



April is Sexual Assault Awareness Month

What can you do to recognize Sexual Assault Awareness Month?

- **Learn the facts, and speak out against violence**—Education is our strongest defense in the fight to stop rape. There are so many myths regarding rape victims, rapists, and the crime of rape. Not only do we need to educate ourselves about the realities, we also need to speak out when we see or hear others who support these misconceptions.
- **Find out different ways you can volunteer or lend a hand to your local rape crisis center**—Rape Crisis Centers are continually under-staffed and funded. They often have to rely on the compassion and dedication of their volunteers. Opportunities are always available. Ranging from hotline counselors & advocates to assisting with mailings and health fairs, Rape Crisis Centers need your help. They provide their staff with excellent training and ongoing support.
- **Contact your local representatives and senators**—Let your local state legislators know that you want them to support local Rape Crisis Centers, and for them to show their support through budget increases and passing necessary legislation.
- **If you are a survivor...Speak out**—This does not mean you should tell your story to everyone. Speak out and break the silence by getting help. You are not alone! Free and confidential counseling is available.

*North Shore Rape Crisis Center
1-800-922-8772*