

## A Message from the Department of Community Affairs

Sexual assault can happen to anyone at any age. That is why it is important you know what sexual assault is and what to do if it happens to you or someone you know.

This brochure provides important information about sexual assault. It includes examples of things that are considered sexual assault; sets straight some common myths about sexual assault; outlines the thoughts, feelings and reactions you may have to a situation; and offers advice on what to do if you become a victim.

Every county in our state has a Rape Care Center that can provide you with free and confidential assistance and support. Please know that you are not alone.

If you know someone who is a victim of sexual assault, we can help. Remember that **no always means no** - there is no excuse for sexual assault.

## What is Sexual Violence?

Sexual violence is any form of unwanted, unwelcome or coercive sexual behavior. Sexual assault, which is usually called rape, includes vaginal, oral or anal penetration without the victim's consent or with a victim who is unable to consent. A victim who is unable to consent is someone who is:

- Under the age of 13.
- Under the age of 16 when the offender is at least four years older than the victim.
- With diminished mental capacity - which can mean a victim who is drugged, drunk, high, unconscious or has a developmental disability.

**FACT: Sexual touching, known as criminal sexual contact, as well as sexual harassment and lewdness, are forms of sexual violence and are considered serious crimes in New Jersey.**

## Who Can Become a Victim?

A victim can be anyone, regardless of age or gender, but is usually a young girl or woman.

## Who Can Be an Offender?

An offender can be anyone, including:

- Someone you know from school or extra-curricular groups
- Someone you have or had a crush on
- Someone you meet at a party
- Someone you are dating
- An acquaintance
- A friend
- A relative
- A neighbor
- A group leader or teacher

**FACT: Most rapes are committed by people the victim knows.**

### Statements about sexual violence:

#### Myths:

- 1 Kissing/touching means you have to have intercourse.
- 2 Going back to your date's house or to someone's room means you want to have sex.
- 3 If your date pays for anything on a date, including dinner or a movie, you owe him sex.
- 4 If a male is aroused, then he must have sex.
- 5 If you have had sex with someone before, that person can have sex with you anytime.

**These statements are NOT true. You DO NOT owe anyone sex at anytime for any reason.**

#### Facts:

- 1 Kissing only means you agree to kiss – nothing else.
- 2 Just because you are in your date's house or alone with someone does not mean you want to have sex.
- 3 Sex is never owed for money or for buying you something.
- 4 Sex is not a necessity for anyone, even if they are aroused.
- 5 You have the right to say no or change your mind about having sex at any time.

**NO ONE is entitled to have sex with anyone without their consent.**

## If You Become a Victim of Sexual Assault:

- Get to a safe place.
- Don't bathe, shower, douche, change your clothes, eat, drink, smoke, urinate, brush your teeth, gargle or anything else that might destroy or wash away evidence including evidence of a drug facilitated sexual assault.
- Contact your county Rape Care Program for emotional support, information and to learn about your options.
- Seek medical attention for injuries, sexually transmitted infections, HIV and possible pregnancy.
- Have your county Sexual Assault Response Team (SART) activated if you wish to have forensic evidence collected.
- Contact the police department where the assault occurred if you wish to make a police report.
- If you are unsure about making a police report at this time, evidence may still be collected up to five days following the assault and held for up to 90 days while you decide about reporting.

## Some Emotions You May Feel Include:

- Confused
- Embarrassed
- Anxious
- Helpless
- Ashamed
- Lonely
- Isolated/Withdrawn
- Guilty
- Sad/Depressed
- Fearful
- Nauseous

Your county Rape Care Program can help you deal with these emotions. County Rape Care Program phone numbers are listed on the back of this brochure.

You may be worried about Sexually Transmitted Diseases (STD's), HIV/AIDS and pregnancy. When you seek medical attention, ask the medical examiner about prevention of pregnancy and anonymous testing sites for STD's and HIV/AIDS.

## For Help Call Your Local Rape Crisis Center:

<b>Atlantic</b>	800-286-4184 609-645-2909 (TTY)
<b>Bergen</b>	201-487-2227 800-221-5168 201-487-0916 (TTY)
<b>Burlington</b>	856-234-3451 856-234-8888 800-852-7899 (TTY)
<b>Camden</b>	866-295-7378 (Toll Free) 800-852-7897 (TTY)
<b>Cape May</b>	609-522-6489 877-294-2272 (Toll Free) 609-463-0818 (TTY)
<b>Cumberland</b>	856-455-5555
<b>Essex</b>	877-733-CARE (2273) (Toll Free)
<b>Gloucester</b>	866-295-7378 (Toll Free) 856-428-8373 (TTY)
<b>Hudson</b>	201-795-8375
<b>Hunterdon</b>	908-788-4044 888-988-4033 866-954-0100 (TTY)
<b>Mercer</b>	609-394-9000 888-252-7233 (TTY)
<b>Middlesex</b>	877-665-7273 (Toll Free)
<b>Monmouth</b>	732-264-7273 888-264-7273 (Toll Free) 732-264-3089 (TTY)
<b>Morris</b>	973-829-0587
<b>Ocean</b>	732-370-4010 609-494-1090 609-494-1554 (TTY)
<b>Passaic</b>	973-881-1450 973-993-0183 (TTY)
<b>Salem</b>	856-935-6655 888-632-9511 (Toll Free) 856-935-7118 (TTY)
<b>Somerset</b>	908-526-7444 908-809-1597 (TTY)
<b>Sussex</b>	973-875-1211 973-300-5609 973-875-6369 (TTY)
<b>Union</b>	908-233-7273 908-518-0183 (TTY)
<b>Warren</b>	908-453-4181 908-475-8408 973-300-5609 (TTY)

NEW JERSEY DEPARTMENT OF  
COMMUNITY AFFAIRS



# NO MEANS NO

## Information for Teens

**NJ Department of Community Affairs**  
**Division on Women**  
 Office on the Prevention of Violence Against Women  
 101 South Broad Street  
 PO Box 801  
 Trenton, NJ 08625-0801

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