A LIST OF YOUR RIGHTS. YOU DECIDE EACH ONE.

LEGAL RIGHTS AT THE HOSPITAL

THE LAW PROTECTS YOU IN MANY DIFFERENT WAYS DURING THE TIME YOU ARE GETTING HELP AT THE HOSPITAL. THE LAW SAYS YOU HAVE RIGHTS. THIS MEANS YOU GET TO MAKE SOME CHOICES YOURSELF ABOUT WHAT HAPPENS TO YOU AT THE HOSPITAL. HERE THEY ARE:

- YOU HAVE A RIGHT TO HAVE SOMEONE WITH YOU THE WHOLE TIME YOU ARE AT THE HOSPITAL. YOU CHOOSE WHO YOU WANT THERE. IT COULD BE THE SOCIAL WORKER, THE ADVOCATE, OR A FRIEND OR A RELATIVE.
THE NURSE CAN'T SAY THEY HAVE TO LEAVE. THEY CAN BE THERE DURING THE MEDICAL EXAM, OR ANY OTHER TIME WHILE YOU ARE AT THE HOSPITAL.
- YOU HAVE A RIGHT TO BE ALONE WITH THE DOCTOR OR NURSES DURING THE EXAMS.
- YOU HAVE A RIGHT TO REPORT THE ASSAULT/RAPE TO THE POLICE. IT IS BEST TO DO THIS RIGHT AWAY. BUT, YOU CAN DO IT LATER IF YOU WANT. OR, YOU MAY NOT WANT TO TELL THE POLICE. YOU DECIDE. BUT REMEMBER, THE HOSPITAL STAFF HAVE TO REPORT IT THEMSELVES.
NOTE: IT IS A GOOD IDEA TO LET THE HOSPITAL COLLECT "EVIDENCE" IN CASE YOU WANT TO REPORT IT LATER, NOT NOW.)
- YOU CAN SAY YOU DON'T WANT THEM TO TAKE "EVIDENCE" (SIGNS OF THE RAPE)
(NOTE: IF YOU DECIDE NOT TO LET THEM TAKE "EVIDENCE", IT WOULD BE EXTREMELY DIFFICULT TO PROVE WHO THE RAPIST WAS, IF YOU LATER DECIDE TO TAKE THE CASE TO THE POLICE.)

- YOU CAN HAVE THE PEOPLE BE NICE AND GENTLE, AND NOT HURT YOU
 - YOU CAN HAVE YOUR OWN DOCTOR TAKE CARE OF YOU
 - YOU CAN SAY YOU WANT TESTS FOR V.D. AND TO SEE IF YOU ARE PREGNANT
 - YOU CAN SAY IF YOU WANT YOUR PARENT OR FRIEND WITH YOU OR TO WAIT OUTSIDE WHEN THE DOCTOR SEES YOU
 - YOU CAN SAY IF YOU WANT THE POLICE OUT OF THE ROOM WHEN THE DOCTOR DOES THE EXAM
 - YOU CAN HAVE THE NURSE AND DOCTOR EXPLAIN EVERYTHING THEY DO
 - YOU CAN HAVE A COPY OF THE HOSPITAL RECORDS
 - YOU CAN ASK FOR MONEY TO PAY FOR YOUR HOSPITAL EXAM. (YOU APPLY TO VICTIMS OF VIOLENT CRIMES.) THE SOCIAL WORKER OR ADVOCATE HELP WITH THIS.
 - YOU CAN ASK THAT THEY DON'T TELL ANYBODY ELSE THAT YOU WERE RAPED
- LEGAL RIGHTS ABOUT TELLING THE POLICE** YOU DECIDE:
- IF YOU WANT TO TELL THE POLICE
 - IF YOU WANT A WOMAN OR A MAN POLICE OFFICER TO HELP YOU
 - IF YOU WANT TO TALK TO THE POLICE AT YOUR HOUSE OR THEIR OFFICE
 - TO TELL THE POLICE, BUT NOT GO TO COURT
 - TO "TAKE AWAY" WHAT YOU TOLD THE POLICE (CHANGE YOUR MIND ABOUT WHAT YOU SAID)
 - TO ASK FOR SPECIAL PROTECTION FROM THE POLICE
 - IF YOU WANT TO HAVE A COPY OF THE POLICE REPORTS
- LEGAL RIGHTS IN COURT**
- YOU CAN ANSWER ONLY QUESTIONS ABOUT THE RAPE
 - YOU CAN GO TO ALL THE COURT'S ACTIVITIES
 - YOU CAN HAVE COPIES OF COURT RECORDS
 - YOU CAN HAVE YOUR OWN LAWYER HELP YOU

- YOU CAN FIND OUT WHAT HAPPENS TO THE PERSON WHO RAPED YOU
- TO GO TO COURT TO GET MONEY FOR THE HURT YOU HAVE HAD, IF YOU WERE RAPED IN A PUBLIC PLACE (LIKE A STORE OR APARTMENT BUILDING)

THINKING ABOUT TELLING THE POLICE

DO I HAVE TO TELL THE POLICE? TO TELL THE POLICE IS UP TO YOU. YOU GET TO CHOOSE. YOU CAN DECIDE NOT TO TELL THEM...OR YOU CAN DECIDE TO TELL THEM. WHEN YOU GO TO THE HOSPITAL FOR HELP, THEY WILL TELL THE POLICE - THEY MUST DO THAT. BUT YOU HAVE TO DECIDE WHAT YOU WILL DO. YOU CAN MAKE THE DECISION NOT TO TELL THE POLICE.

IF YOU DECIDE NOT TO TELL THE POLICE, THEY PROBABLY WON'T BE ABLE TO DO ANYTHING ABOUT THE RAPIST. YOU DON'T HAVE TO TALK TO THE POLICE IF YOU DON'T WANT, AFTER THE HOSPITAL MAKES THEIR REPORT.

HERE ARE SOME GOOD THINGS ABOUT TELLING:

1. IF YOU TELL, THE PERSON WHO RAPED YOU MIGHT GET CAUGHT. THIS WILL PROTECT OTHER PEOPLE FROM BEING RAPED BY HIM, LIKE YOUR FRIENDS.
2. YOU CAN GET MONEY (TO PAY FOR YOUR DOCTOR AND COUNSELOR - FROM VICTIMS OF VIOLENT CRIME)
3. YOU CAN GET HELP WHEN YOU ARE IN COURT (FROM VICTIM ADVOCATES OR CRISIS COUNSELORS)
4. YOU ARE TAKING CARE OF YOURSELF! YOU ARE BEING AN ADULT, AND A RESPONSIBLE PERSON!!!

HERE ARE SOME HARD THINGS ABOUT TELLING

1. YOU WILL TALK ABOUT WHAT HAPPENED TO LOTS OF DIFFERENT PEOPLE, LOTS OF TIMES
2. THE DISTRICT ATTORNEY MIGHT NOT GO AHEAD WITH (FILE) YOUR CASE. YOU CAN FIND OUT WHY HE OR SHE MAKES THIS DECISION.
3. NOT TOO MANY RAPISTS WILL GO TO PRISON AFTER BEING ARRESTED.

4. IT MIGHT BE HARD FOR YOU TO KEEP HAVING TO TALK ABOUT WHAT HAPPENED.
5. JUST BECAUSE YOU TELL, DOES NOT MEAN THE PERSON WILL GO TO COURT OR BE PUNISHED.

YOU CAN TELL THE POLICE BEFORE OR AFTER YOU SEE THE DOCTOR. AFTER A FEW DAYS A SPECIAL POLICE OFFICER WILL TALK TO YOU. YOU CAN GO TO THEIR OFFICE, OR THEY WILL COME TO YOUR HOUSE. YOU SAY WHERE YOU WANT THE MEETING TO BE.

THEY WILL ASK YOU THESE QUESTIONS:

- > WHAT IS YOUR NAME?
- > WHAT IS YOUR ADDRESS?
- > WHAT IS YOUR PHONE NUMBER?
- > WHERE DO YOU WORK?

THEN THEY WILL ASK YOU WHAT HAPPENED. ONLY TELL THE TRUTH. IF YOU FORGET SOMETHING, DON'T WORRY. JUST TELL THEM YOU FORGOT. THIS IS NORMAL. THEY WILL UNDERSTAND.

