

What Is Sexual Assault?

Sexual assault is any unwanted or forced sexual act that can include:

- Rape
- Attempted rape
- Unwanted touching
- Restraint, physical violence or weapons used to control you
- Threats or pressure to get what they want
- Marriage through rape
- Sexual harassment
- Sexual exploitation
- Refusal to practice safe sex
- Unwanted pregnancy
- Any sexual act without your consent



Sexual assault is a crime and it is not your fault.

Nothing you did caused or justified being sexually assaulted. Sexual assault is not about passion or sexual pleasure. It is about power and control and it is never okay.

Consent is a mutual agreement between people to engage in sexual activity. Silence is not consent. You can say no at anytime, and your partner must respect what you want.

Sexual assault can happen to anyone—women, men, children, elderly, married, single, LGBTQ, or from any social class.

The majority of sexual assaults are committed by someone you know, including your spouse, friend, classmate, co-worker, boss, date, acquaintance, or family member. Sexual assault offenders are not always strangers.

Asian Family Support Services Hotline

Toll-Free Hotline: (877) 281-8371

Local Hotline: (512) 651-3743

afssaustin.org

The AFSSA hotline is confidential, free and available 24 hours a day, 7 days a week. If you need help, call the hotline for immediate support.

If you are in immediate danger, call 911.

Asian Family Support Services of Austin (AFSSA) is a nonprofit organization that addresses the cultural and language needs of Asian, immigrant and refugee families affected by domestic and sexual violence, and trafficking.

Although AFSSA's focus is on the Asian community, we do not discriminate and our services are for any survivor of domestic and sexual violence. We are available to all communities.



Additional Resources

SAFEPLACE/Eloise House
Domestic violence/ sexual assault survivor center
(512) 267-SAFE (7233)
safeaustin.org

Waterloo Counseling Center
Services for the LGBTQ community
(512) 444-9922
waterloocounseling.org

TRLA: Legal Aid for Survivors of Sexual Assault
Free legal services
(800) 991-5153
legallaidforsurvivors.org

Center for Survivors of Torture
(512) 358-4612
cstnet.org

TLSC: Legal Aid for Survivors of Sexual Assault
Free legal information and advice
(844) 303-SAFE (7233)
tlsc.org

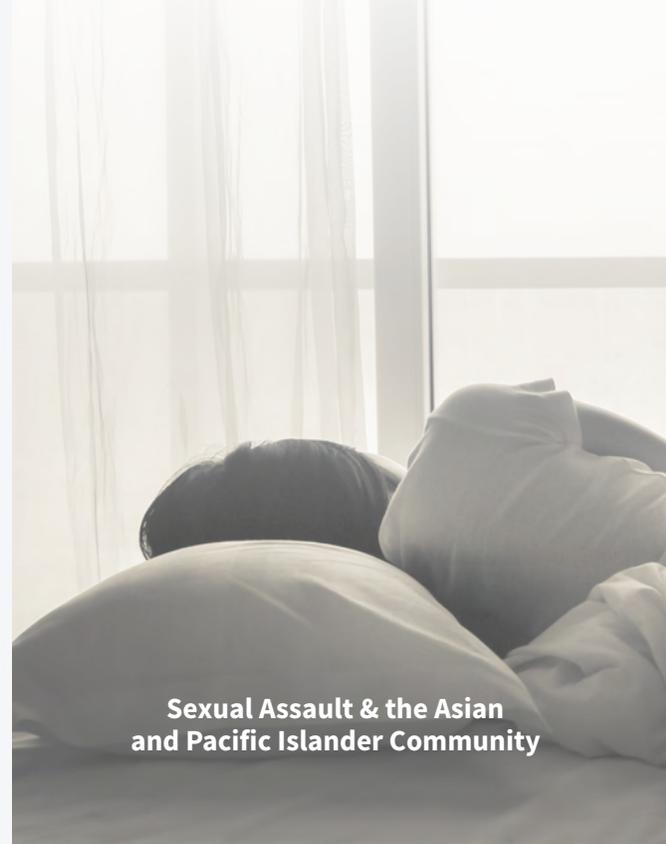
RAINN Hotline
Rape, Abuse & Incest National Network
(800) 656-HOPE (4673)
rainn.org

National Suicide Prevention Lifeline
(800) 273-TALK (8255)
suicidepreventionlifeline.org

Hope Alliance Hotline
Shelter for women and children of Round Rock
(800) 460-SAFE (7233)
hopealliancetxt.org

What To Do When You've Been Hurt...

