

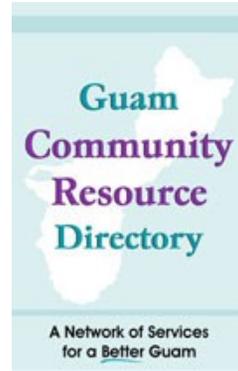
Safety Tips

- Attend social activities with friends. Agree to look out for one another and leave as a group.
- Do not take a ride or go with anyone that you do not know well.
- Alcohol is often called the '#1 Date Rape Drug'. Using drugs and alcohol can increase your risk for sexual violence.
- Be clear about your limits before you get into a sexual situation. Your body belongs to you and you always have the right to say 'NO!'
- Listen to your gut feeling. If you feel uncomfortable or threatened leave the situation immediately and go to a safe place.



For our Community Resource Directory and additional information please visit our website:

www.GuamCoalition.org



Read our Blogs: www.guamcoalition.blogspot.in



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Healthy Communities Against Sexual Violence



Guam Coalition
Against
Sexual Assault
& Family Violence

What is Sexual Violence?

Sexual Violence/Sexual Assault is when a sexual act is forced on a person against his or her will. It may happen in many ways.

Some types of sexual violence are:

- Rape (when someone is forced to have sexual intercourse, including vaginal, anal, or oral penetration by a body part or an object)
- Unwanted or inappropriate touching where there is an imbalance in age, size, power, or knowledge
- Incest (when someone is forced into sexual contact with a close relative)

It's important to know...

- Any sexual contact without you agreeing to it is against the law and can be prosecuted under Guam law.
- Sexual assault or rape is a crime of violence and is not about sexual passion or desire. It is meant to humiliate and control. Sex is used as a weapon.
- The person who commits sexual violence is usually someone that you know like an acquaintance, friend, neighbor or relative.
- No one deserves to be sexually assaulted. It is normal to feel guilt, shame, fear and confusion. There is counseling available to help with these feelings.



If you or someone you know has experienced sexual violence...

- Get away from the attacker and go to a safe place as fast as you can.
- Call 911 or the Guam Police Department.
- Call a friend or family member that you can trust. You can also call the rape crisis center and speak to someone who can help you.
- Do not wash, change clothes or clean up in any way. You will destroy valuable evidence that can be used by the police.

Where to go for help...

- **Healing Hearts Crisis Center** is Guam's rape crisis center and operates 24 hours a day, 7 days a week. Its services are free and includes a medical examination, treatment of sexually transmitted diseases, prevention of pregnancy as a result of the assault, HIV testing and counseling. Call: 647-5351
- **Victim Advocates Reaching Out** is an organization that provides an advocate, someone to be with you during the reporting process with the police and during the medical examination. They can provide clothes and sometimes emergency housing. They will help you understand what will happen when you go to the police and Healing Hearts Crisis Center. 24-Hour Hotline: 477-5552
- **Guam Police Department:** If you have been assaulted or raped and wish to report the crime, call 911 or proceed to the nearest precinct. A police officer will take a report of what happened. The Guam Police Department has advocates to help you through the process.
- **Guam Memorial Hospital** provides medical treatment for serious injuries due to rape. Minor injuries are treated at Healing Hearts Crisis Center.

NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT

NO MORE is a groundbreaking symbol designed to galvanize change and radically increase the awareness of domestic violence and sexual assault in our communities.

KNOW MORE. Learn the signs of domestic violence and listen without judgment to victims/survivors of sexual assault. Get the facts and know the resources available.

Say NO MORE. Break the Silence Speak out. Seek help when you see this problem or harassment of any kind in your family, your community, your workplace or school.

Share NO MORE. Share the NO MORE symbol with everyone you know. Facebook it. Tweet it. Pin it. Instagram it. Email it. Wear it. Help to increase awareness about the extent of domestic violence and sexual assault. Visit the NO MORE Shop at nomore.org.

Ensure NO MORE. Get involved. Volunteer in your community, or donate to a local, state or national domestic violence sexual assault organization.

***Visit nomore.org for more information.**