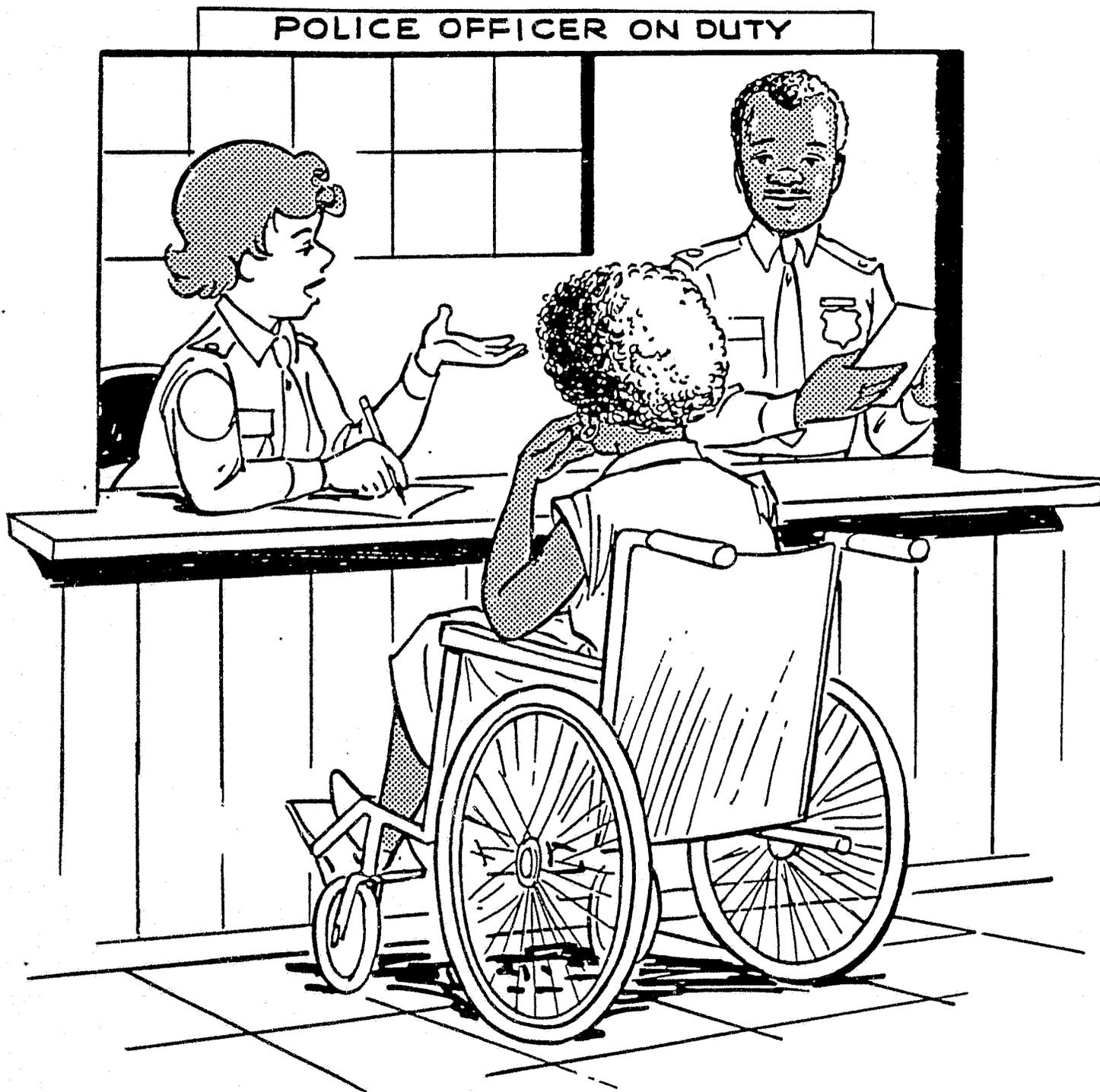
THEY WANT TO KNOW EXACTLY WHAT HAPPENED. THIS COULD EMBARRASS YOU, BUT THEY NEED YOU TO TELL THEM. OF COURSE, YOU CAN ALWAYS SAY "NO" BUT IT HELPS THE POLICE IF YOU CAN TELL THEM.

AFTER THEY HAVE LEFT, YOU MAY REMEMBER SOMETHING ELSE. YOU CAN CALL THEM BACK ANYTIME.

MAKE SURE YOU WRITE DOWN THE NAME, PHONE NUMBER, AND BADGE NUMBER OF THE POLICE OFFICER YOU TALK TO. USUALLY, THEY WILL GIVE YOU THEIR CARD, WITH THEIR NAME AND TELEPHONE NUMBER ON IT.

WHEN THE POLICE THINK THEY HAVE CAUGHT THE PERSON WHO RAPED YOU, THEY WILL ASK YOU TO COME IN AND IDENTIFY HIM. THEY MAY ASK YOU TO COME IN TO LOOK AT SOME PICTURES TO SEE IF YOU CAN SHOW THEM WHO IT WAS, BEFORE THEY HAVE SOMEONE THERE.

REPORTING TO THE POLICE



**TALK TO A COUNSELOR OR YOUR PARENT
ABOUT TELLING THE POLICE**

GOING TO COURT

1. IF THEY FIND THE PERSON WHO RAPED YOU, (CALLED THE "SUSPECT") THE COURT WILL SEND YOU A NOTE (CALLED A "SUBPOENA"). THIS NOTE TELLS YOU WHEN YOU HAVE TO GO TO COURT.

CALL THE PHONE NUMBER ON THE NOTE THE DAY BEFORE. SOMETIMES THEY CHANGE THE APPOINTMENT BUT THEY DON'T TELL YOU. YOU MAY GO TO COURT MORE THAN ONE TIME.

2. THE FIRST TIME YOU GO TO COURT, THEY WANT TO MAKE SURE OF TWO THINGS: 1. THAT YOU WERE RAPED, AND

2. THE PERSON THEY ARRESTED IS THE RIGHT ONE.

SOMETIMES THE PERSON SAYS THAT HE DID IT. WHEN THIS HAPPENS, YOU DON'T GO BACK TO COURT. THEN THE JUDGE SETS AN APPOINTMENT FOR THE SUSPECT TO COME BACK AND GET HIS SENTENCE (HOW LONG HE WILL BE IN JAIL).

IF THE SUSPECT (THE ONE YOU SAY RAPED YOU) SAYS HE DIDN'T DO IT, THEN THE JUDGE HAS TO SAY IF HE THINKS THAT THIS GUY RAPED YOU. IF THE JUDGE THINKS SO, THEN YOU WILL GO TO COURT AGAIN LATER. SOMETIMES YOU HAVE TO WAIT A LONG TIME.

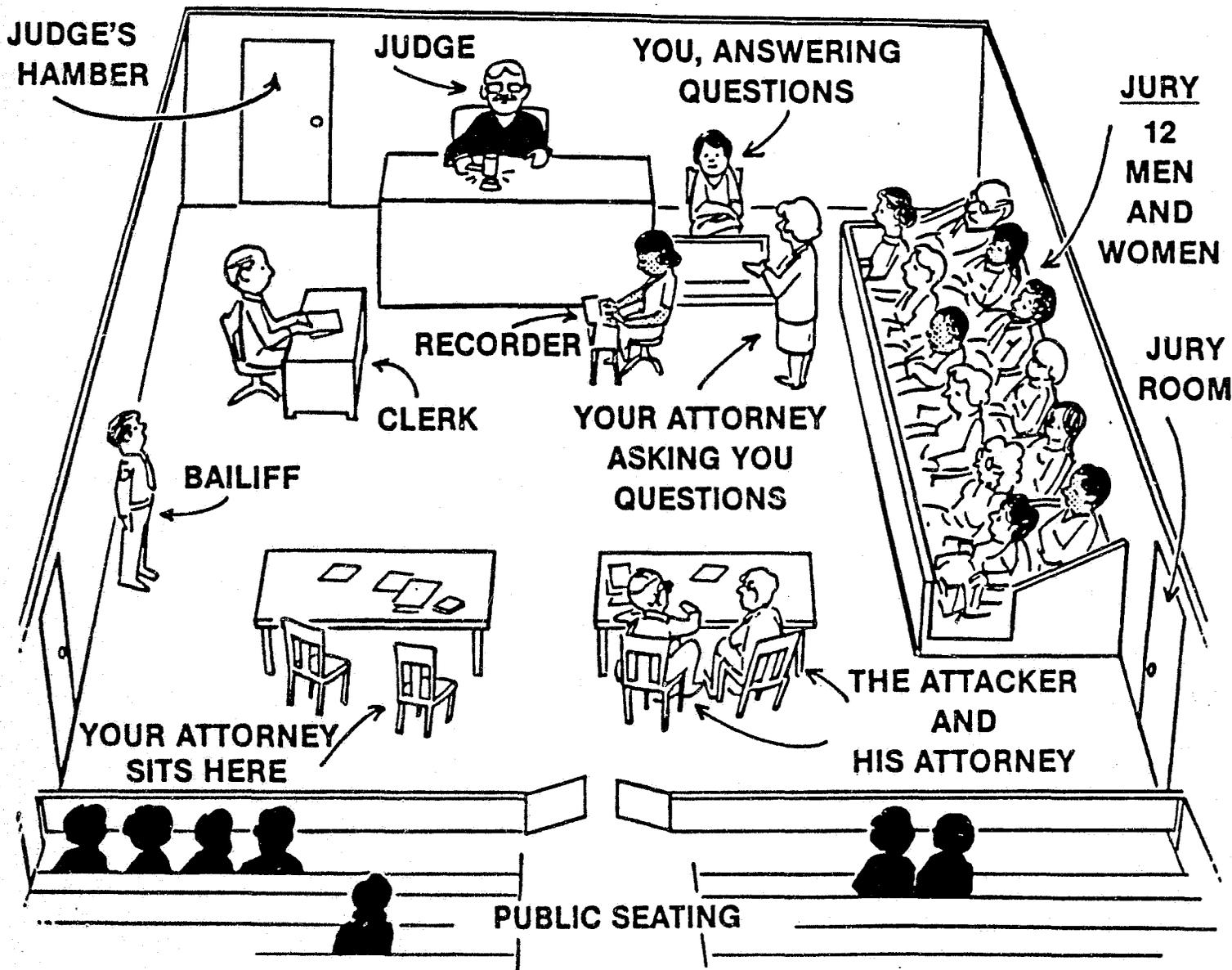
3. WHEN YOU GO BACK TO COURT THERE IS A TRIAL. THIS IS WHERE A JURY (OR JUST A JUDGE ALONE) HAS TO DECIDE ABOUT WHAT HAPPENED. SOMETIMES THEY DON'T BELIEVE YOU, OR THEY THINK SOMEBODY ELSE HURT YOU, OR THEY'RE NOT SURE. IF THEY DECIDE THIS PERSON DID RAPE YOU, THEN HE IS FOUND "GUILTY". LATER ON, HE WILL GET HIS PUNISHMENT.

