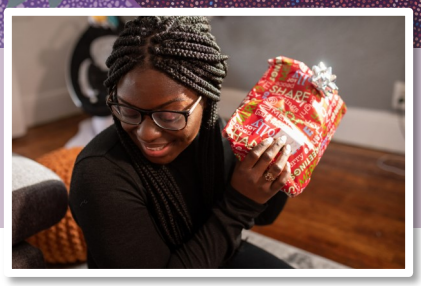
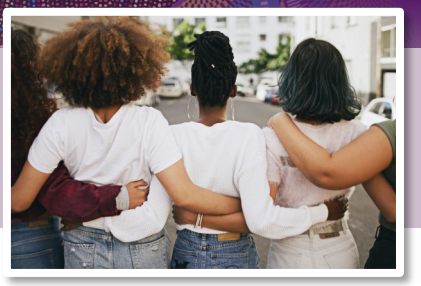
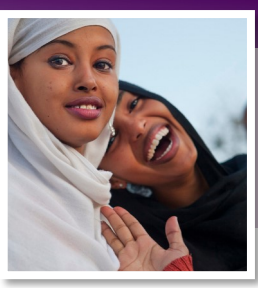

Safety, Security & Healing

Sexual violence (SV) can impact anyone—and when it happens in our closest communities and in spaces we have always felt safe, it is especially upsetting. By working together to understand our rights and learn how to find help, we can heal and take action to prevent future abuse.

Understanding SV

- **Sexual violence** is unwanted sexual contact. It can include words, actions or physical touch that you did not consent to.
- Any type of sexual violence, like **assault or abuse,** can negatively impact health and well-being, as well as family, friends and communities.

My Body, My Choice

- **Consent** means giving permission or agreeing to something without being pressured.
- You always have the right to say no to sexual activity, even if you have said yes before.
- Just because you know someone doesn't mean they are allowed to pressure you.

It's Not Your Fault

- If you experience sexual violence, **it's not your fault.**
- You **always** deserve to be safe, no matter where you are and who you are with.
- You are not alone. Trusted friends—and organizations like Sauti Yetu—are here to support you.

Lots of things in our lives—our gender, our culture, our religion, our family structure and much more—can impact how we feel about sexual activity and what counts as sexual violence or assault. It is normal to have complex feelings, and it's okay to ask for help. If you would like to learn more, or if you have been affected by sexual violence and need help, there are lots of resources available.

Additional Resources

- **National Sexual Assault Hotline (RAINN): 1-800-656-HOPE and rainn.org**
- **Alliance for Immigrant Survivors: immigrantsurvivors.org/resources-1**
- **Restore Forward (Black Women's Blueprint): restoreny.org/black-womens-blueprint**
- **Womankind: iamwomankind.org/sexual-violence/**
- **Sauti Yetu: 646-988-6073 or sautiyetunyc.org**

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