

SELF CARE

- ◆ Food – Food is a type of self-care that people often overlook.
- ◆ Exercise – Exercise can help combat feelings of sadness or depression and prevent chronic health problems.
- ◆ Sleep
- ◆ Medical care – Getting medical attention when you need it is an important form of physical self-care.
- ◆ Counseling – This could mean seeing a psychologist, a clinical social worker, therapist, or clergy.
- ◆ Keeping a journal – Some survivors find that recording their thoughts and feelings in a journal or diary helps them manage their emotions after an assault.
- ◆ Meditation/Relaxation – Meditation or relaxation techniques help many survivors with their emotional self-care.
- ◆ Native Americans have their own unique ways of healing themselves.
 - *Smudging
 - *Participating in ceremony
 - *Sweat lodges
 - *Seeking help from a trusted spiritual leader

Get support for yourself.

The more you care, the more you are affected.

HOW TO HELP

- Validate the person's feelings
- Believe them
- Reassure them that it is not their fault
- Connect them with services
- Encourage them to seek medical help
- Listen
- Be supportive

Available Resources

- ◆ **Spirit Lake Victim Assistance Program**
701-766-1816
- ◆ **SAAF Shelter**
701-662-7678
- ◆ **Turtle Mountain Hearts of Hope**
701-477-0002
- ◆ **Ft. Berthold Domestic Violence Program**
701-627-4171
- ◆ **Pretty Bird Women's House**
605-823-7233
- ◆ **Trenton Area Domestic Violence Program**
701-774-1026
- ◆ **First Nation's Women's Alliance**
701-662-3380 or 1-877-286-FNWA
- ◆ **North Dakota Council on Abused Women's Services**
701-255-1904 or Toll Free 1-888-255-6240
- ◆ **RAINN (RAPE, ABUSE, INCEST NATL NETWORK)**
1-800-656-HOPE
- ◆ **Dakota Children's Advocacy Center**
701-323-6864
- ◆ **Red River Children's Advocacy Center**
701-234-4580
- ◆ **Northern Plains Children's Advocacy Center**
701-852-3328

RIGHTS OF SEXUAL ASSAULT VICTIMS

- ◆ To Be Believed
- ◆ To Be Safe
- ◆ To Be Supported
- ◆ To Heal
- ◆ To Have a Sense of Justice
- ◆ To Be Re-Empowered to Make their own Choices
- ◆ To have options and Good Information
- ◆ To Not be Re-Victimized
- ◆ To Have Rights Protected
- ◆ Right to Confidentiality

IF YOU ARE IN IMMEDIATE DANGER , CALL 911

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SEXUAL ASSAULT IN INDIAN COUNTRY



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WHAT IS SEXUAL ASSAULT?

- ◆ Any sexual behavior between individuals to which one person does not or cannot give full and free consent.
- ◆ When sex takes place, it must be between two willing partners who give clear consent. If there is physical force or coercion, or a person is unwilling or unable to give consent, it is sexual assault.

TYPES OF SEXUAL ASSAULT

- ◆ Harassment
- ◆ Exposing
- ◆ Obscene phone calls
- ◆ Frotteurism-Rubbing/Contact
- ◆ Voyeurism-Watching
- ◆ Forcing a person to pose for sexual pictures
- ◆ Forcing a person to look at pornography
- ◆ Videotaping or photographing a person without that person's consent
- ◆ Rape
 - *Acquaintance/Date Rape.
 - *Marital Rape
 - *Force Rape
 - *Sodomy
 - *Digital Penetration

DRUG FACILITATED SEXUAL ASSAULT

Drug facilitated sexual assault (DFSA) is the most common type of sexual assault. Drugs and alcohol are used to decrease the resistance of potential victims. Perpetrators of sexual assault are attracted to environments in which drugs and alcohol are used, such as bars, parties, concerts, raves, or sporting events. Perpetrators prey on potential victims by observing them, grooming them to gain their trust, and eventually isolating and assaulting them. Perpetrators of sexual assault tend to manipulate, coerce, and isolate victims by making plans that include the use of drugs or alcohol.

BJS 2003
NM Dept. of Health 2003

TYPES OF DFSA

- Alcohol, most commonly used rape drug
- GHB, (Gamma Hydroxybutyrate)
- Benzodiazepines such as Rohypnol or Valium
- Ecstasy
- Narcotic Pain Killers

SEXUAL ASSAULT FACTS

According to our population size Native Americans make up less than 3% of the population.

- ◆ According to data gathered by the US Dept. of Justice Native American women are more than 2.5 times more likely to be raped or sexually assaulted than women in the USA in general.
- ◆ Native American women are less likely to get the services they need after a crime happens.
- ◆ Native American women are more likely to suffer long term effects of violence in our lives.
- ◆ Nationally, 1 out of 4 women will be assaulted physically or sexually by the time she is 18.
- ◆ For Native women it is 1 out of 3 and that is based on statistics gathered by LE and DOJ reporting agencies. ***MANY CRIMES ARE NOT REPORTED, SO THE COUNT CAN BE HIGHER.**
- ◆ Nationally, 1 out of 6 men will be assaulted by the time he is 18.
- ◆ For our Native men it is 1 out of 5, before age 18.

SEXUAL ASSAULT MYTHS

- ◆ Rape is caused by the rapist uncontrollable sexual urge.
- ◆ Most sexual assaults are false.
- ◆ Most rapists are stranger to their victims.
- ◆ If victims didn't drink, they wouldn't be sexually assaulted.
- ◆ If the victim did not physically struggle or fight the assailant, then it wasn't really rape.
- ◆ If the victim was really raped, the victim would report immediately to either law enforcement or the hospital.

A Nation is not conquered until the hearts of its women are on the ground. Then, no matter how brave its warriors nor how strong their weapons, its done.

Cheyenne proverb

VICTIM CONCERNS

- ◆ Fear
- ◆ Guilt
- ◆ Anxiety
- ◆ Distrust
- ◆ Isolation
- ◆ Loss of self-worth
- ◆ Depression
- ◆ Sleeplessness
- ◆ Suicide
- ◆ Substance Abuse
- ◆ Eating Disorders
- ◆ PTSD
- ◆ Increased sexual behavior
- ◆ Decreased sexual behavior
- ◆ Self Cutting

WHAT YOU SHOULD DO

- ◆ Get medical care as soon as possible after the assault.
- ◆ Try not to shower, douche, or change clothes before getting medical attention.
- ◆ Take a change of clothes to the hospital if possible.
- ◆ Tell medical staff the location of any bruises, cuts, and scratches, as well as places on your body where you may have been held, grabbed, or punched.
- ◆ Answer as directly as possible any questions the police or medical staff may ask. You can ask for an explanation if you don't understand why a question is necessary.
- ◆ Beware you may not recall all the details during your first interview with law enforcement.
- ◆ Call your local sexual or domestic violence crisis center. They may be able to send an advocate to the hospital, who will explain your options and offer you support.
- ◆ Know that working with a trusted counselor or advocate can help you find recovery.