IF THE JURY DECIDES THAT THEY DON'T THINK HE RAPED YOU, THEN HE IS FOUND "NOT GUILTY" AND THE TRIAL ENDS. HE IS NOT PUNISHED.

4. IF HE WAS FOUND GUILTY, HE WILL GET HIS PUNISHMENT IN COURT, BUT AT A LATER DATE. YOU CAN GO THEN IF YOU WANT, BUT YOU DON'T HAVE TO.

GOING TO COURT TO TESTIFY AGAINST A FRIEND OR A FAMILY MEMBER IS

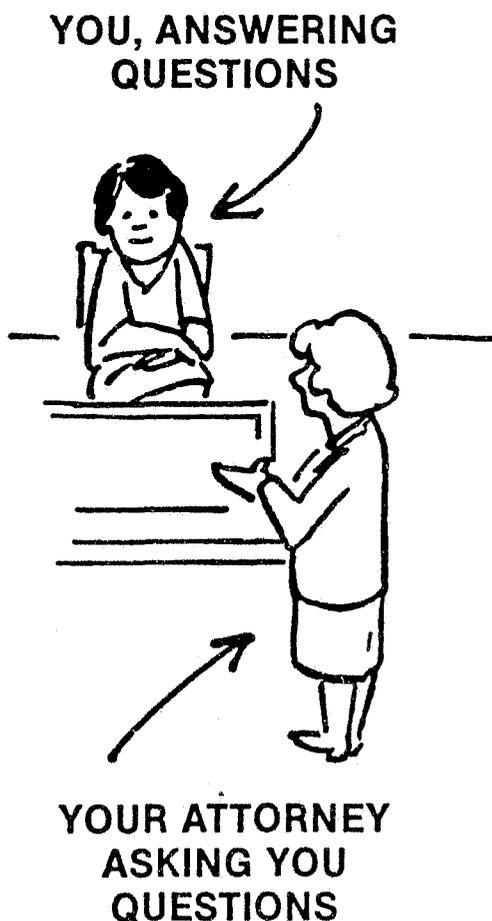
THE COURTROOM



WHEN DO I GO TO COURT?

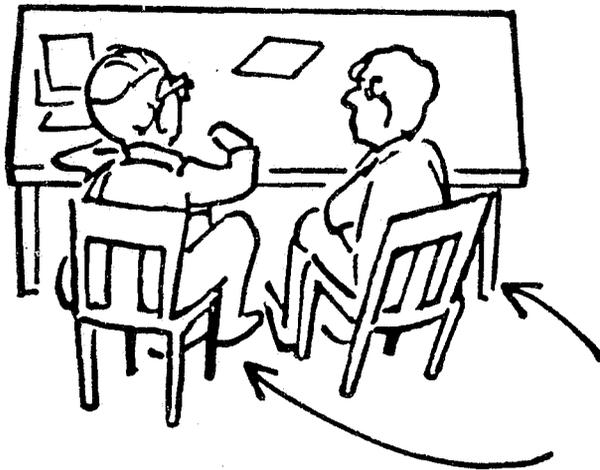
YOU WILL GO TO COURT IF THEY CATCH THE PERSON WHO HURT YOU. THE PERSON WHO HURT YOU IS CALLED THE **ATTACKER OR RAPIST**.

YOU MAY GO TO COURT. IF YOU DO GO, THE PERSON WHO HURT YOU WILL BE THERE.



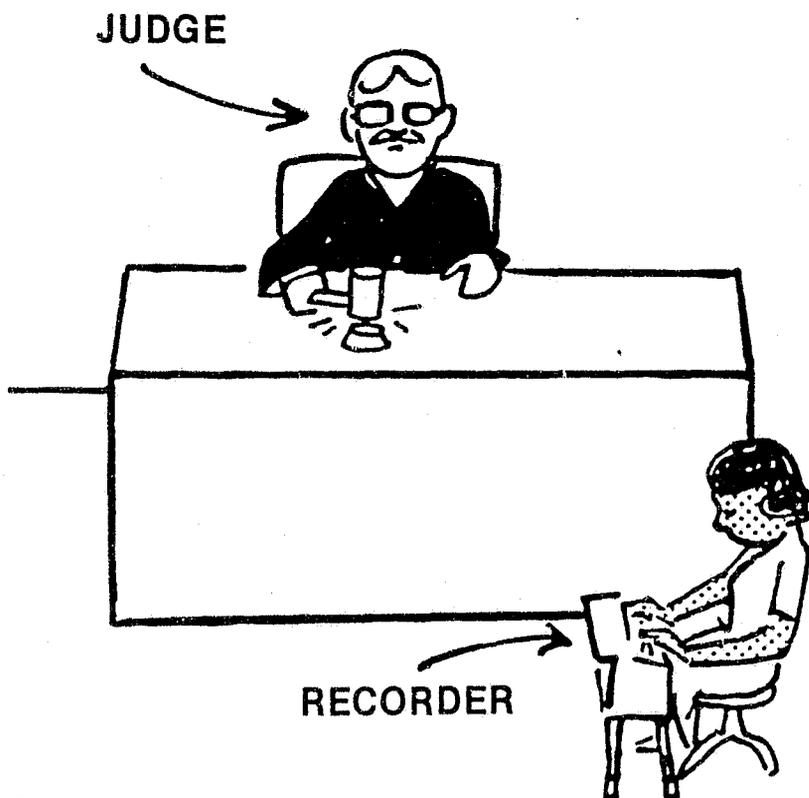
THE PEOPLE WHO WILL ASK YOU QUESTIONS ARE CALLED **ATTORNEYS**. ONE OF THEM IS THERE TO HELP YOU.

THE OTHER ATTORNEY IS THERE TO HELP THE ATTACKER.



**THE ATTACKER
AND
HIS ATTORNEY**

YOU JUST ANSWER THE QUESTIONS THEY ASK YOU. THERE IS NOTHING TO BE AFRAID OF.



