

## 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 Sexual Violence 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- **Isolated/Withdrawn**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**

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

The Sexual Violence Program in your county can help you deal with these emotions. For Help Call the New Jersey Coalition Against Sexual Assault (NJCASA) Hotline at 1 (800) 601-7200. Calls to NJCASA's hotline will be routed to the individual's closest Sexual Violence Program.

## For Help Call the New Jersey Coalition Against Sexual Assault (NJCASA) Hotline

**1 (800) 601-7200**

**24 hours a day/7 days a week**



NJCASA is the collective voice for victims of sexual violence, their loved ones and Sexual Violence Programs across New Jersey. Its member agencies represent each of New Jersey's 21 counties. NJCASA's toll-free hotline will connect individuals affected by sexual violence with professionals that provide assistance and referrals.

**Calls to NJCASA's hotline will be routed to the individual's closest Sexual Violence Program.**

# NO MEANS NO

## Information for Teens



**Division on Women**  
50 East State Street  
7th Floor, PO Box 717  
Trenton, NJ 08625  
609-888-7164  
www.nj.gov/dcf

## A Message from the Department of Children and Families' Division on Women

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

This brochure provides important information about sexual violence. It includes examples of things that are considered sexual assault; sets straight some common myths about sexual assault; outlines some concerns, 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 New Jersey has a Sexual Violence Program 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 violence, we can help.

Remember that **no always means no** - there is no excuse for sexual violence.

## 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 girl or young woman.

## Who Can Be a Perpetrator?

A perpetrator 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 sexual violence is committed by someone the victim knows. Perpetrators tend to target someone they know.**

## Statements about sexual violence:

### Myths:

- Kissing/touching means you have to have intercourse.
- Going back to your date's house or to someone's room means you want to have sex.
- If your date pays for anything on a date, including dinner or a movie, you owe him sex.
- If a male is aroused, then he must have sex.
- 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 any time for any reason.**

### Facts:

- Kissing only means you agree to kiss – nothing else.
- Just because you are in your date's house or alone with someone does not mean you want to have sex.
- Sex is never owed for money or for buying you something.
- Sex is not a necessity for anyone, even if they are aroused.
- 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 someone without their consent.**