Even When Your Community Expects You To Stay Silent



Sexual Assault & the Asian and Pacific Islander Community



Asian Family Support Services of Austin

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24 hours a day, 7 days a week

afssaustin.org

*"I used to feel very alone. I felt like it was all my fault. I was afraid to talk to my family or friends, risk bringing shame on them and feared their rejection. Even though I tried to solve things on my own by waiting for the painful memory to pass, it didn't. I felt powerless and helpless. I now have confidence and am free from worry. I want to tell others like me that there are places that can help them. **We all deserve peace, safety and health.**"*



When you need help, communities can offer support and safety. We all deserve healthy relationships and safety at home, at work, and in our communities. A healthy community can include our friends, family and surroundings. But sometimes things change or we get hurt. Sexual assault can happen to anyone.

It is never okay to force someone to engage in sexual activity when they have not given or were not able to give consent.

(877) 281-8371

Always free and confidential.

24 hours a day, 7 days a week

There is no right or wrong way to respond to sexual assault. Sexual assault can have long-term effects on your physical, emotional and spiritual health as well as the relationships you have with others. You may be experiencing:

Loneliness • Fear • Shame • Guilt • Anxiety
Disbelief • Self-blame • Problems sleeping
Change in eating habits • Anger • Powerlessness
Thoughts of hurting yourself • Numbness
Flashbacks • Depression



You have the right...

- ... to be free from violence.
- ... to have physical and emotional well-being.
- ... to be listened to and taken seriously.
- ... to say “No” without feeling guilty.
- ... to choose to change the situation or get help.

You are not alone. There is help.

If you have been sexually assaulted...

Call AFSSA for help and information.

Immigration status does not affect your ability to get services. We provide accompaniment to the hospital and police. Our services are free and confidential.

- 1) Get to safety and if you are in immediate danger, call 911.
- 2) If it is possible, preserve evidence by:
 - saving your clothes
 - not washing your hands
 - not brushing your teeth
 - and/or not showering
- 3) Call AFSSA or someone you trust.
- 4) If needed, get medical help as soon as possible. Ask for a Sexual Assault Nurse Examiner (SANE) exam. Getting a medical exam does not mean you are making a police report.
 - Preventative medication for sexually transmitted infections (STI's) can be offered.
 - Emergency contraception should be taken within 3-5 days for unwanted pregnancy.
 - Call AFSSA for resources that provide these services for free.
- 5) If you do choose to file a police report, it does not mean you are also pressing charges with the intent of taking someone to court.

Myths about Sexual Assault in Your Community

MYTH: “It was not sexual assault because they are my spouse/partner.”

FACT: Anytime you are forced to have sex by anyone against your wishes, it is sexual assault.

MYTH: “It was my fault because I was walking at night/ wore revealing clothes/ was under the influence of drugs or alcohol...”

FACT: Nobody asks or deserves to be sexually assaulted. Only the offender is to blame for their actions.

MYTH: “I have to be strong and silent.”

FACT: You are not alone. You have the right to share feelings and not be isolated from others.

MYTH: “I am impure and undesirable because I have been sexually assaulted.”

FACT: What happened to you was not your fault. Every person has the right to be treated with dignity, respect and compassion.

MYTH: “I can’t say no or change my mind because I already said yes.”

FACT: Everyone has the right to change their mind when it is involving their own body and well-being.

MYTH: “I can’t seek help because my community will find out/I’ll be rejected and alone/be deported/lose my job/not have anywhere to go”

FACT: We understand the risks you feel you are taking. We take confidentiality seriously. You can come to us if you are being hurt or have been hurt in the past. If you have talked to others but are still feeling distressed, we are here to support you.

**(877) 281-8371 — Always free and confidential.
24 hours a day, 7 days a week**

When you are ready...

...regardless of how long ago it happened, you may still make the choice to seek services. Sometimes we may feel alone or in a situation where the hurting does not stop. We, at Asian Family Support Services of Austin, are here to support families and individuals, including women, men, children and LGBTQ survivors. AFSSA can provide information, options and services. All of our services are free and can be accommodated in your home language. We provide:

- A confidential hotline answered 24 hours a day, 7 days a week
- Walk-in services available during office hours M-F 8am-5pm. If you need immediate assistance, please notify us to expect your arrival by calling the hotline
- Culturally-centered individual and group counseling
- Interpretation/translation
- Crisis support for survivors of stranger and non-stranger sexual assault
- Accompaniment to appointments with hospitals, law enforcement offices, prosecutor’s offices and courts
- Information and services to address children's and other family members' needs
- Referrals to other support services

If someone you know has been sexually assaulted...

- **Don’t judge** or question the situation. Often, survivors have a hard time talking about their experience because they fear judgment.
- **Listen** if they want to talk and let them express their feelings without interruption.
- **Don’t force** them to talk if they don’t want to. Remind them that you are there for them when they wish to share what happened. And, keep their confidentiality.
- **Offer to help** them report the assault, but let the survivor make their own decisions. This gives them back control of their own life.
- **Provide** or help them find shelter if they feel their personal safety is at risk.
- **Give** them our hotline number and encourage them to talk to a counselor when they are ready.