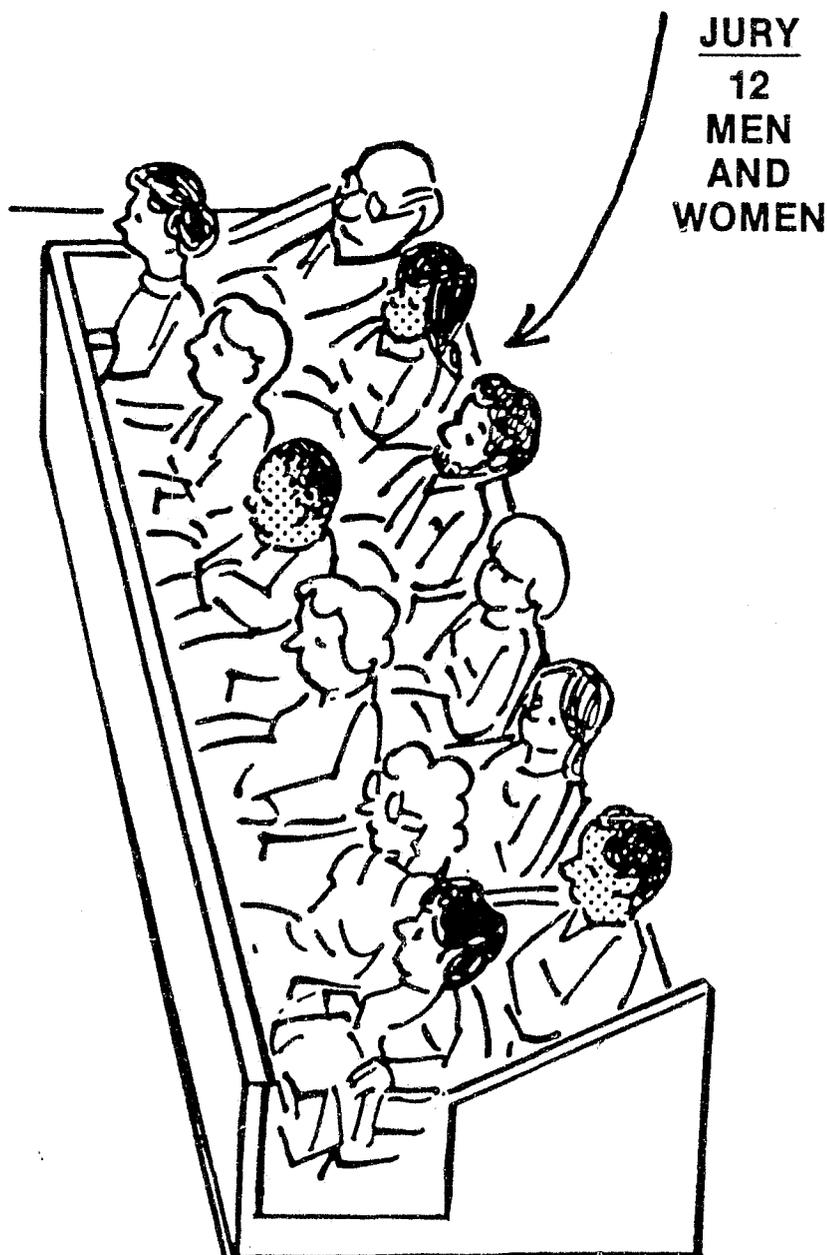
THERE WILL ALSO BE A JUDGE. HE IS THE ONE WHO IS IN CHARGE OF THE COURTROOM. HE WILL SAY WHO GETS TO TALK. HE MAKES MOST OF THE DECISIONS.

HE MAY BE THE ONE WHO LISTENS TO THE QUESTIONS AND THE ANSWERS, AND WHO DECIDES WHAT WILL HAPPEN. THE JUDGE CAN BE A MAN OR A WOMAN.

OR, THERE MAY BE A **JURY**. THIS IS A GROUP OF 12 PEOPLE WHO SIT TOGETHER. THEY ARE THE ONES WHO DECIDE ABOUT THE ATTACKER.

EITHER THE JUDGE OR THE JURY HAVE TO DECIDE TWO THINGS:

- 1 DID AN ASSAULT HAPPEN?
- 2 DID THIS PERSON DO IT?



VERY DIFFICULT TO DO. BUT, IT IS IMPORTANT FOR MANY REASONS: TO STOP HIM FROM DOING THIS AGAIN TO YOU OR SOMEONE ELSE; TO MAKE SURE HE IS PUNISHED FOR DOING WRONG AND HURTING SOMEONE; TO STAND UP FOR YOURSELF.

SUMMARY OF WHAT HAPPENS AFTER A POLICE REPORT IS MADE

- > HELP POLICE IDENTIFY THE SUSPECT (THE PERSON WHO HURT YOU IS NOW CALLED A "SUSPECT" BY THE POLICE AND OTHER LEGAL PEOPLE) THEY MAY ASK YOU TO GO TO THE POLICE STATION AND LOOK AT PICTURES OF PEOPLE.
- > A SUSPECT IS ARRESTED BY THE POLICE
- > THE POLICE PRESENT THE CASE TO THE DISTRICT ATTORNEY
- > THE DISTRICT ATTORNEY DECIDES WHETHER TO GO AHEAD WITH THE CASE. THEY MAY ASK FOR AN INTERVIEW WITH YOU.
- > SUSPECT GOES TO MUNICIPAL COURT WHERE HE SAYS IF HE IS GUILTY OR NOT. IF HE SAYS HE IS GUILTY, THERE IS NO TRIAL. IF HE SAYS HE IS NOT GUILTY, THERE WILL BE A TRIAL. IF HE IS FOUND GUILTY, HE WILL BE SENTENCED TO JAIL. IF HE IS FOUND NOT GUILTY, FOR ANY REASON, THEY WILL LET HIM GO.

MY FEELINGS

EACH PERSON WHO IS RAPED HAS FEELINGS ABOUT WHAT HAPPENED. HERE ARE SOME THINGS MOST PEOPLE FEEL:

SCARED	ANGRY
HELPLESS	GUILTY
EMBARRASSED	DIRTY
SAD	CONFUSED

SOMETIMES YOU FEEL ALL THESE THINGS AT ONCE. SOMETIMES YOU FEEL O.K., THEN YOU FEEL BAD AGAIN. AFTER AWHILE YOU WILL FEEL O.K.. NOT JUST LIKE BEFORE, BUT O.K. MOST SURVIVORS NEVER FORGET THAT THEY WERE RAPED, BUT THEY LEARN TO FEEL GOOD ABOUT THEMSELVES AGAIN. IT TAKES

TIME. IT HELPS ALOT IF YOU TALK TO A COUNSELOR. YOU SHOULD FIND A COUNSELOR WHO WORKS WITH PEOPLE WHO WERE RAPED SO SHE KNOWS WHAT YOU ARE GOING THROUGH. ALSO, IF THE COUNSELOR HAS WORKED WITH PEOPLE WITH DISABILITIES, THAT WOULD HELP ALOT, TOO. COUNSELING HELPS YOU FEEL BETTER.

AFTER THE RAPE, SOME PEOPLE HAVE OTHER FEELINGS, LIKE:

"I'M AFRAID TO BE ALONE"

"I'M AFRAID IT WILL HAPPEN AGAIN"

"I FEEL SCARED AT HOME"

"I FEEL SCARED TO GO OUT"

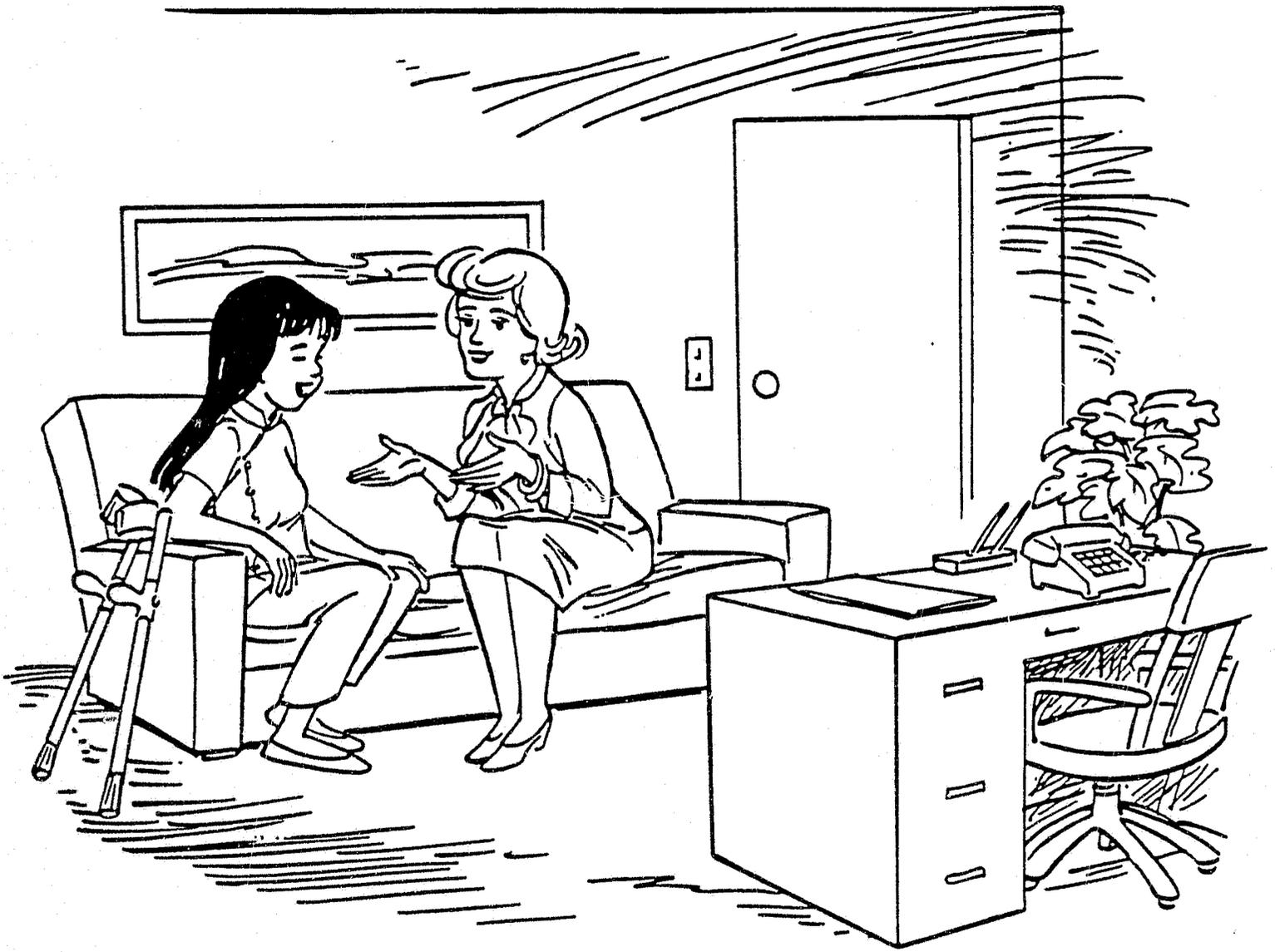
"I DON'T WANT TO HAVE SEX ANYMORE"

"I DON'T WANT ANYONE TO TOUCH ME"

"I DON'T WANT TO GO ANYWHERE"

YOUR FAMILY OR FOSTER PARENTS SHOULD GET COUNSELING. THEY WILL NEED HELP TOO, WITH THEIR FEELINGS. THEY WILL NEED TO LEARN:

- > THAT IT WASN'T YOUR FAULT
- > THAT YOU NEED TO TALK ABOUT IT WITH PEOPLE WHO WILL UNDERSTAND
- > HOW TO HELP YOU
- > WHAT TO DO ABOUT THEIR OWN FEELINGS
- > HOW TO GET ENROLLED IN ASSERTION AND SELF DEFENSE CLASSES





I HAVE TO
A RIGHT "NO".
SAY

I SAID
"NO"!



DON'T
TOUCH
ME!

I'M TAKING CARE
OF MYSELF.



TO TAKE CARE OF YOURSELF

HERE ARE SOME THINGS YOU CAN DO TO TAKE CARE OF YOURSELF. THEY MAY NOT KEEP YOU FROM BEING HURT AGAIN...BUT THEY MIGHT!

1. IF SOMEONE YOU KNOW SAYS OR DOES SOMETHING YOU DON'T LIKE, SAY "DON'T". "STOP THAT!" "I WON'T" "NO"
2. GET AWAY FROM THAT PERSON.
3. THEN, GO TELL SOMEONE WHAT HAPPENED.
4. LOOK AROUND YOU. ESPECIALLY WHEN YOU ARE ALONE, SEE WHO IS NEAR. IF YOU FEEL SCARED, GO TO SOMEONE YOU TRUST.
5. TAKE A SELF-DEFENSE CLASS. (AT THE Y.W.C.A. OR Y.M.C.A.; OR ASK YOUR SOCIAL WORKER FOR A CLASS YOU COULD ATTEND.)
6. TAKE AN ASSERTION CLASS

WHO SHOULD YOU TELL ABOUT WHAT HAPPENED?

IT IS BEST TO TELL ONLY THE PEOPLE YOU FEEL VERY CLOSE TO. **DON'T TELL EVERYBODY.** YOU SHOULD TELL:

- YOUR BOYFRIEND OR HUSBAND
- YOUR CARE PROVIDER OR PARENTS
- YOUR WORKSHOP COUNSELOR OR SUPERVISOR (SO THEY WILL UNDERSTAND YOUR NEW FEELINGS)
- YOUR BEST FRIEND
- **ASK THEM NOT TO TELL ANYONE ELSE. THIS IS PERSONAL FOR YOU.**

WHY DOES THIS HAPPEN?

RAPISTS ARE PEOPLE WHO DO NOT CARE ABOUT OTHERS. THEY ARE NOT WELL MENTALLY, AND HAVE A DESIRE TO HURT OTHERS THROUGH PHYSICAL VIOLENCE. MANY HAVE BEEN STUDIED FOR YEARS, TO FIND OUT WHY THEY DO THIS. THERE ARE MANY REASONS. ONE REASON IS THAT WHEN THEY RAPE, THEY FEEL THAT THEY HAVE POWER OVER ANOTHER PERSON. THIS FEELING OF POWER FEELS GOOD TO THEM. USUALLY, THEY DON'T FEEL LIKE THEY HAVE ENOUGH POWER ALL BY THEMSELVES, AND THAT THEY HAVE TO HURT SOMEONE ELSE TO FEEL GOOD ABOUT THEMSELVES AND TO PROVE THEY ARE POWERFUL.

RAPISTS ARE VIOLENT PEOPLE. WHAT THEY SEEM TO WANT MOST OF ALL IS POWER OVER OTHERS. THE SEX PART IS HOW THEY CAN MOST HURT AND HAVE POWER OVER A WOMAN. BUT IT IS NOT THE SEX PART OF THE CRIME THAT THEY WANT...IT IS THE POWER. THE SEX PART IS THE WAY THAT THEY FEEL MOST POWERFUL.

RAPISTS DO NOT WANT TO GET CAUGHT, AND THEY DO NOT WANT TO BE RESPONSIBLE FOR THEIR OWN ACTIONS. THEY DON'T WANT TO "GROW UP". SO, THEY TRY TO SCARE THEIR VICTIMS INTO NOT TELLING ON THEM, AND NOT MAKING THEM PAY FOR THEIR CRIME. THEY SAY THINGS LIKE, "IF YOU TELL THE POLICE ABOUT THIS, I WILL COME BACK AND HURT YOU AGAIN.", OR, "IF I FIND OUT YOU TOLD ANYONE ABOUT THIS, YOU WON'T BE ABLE TO LIVE HERE ANYMORE". THEY SAY THESE THINGS TO FRIGHTEN THE VICTIM. BUT, THE SURVIVOR DOES TELL IMMEDIATELY. THIS IS THE ONLY WAY TO STOP HIM FROM DOING THE SAME THING AGAIN, TO YOU OR SOMEONE ELSE. RAPISTS ALMOST NEVER DO WHAT THEY SAID THEY WOULD DO IF YOU TELL. IF THEY DO NOT GET CAUGHT, THEY KEEP ON HURTING PEOPLE. THIS IS WHY IT IS SO IMPORTANT TO TELL THE POLICE, SO RAPISTS CAN'T RAPE MORE PEOPLE.

FEELING SAFE AGAIN

TO FEEL SAFE AGAIN, YOU CAN:

1. START SEEING A COUNSELOR, TO HELP YOU UNDERSTAND YOUR FEELINGS AND UNDERSTAND WHAT HAPPENED. YOUR COUNSELOR WILL TEACH YOU THINGS TO DO IN CASE SOMEBODY ELSE TRIES TO HURT YOU AGAIN.
2. DO THE THINGS SUGGESTED IN THE SECTION "TO TAKE CARE OF YOURSELF."
3. TAKE AN ASSERTION CLASS AT YOUR LOCAL COMMUNITY COLLEGE, STATE UNIVERSITY OR MENTAL HEALTH CENTER...OR THE YMCA. THESE CLASSES ARE FUN--AND THEY ARE FOR EVERYONE. TAKE MORE THAN ONE CLASS ON ASSERTION. WE ALL NEED ALL THE LEARNING WE CAN GET! (ASSERTION IS LEARNING TO STAND UP FOR YOURSELF SAFELY AND NICELY.)
4. IF THE PERSON WHO RAPED OR ASSAULTED YOU IS SOMEONE YOU KNOW, AVOID BEING ALONE WITH HIM OR HER. IF IT IS A FAMILY MEMBER, MAKE SURE YOU ARE ALWAYS NEAR SOMEONE ELSE WHEN HE OR SHE IS HOME.
5. REMEMBER TO SAY "NO" TO PEOPLE WHEN YOU DON'T WANT SOMETHING. THIS WILL HELP MAKE YOU STRONG, AND MAYBE YOU CAN AVOID A SEXUAL ASSAULT.

WAS IT MY FAULT

SOMETIMES VICTIMS OF RAPE THINK THAT IT WAS THEIR FAULT THEY WERE RAPED. AND SOMETIMES OTHER PEOPLE SAY THINGS THAT MAKE YOU THINK THAT. THEY SAY, "WELL, IF YOU HADN'T WORN THAT OUTFIT..." OR, "IF YOU HADN'T BEEN OUT SO LATE...". OR, "IF YOU HADN'T GONE OUT WITH THAT GUY..." OR, "IF YOU HAD LISTENED TO ME..." AND ON AND ON. NOBODY KNOWS WHEN A CRIME IS GOING TO HAPPEN. AND WHEN A CRIME DOES HAPPEN, IT IS CERTAINLY **NOT THE FAULT OF THE VICTIM.**

DO YOU NOTICE, WHEN THERE IS A ROBBERY, PEOPLE DON'T EVER SAY, WELL, THE VICTIM SHOULDN'T HAVE BEEN WEARING THAT COLOR SHIRT...OR THE VICTIM SHOULDN'T HAVE BEEN WORKING AT THAT STORE? NO, PEOPLE DON'T SAY THAT, BECAUSE IT IS JUST PLAIN SILLY. NO ONE WHO MAKES SENSE BLAMES THE VICTIM OF THE CRIME. THE PERSON AT FAULT IS.....THE RAPIST.

SO, WAS IT YOUR FAULT? NO, OF COURSE NOT!!!



I WAS RAPED BY SOMEONE I KNOW

BEING RAPED OR SEXUALLY ASSAULTED BY SOMEONE YOU KNOW DOES NOT CHANGE THE FACT THAT YOU WERE RAPED. THIS IS CALLED "ACQUAINTANCE RAPE" OR "DATE RAPE" AND HAPPENS AS MUCH AS RAPE BY A STRANGER. IN FACT, FOR PEOPLE WITH DISABILITIES, IT ALMOST ALWAYS HAPPENS WITH SOMEONE YOU KNOW. MAYBE YOU DON'T KNOW HIM REALLY WELL, BUT ENOUGH TO RECOGNIZE HIM...AND MAYBE FEEL SAFE WITH HIM. OR HER. WOMEN RAPE ALSO, AND IT IS IMPORTANT TO REMEMBER THIS. WOMEN RAPE MEN AND WOMEN. MEN RAPE WOMEN AND MEN.

PEOPLE WHO ARE RAPED BY SOMEONE THEY KNOW, HAVE SPECIAL QUESTIONS TO ASK...

WILL PEOPLE BELIEVE ME WHEN I TELL WHAT HAPPENED?

WILL I GET THE HELP I NEED?

SHOULD I TELL MY FRIENDS WHO KNOW HIM, SO THEY CAN BE SAFE?

SHOULD I TELL THE POLICE?

WILL PEOPLE THINK I CAUSED THIS?

CAN I REALLY TELL WHO I CAN TRUST?

RAPE COUNSELORS AND OTHERS KNOW THAT ACQUAINTANCE RAPE IS A VERY SERIOUS PROBLEM. WE KNOW THAT MEN RAPE PEOPLE THEY KNOW. THEY TAKE ADVANTAGE OF BEING YOUR FRIEND OR SOMEONE YOU KNOW BY SEEING THEM. YOU WILL BE BELIEVED. NO ONE WILL BLAME YOU.

YOU SHOULD TELL THE POLICE ABOUT WHAT HAPPENED. YOU ALSO SHOULD TELL YOUR FRIENDS WHO KNOW HIM, SO THEY WILL NOT BE ALONE WITH HIM.

SOMETIMES IT IS NOT POSSIBLE TO KNOW WHO YOU CAN TRUST. ALL YOU CAN REALLY DO, IS FOLLOW YOUR FEELINGS. EVERYONE GETS TRICKED SOMETIMES IN TRUSTING PEOPLE. SOMETIMES THESE MISTAKES DON'T MAKE ANY DIFFERENCE...AND SOMETIMES THEY DO. BUT YOU ARE NEVER TO BLAME FOR TRUSTING THE PERSON.

SOMETIMES THE PERSON WHO RAPES IS A BOYFRIEND OR A HUSBAND. IN THE STATE OF CALIFORNIA, AND MANY OTHER STATES, IT IS NOT CALLED RAPE IF THE PERPETRATOR IS MARRIED TO THE VICTIM. EVEN SO, THE ACT OF VIOLENCE IS THE SAME. YOU JUST CAN'T GET THE SAME HELP FROM THE POLICE IF YOUR HUSBAND (OR WIFE) ASSAULTS YOU.

IF YOUR BOYFRIEND OR GIRLFRIEND RAPES YOU, THIS IS CALLED "DATE RAPE". THIS HAPPENS ALOT. SOMETIMES IT IS DIFFICULT TO TELL OTHERS ABOUT, BECAUSE YOU CARE ABOUT THIS PERSON, AND YET HE HURT YOU. IT IS VERY CONFUSING. YET, IT IS RAPE IF YOU ARE FORCED TO DO SEXUAL ACTS OR HAVE SEX. AND IT ISN'T RIGHT TO BE FORCED. WHEN YOU TELL SOMEONE ABOUT IT, YOU CAN GET HELP, AND SO CAN HE. THIS IS ONE WAY TO HELP HIM UNDERSTAND ABOUT HOW TO BEHAVE WITH A WOMAN, AND IT WILL ALSO PROTECT YOU AND OTHERS FROM HIS FORCING HIMSELF ON YOU.

WE TRUST THESE PEOPLE ALOT. BUT, IF THEY HURT US, IT IS THEIR FAULT.

WHO CAN HELP ME?

THE PEOPLE WHO CAN HELP YOU ARE THE PEOPLE YOU KNOW WHO ARE AROUND YOU, AND MAYBE SOME NEW ONES. THEY ARE:

YOUR FAMILY: PARENTS, BROTHERS AND SISTERS, OTHER PEOPLE IN YOUR FAMILY THAT YOU CAN TALK TO

YOUR ATTENDANT OR RESIDENTIAL FACILITY STAFF

YOUR FRIENDS

YOUR SOCIAL WORKER OR REGIONAL CENTER COUNSELOR

THE RAPE CRISIS COUNSELOR YOU START TO SEE AFTER THE ATTACK...MAYBE YOU WILL GET HER NAME FROM THE LIST OF COUNSELING CENTERS AND INDIVIDUAL COUNSELORS IN THE "RESOURCES" SECTION AT THE BACK OF THIS BOOK

TO GET HELP, CALL . . .

TELEPHONE NUMBERS TO CALL:

(213) 392-8381 FOR A RAPE HOTLINE COUNSELOR
IN LOS ANGELES

(213) 626-3393 FOR A RAPE HOTLINE COUNSELOR
IN CENTRAL LOS ANGELES

911 FOR THE POLICE

(213) 828-2255 CHILD ABUSE LISTENING LINE

YOU CAN GET PEOPLE AT THE ABOVE NUMBERS DURING
THE DAY AND NIGHT.

(213) 651-3147 SELF-DEFENSE CLASSES

PLACES TO GO:

- | | | | |
|---|---|----------------|------------------------|
| 1 | RAPE RESPONSE
CENTER | (213) 885-3506 | IN WEST
HOLLYWOOD |
| 2 | EAST LOS ANGELES
MENTAL HEALTH
CENTER | (213) 258-8432 | IN EAST LOS
ANGELES |
| 3 | FORTE
FOUNDATION | (818) 788-6800 | IN VAN NUYS |
| 4 | RAPE TREATMENT
CENTER OF
SANTA MONICA | (213) 319-4000 | IN SANTA
MONICA |

- | | | | |
|----------|--|-----------------------|-----------------------------|
| 5 | THE BEVERLY HILLS
COUNSELING
CENTER | (213) 556-4610 | IN BEVERLY
HILLS |
| 6 | WILMINGTON
MENTAL HEALTH
CENTER | (213) 549-4554 | IN
WILMINGTON |
| 7 | WESTSIDE
COMMUNITY FOR
INDEPENDENT
LIVING | (213) 390-3611 | IN MAR VISTA |

**THERE ARE OTHER PLACES TO GO TO AND PEOPLE TO
TALK TO. ASK YOUR PARENT OR COUNSELOR ABOUT
THEM. THESE OTHER PLACES ARE LISTED IN BOOKLET III.**

Resources (Who Can Help?)

Rape Hotlines

The following is a list of 24-hour rape hotlines which can provide you, the advocate, with information and support:

ADULT PROTECTIVE SERVICES .. 1-213-974-1234
ANTELOPE VALLEY..... 1-805-945-3933
CENTRAL LOS ANGELES
(L.A.C.A.A.W.) 1-213-626-3393
CHILD ABUSE LISTENING LINE .. 1-213-828-2255
CHILD PROTECTIVE SERVICES (Child abuse
hotline) Dial "O" and ask for Zenith 21234
CLAREMONT..... 1-714-626-HELP
COMPTON 1-213-979-NEED
DOWNEY, S.E.L.A. 1-213-862-8185
EAST L.A. (24 hr; spanish available) 1-213-262-0944
HERMOSA BEACH, SOUTH BAY
(24 hr; spanish available) 1-213-545-2111
IRVINE 1-714-830-6111
LAGUNA 1-714-546-3715
LONG BEACH 1-213-597-2002
LOS ANGELES COUNTY
(L.A.C.A.A.W.) 1-213-392-8381
LOS ANGELES 1-213-855-3506
ORANGE 1-213-596-5548
PACIFIC ASIAN RAPE & BATTERING LINE
(24 hr; Chinese, Japanese, Korean,
Philippino & Vietnamese speaking
counselors available)..... 1-213-653-4042
PASADENA 1-818-793-3385
POMONA 1-714-626-HELP
RIVERSIDE 1-714-686-7273
SAN BERNARDINO 1-714-882-5291
SAN FERNANDO VALLEY 1-818-708-1700
SANTA ANA 1-714-836-7400
SANTA MONICA 1-213-319-4000
SIMI VALLEY 1-805-529-2255
SOUTH BAY..... 1-213-545-2111
SOUTH CENTRAL..... 1-213-295-HOPE
SOUTH ORANGE 1-714-831-9110
SOUTHEAST LOS ANGELES..... 1-213-862-8185
THOUSAND OAKS 1-805-497-0704
VENTURA..... 1-805-656-5225



Mental Health Centers

The following are agencies who say that they counsel sexual assault survivors with disabilities.

NOTE: Los Angeles Commission on Assaults Against Women has transcribed the original version of *SURVIVOR* into large print, Braille and onto cassette. Call (213) 655-4235 for information on how to obtain copies.

"Y" means "Yes, serves persons in designated categories".

"N" means "No, does not serve these persons".

"N/A" means "Agency never has, but would be willing to".

AGENCY	Developmentally Disabled	Non-Verbal	Severely Speech Impaired	Physically Disabled	Wheel Chair Accessibility	Hard of Hearing or Deaf	Sign Staff Can	Interpreters Paid for by Agency	Visually Impaired or Blind	Other languages
1. RAPE RESPONSE CENTER (213) 885-3506 WEST HOLLYWOOD *PARTIAL SITE ACCESSIBILITY	Y	Y	Y	Y	•	N	N	N	N/A	
2. ALMA FAMILY SERVICES (213) 223-1411 EAST LOS ANGELES	Y	Y	Y	Y	Y	N	N	N	N	Spanish
3. BENJAMIN RUSH CENTER (213) 390-6612 WEST LOS ANGELES *AT SEPULVEDA SITE ONLY	N	N/A	N/A	Y	•	Y	N	Y	Y	
4. CENTER FOR INTERPERSONAL STUDIES (213) 474-2207 WEST LOS ANGELES	N	N	Y	Y	Y	N	N	N	Y	
5. COMMUNITY FAMILY GUIDANCE CENTER (213) 924-5526	Y	Y	Y	Y	Y	N	N	N	Y	Spanish
6. CRIME VICTIM CENTER (213) 388-3399 LOS ANGELES	Y	N/A	N/A	Y	Y	Y	N	N	Y	
7. EAST LOS ANGELES MENTAL HEALTH CENTER (213) 258-8432	N	N	N	Y	Y	N	N	Y	Y	
8. EL CENTRO COMMUNITY MENTAL HEALTH CENTER (213) 725-1337 EAST LOS ANGELES	N	N/A	N	Y	Y	N	N	N	Y	
9. FAMILY SERVICE OF LOS ANGELES (213) 484-2944 *ONLY IN SAN PEDRO	Y	N/A	Y	Y	N*	Y	N	Y	Y	

AGENCY

	Developmentally Disabled	Non-Verbal	Severely Speech Impaired	Physically Disabled	Wheel Chair Accessibility	Hard of Hearing or Deaf	Staff Can Sign	Interpreters Paid for by Agency	Visually Impaired or Blind	Other languages
10. FOOTHILL FAMILY SERVICES (818) 795-6907 SAN GABRIEL VALLEY *NOT BATHROOMS & TELEPHONES	N/A	N/A	N/A	Y	*	Y	N	Y	Y	
11. FORTE FOUNDATION (818) 788-6800 VAN NUYS	Y	N/A	N/A	Y	Y	N	N	N	Y	
12. FRIENDS OF THE FAMILY (818) 988-4430 VAN NUYS *NOT BATHROOMS & TELEPHONES	N	N	N	Y	*	N	N	N	N	
13. HARBOR GENERAL HOSPITAL (213) 533-3142 *NO SPECIALLY TRAINED STAFF	Y*	Y	Y	Y	Y	Y	N	Y	Y	Spanish, Cantonese, German, Mandarin, Indian dialects
14. LA PUENTE MENTAL HEALTH CENTER (818) 961-8971 *ONLY IF REFERRED BY REGIONAL CENTER **NOT BATHROOMS	Y*	Y	N	Y	**	Y	Y	Y	Y	
15. LONG BEACH MENTAL HEALTH CENTER (213) 599-9280 *NOT BATHROOMS & TELEPHONES PRIMARILY GROUP COUNSELING	Y	Y	Y	Y	*	N	N	N	Y	Spanish, French, Cambodian, Vietnamese, Loation
16. LOS ANGELES HUMANISTIC COUNSELING SERVICES *NOT BATHROOMS	N/A	N/A	N/A	Y	*	N	N	N	Y	
17. LOS ANGELES WOMEN'S THERAPY CENTER (213) 935-9889	N/A	N	N	N	N	N	N	N	Y	
18. NORTHRIDGE HOSPITAL (818) 885-8500 TDD (818) 885-5350 NO LONG TERM COUNSELING	Y	Y	Y	Y	Y	Y	N	Y	Y	
19. PASADENA MENTAL HEALTH CENTER (818) 798-0907	N/A	N/A	N/A	Y	Y	Y	Y	N	Y	

AGENCY	Developmentally Disabled	Non-Verbal	Severely Speech Impaired	Physically Disabled	Wheel Chair Accessibility	Hard of Hearing or Deaf	Staff Can Sign	Interpreters Paid for by Agency	Visually Impaired or Blind	Other languages
20. PSYCHIATRIC CLINIC FOR YOUTH (213) 549-3252	Y	N/A	Y	Y	N	N	N	N	Y	Spanish
21. RAPE TREATMENT CENTER OF SANTA MONICA (213) 319-4000	Y	N	N/A	Y	Y	Y	N	Y	Y	
22. ST. JOHN'S CHILD STUDY CENTER (213) 829-8921 SANTA MONICA ASK FOR CHARLIE PACE OR KEVIN REILLY *NOT BATHROOM. ENTER AT BACK.	Y	Y	Y	Y	*	Y	Y	Y	Y	Spanish
23. SAN PEDRO MENTAL HEALTH (213) 519-6101	Y	N	Y	Y	Y	N	N	N	Y	Spanish, Punjabi, French, Portugese
24. SOUTH BAY CHILD GUIDANCE CLINIC (213) 328-0855	N	N	N	Y	N	N	N	N	Y	Spanish Hebrew
25. SOUTH BAY MENTAL HEALTH CENTER (213) 412-2291 *NOT TELEPHONES	Y	N	N/A	Y	*	N	N	N	Y	Spanish, Korean, Chinese
26. SOUTH BAY THERAPEUTIC CLINIC OF INGLEWOOD (213) 973-7830	N	N	N	Y	Y	N	N	N	N	
27. THE BEVERLY HILLS COUNSELING CENTER (213) 556-4610 *NOT BATHROOMS **LIMITED	Y	Y	Y	Y	*	Y	**	N	Y	Spanish, Hebrew
28. WILMINGTON MENTAL HEALTH (213) 549-4554	Y	Y	Y	Y	Y	Y	N	N	Y	Spanish

Individuals Who Provide Rape Counseling

1. Nora J. Baladerian, Ph.D., M.F.C.C.
(213) 391-2420
West Los Angeles

Special Areas: developmental disabilities (mental retardation, cerebral palsy, autism); physically disabled; wheelchair users; severe speech impairment; non-verbal. Also Spanish speaking. Certified sexuality counselor and educator.

2. Carol Gill, Ph.D.
(818) 905-7627
San Fernando Valley

Clinical Psychologist (with a disability). Offices wheelchair accessible. Specialist in issues of sexuality and disability, including vulnerability and self-defense.

Individuals Who Provide Rape Counseling (Continued)

3. Lillian Horwitz, L.C.S.W.
(213) 479-7938
West Los Angeles
Experience with persons who have developmental disabilities, severe speech impairment, are non-verbal, and those who use wheelchairs.
4. Sheryl Kaplan
TDD (818) 985-9622
Voice (818) 366-7686
San Fernando Valley
Director of Rape Counseling Services for the Deaf. Provides counseling, information and referral, and support and training.
5. Dan Kramon, Ph.D.
(213) 475-9039
West Los Angeles
Experienced in assault treatment. Fluent in American sign language. Also consults with superior court on violent crimes and disability.
6. Annie Wagner Lampl, M.A., M.F.C.C.
(213) 207-4347
West Los Angeles
Special Areas: blind/visually impaired, either prior to or as a result of the attack. Also serves persons with other types of disability.
7. Karen Lutteke
Community Clinic
(714) 494-9428
Laguna Beach
Provides counseling and rape crisis intervention. Also provides self-defense training for developmentally disabled persons.
8. Barbara Waxman, B.A.
(213) 392-1577
Provides information counseling on sexuality and disability, particularly advocacy services.
9. Marsha Weinstein, L.C.S.W.
(213) 397-6452
West Los Angeles/San Fernando Valley
Special Areas: developmental disabilities.
10. Linda Whittaker, L.C.S.W.
(714) 871-9264 or 871-8668
Orange County
Specially trained in sexual assault and developmental disability.

Special Services:

For the Hearing Impaired

Saint John's Mental Health Center for the Deaf
(213) 829-8536
TDD 829-7451
Santa Monica

San Fernando Valley Rape Crisis Service
(818) 366-7686 (Voice: ask for Carol)
(818) 985-9622 (TDD ask for Sheryl)

For Those with Physical Disabilities

Westside Community for Independent Living
(213) 390-3611

Call here for a center for Independent Living close to you. Ask for the Information and Referral Specialist.

For the Sight Impaired

Braille Institute of Los Angeles
(213) 663-1111 (ask for Annie)

The institute has copies of the original version of *Survivor* in braille and on cassette.

For Information and Referrals

Info Line: in Los Angeles - (213) 686-0950

Mental Health Consultants

(213) 391-2420
Culver City
(Also has training programs)

Other Organizations

1. American Association of Sex Educators, Counselors & Therapists
District I Chair: Harvey Caplan, M.D.
Serves: Arizona, California, Hawaii, Nevada
(415) 461-0244
173 Vista Grande
Greenbrae, CA 94904

For other states contact main office:
Eleven Dupont Circle N.W., Suite 220
Washington, DC 20036
(202) 462-1171
 2. Committee on Disabilities
500 W. Temple St., Rm. 383
Los Angeles, CA 90012
(213) 974-1053
 3. Committee on the Sexuality of the Developmentally Disabled
58 Diablo Creek Place
Danville, CA 94526
San Diego Area: Toni Davies
(619) 299-5008
Los Angeles Area: Nora Baladerian
(213) 391-2420
San Francisco Area: Lynne Stiggall
(408) 354-0821
San Francisco Area: Don Simons
(415) 820-6815
Sacramento Area: Patty Blomberg
(916) 428-4086
Humboldt County Area: Phil Way
(707) 445-1523
 4. Counseling and Psychotherapy Referral Service of the National Association of Social Workers
(213) 852-4769
 5. Los Angeles Chapter of California Association of Marriage and Family Therapists.
Referral Service called "Westside Counseling and Referral Affiliates"
(213) 207-2020
 6. Los Angeles Chapter of California State Psychological Association
(213) 477-0449
 7. Mayor's Office for the Handicapped
Computerized Information Center for the Disabled
City Hall, Room 2100
Los Angeles, CA 90012
(213) 621-2281 or (213) 485-4103
-

Self-Defense

Los Angeles Commission on Assaults
Against Women
543 N. Fairfax Avenue
Los Angeles, CA 90036
(213) 651-3147 call for local referral

Victim Compensation and Assistance

Los Angeles City:

Victim/Witness Assistance Center
Los Angeles City Attorney's Office
1600 City Hall East
200 North Main St.
Los Angeles, CA 90012
(213) 485-6979

Los Angeles County:

Victim/Witness Assistance Center
Los Angeles County District Attorney's
Office
210 W. Temple, #12-311
Los Angeles, CA 90012
(213) 974-7499

At the State level:

The Office of Criminal Justice Planning
Victim's Assistance
1130 K Street, Suite 300
Sacramento, CA 95814
(916) 324-9140

The State Board of Control
Victim's Compensation
926 J Street, Suite 300
Sacramento, CA 95814
(916) 322-4426

Glossary

HOW WORDS ARE USED IN BOOKLETS I AND II

- ADVOCATE**—Someone who helps another
- ASSAILANT**—The person who sexually hurts others (assault or rape)
- ASSAULT**—To attack and hurt another
- ASSERT**—To stand up for yourself
- BOWEL MOVEMENT**—Do poop
- COMPENSATION**—Money
- CONSENT**—To give permission; to say "It's O.K."
- CRIME**—When the law has been broken, and someone has been hurt
- CRISIS COUNSELORS**—Special counselors who help in an emergency
- DISTRICT ATTORNEY**—The lawyer who works for the county and is on your side
- DOUCHE**—To wash out the vagina
- EVIDENCE**—Things that show a crime happened
- FILE A CASE**—To take a crime to court
- FORCES**—Makes someone do something by hurting or scaring them
- GONORRHEA**—A kind of sickness you can get by sexual touching
- INCEST**—Sex between people who are related, like parents, grandparents, brothers and sisters
- JUDGE**—The man in charge of the court
- JURY**—A group of 12 people chosen to decide if a crime happened
- LAW**—The rules in the city or state that you have to obey . . . when you don't obey the law, the police will be called
- MOLESTATION**—When a person touches your private parts and you don't want him to
- OFFENDER**—A person who breaks the law
- PERIOD**—The blood which comes from your vagina every month
- PRIVATE PARTS**—The sexual body parts; includes the penis and testicles of a man, the breasts, vulva and vagina of a woman, and the anus of both. See pages 14 & 15 in booklet I, page _____ in booklet II
- RAPE**—Forcing a person to do sex
- RAPE HOTLINE**—A telephone service you can call after a rape to get counseling and the name of a place you can go for more counseling
- RIGHT**—It means that you get to choose what you want, and others have to go along with your choice
- SELF-DEFENSE**—Something you learn to protect yourself
- SENTENCE**—How long the offender spends in jail; the punishment given to a criminal
- SEXUAL**—Having to do with sex . . . either the sex act or body parts
- SHOCK**—When you don't feel anything at all or too much at once
- SPECULUM**—A tool the doctor uses to look into the vagina . . . usually it is made of plastic or of metal
- SUBPOENA ("SUPEENA")**—A note from court that says you have to be there
- SURVIVOR**—Someone who was a victim and is doing things to be in charge of her life and get back to normal
- SUSPECT**—The person who the police think broke the law
- SYPHILIS**—A kind of sickness you might get from sexual touching
- TESTIFY**—Speaking in court
- URINATE**—Pee
- VENEREAL DISEASE (V.D.)**—A kind of disease you can only get by sexual contact (see Gonorrhea, Syphilis)
- VICTIM**—Someone who was attacked
- VICTIM ADVOCATES**—Special people who help crime survivors when they are at the hospital, with the police, and in court
- VICTIM OF VIOLENT CRIME COMPENSATION**—Money to pay hospital and counseling bills
- VICTIMS OF VIOLENT CRIMES PROGRAM**—A State program which helps pay for your costs that are a result of the crime . . . like hospital and counseling expenses
- WITNESS**—Someone who saw the attack. The victim is a witness.

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WE HOPE THAT THIS BOOKLET WILL HELP YOU. SHARE IT WITH YOUR FRIENDS. IT HELPS TO KNOW WHAT TO DO IN CASE SOMEONE TRIES TO HURT YOU . . . IT IS GOOD TO BE PREPARED. AND, IF YOU ARE ASSAULTED OR RAPED . . . DO THE THINGS WE TALK ABOUT IN THIS BOOKLET. YOU DESERVE THE BEST.

DID THIS BOOKLET HELP YOU?

ASK SOMEONE TO HELP YOU WITH THESE QUESTIONS:

1 WHAT PART OF THE BOOKLET HELPED YOU?

2 WHAT PART DID NOT HELP YOU?

3 I GOT THIS BOOKLET FROM: _____

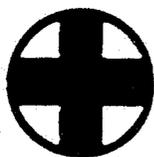
PLEASE TEAR OUT THIS PAGE. FOLD ON DOTTED LINES. MAIL TO US.

NORA J. BALADERIAN-ANDRADE, PH.D.
BOX "T"
CULVER CITY, CA 90230-1690

A PLACE FOR NAMES & TELEPHONE NUMBERS

- SOMEONE SHOULD HELP YOU FILL THIS OUT -

NAME OF HOSPITAL _____



DOCTOR _____

NURSE _____

SOCIAL WORKER _____

PHONE NUMBER _____

DATE YOU WENT THERE _____

I NEED MY FIRST FOLLOW-UP EXAM ON _____

I NEED MY SECOND FOLLOW-UP EXAM ON _____

NAMES OF POLICE OFFICERS:



BADGE NUMBER _____

BADGE NUMBER _____

PHONE NUMBER _____



COUNSELOR'S NAME _____

COUNSELOR'S PHONE NUMBER _____

VICTIMS OF VIOLENT CRIME COMPENSATION:

PHONE NUMBER _____

NAME OF ADVOCATE _____

DATE YOU FIRST SPOKE TO ADVOCATE _____

TO OBTAIN ADDITIONAL COPIES WRITE TO:

NORA J. BALADERIAN-ANDRADE, PH.D.
BOX "T"
CULVER CITY, CA 90230-1690

OR CALL (213) 391-2420

I'M TAKING CARE
OF MYSELF.

