

*New Jersey*  
**RESOURCE GUIDE**  
*for Women*

**Section XVII:**

**SEXUAL VIOLENCE**



State of New Jersey  
Department of Community Affairs  
Summer 2011

**ALPHABETICAL DIRECTORY OF INFORMATION AND SERVICES**

<b>Service</b>	<b>Page Number</b>
Help is Available Whether You Were Assaulted Minutes Ago or Many Years Ago	3, 4, 5, 6
If You Have Been Sexually Victimized	2
Myths and Facts About Sexual Violence	1
New Jersey Coalition Against Sexual Assault (NJCASA)	3
New Jersey Sexual Violence Programs	4, 5
Options Available To You If You Become the Victim of Sexual Violence	3
Rape, Abuse & Incest National Network (RAINN) - National Sexual Assault Hotline	6
Sexual Violence Can Happen To Anyone	1
Sexual Violence is Epidemic in the United States	2
Sexual Violence Survivors May Experience Emotional, Physical and Psychological Trauma	3

**Sexual Violence**

- Sexual violence is any form of unwanted, unwelcome or coercive sexual behavior.
- Sexual violence exists on a continuum from sexual harassment to rape and can include anything from stalking/sexual stalking on the Internet to inappropriate touching to penetration without the victim’s **a) consent** or **b) with a victim who is unable to consent**. A victim who is unable to consent is someone:
  - Under the age of 13
  - Under the age of 16 when the assailant is at least four years older
  - With diminished mental capacity—which can mean a victim who is drugged, drunk, high, unconscious or has a developmental disability

**Myths and Facts About Sexual Violence**

MYTHS	FACTS
<p>Kissing/touching means you want to have sex.</p> <p>Going back to your date’s house or to someone’s room means you want to have sex.</p> <p>If your date pays for anything on a date, including dinner or a movie, you owe him sex.</p> <p>If a male is aroused, then he must have sex.</p> <p>If you have had sex with someone before, that person can have sex with you anytime.</p> <p><b>These statements are NOT true. You DO NOT owe anyone sex at anytime for any reason.</b></p>	<p>Kissing only means you agree to kiss – nothing else.</p> <p>Just because you are in your date’s house or alone with someone does not mean you want to have sex.</p> <p>Sex is never owed for money or for buying you something.</p> <p>Sex is not a necessity for anyone, even if they are aroused.</p> <p>You have the right to say no or to change your mind about having sex at any time.</p> <p>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.</p> <p>Most rapes are committed by people the victim knows.</p> <p><b>NO ONE is entitled to have sex with you without your consent.</b></p>

**Sexual Violence Can Happen To Anyone**

- Sexual violence can happen to anyone regardless of employment or educational level, race or ethnic background, religion, marital status, physical ability, age, or sexual orientation.

**Sexual Violence is an epidemic in the United States**

- A sexual assault occurs every two minutes in the United States.  
*(Rape, Abuse & Incest National Network (RAINN), 2001)*
- Nearly one in four women may experience sexual violence by an intimate partner in her lifetime.  
*(Jewkes, Sen, and Garcia-Moreno, 2002)*
- Sexual assaults are one of the most underreported crimes in the United States—only 16 percent of all sexual assaults are reported to law enforcement.  
*(Rape in America: A Report to the Nation, 1992)*
- While the \*New Jersey Uniform Crime Report from 2009 indicates that 1,041 sexual assaults were reported to law enforcement in New Jersey during that year, Sexual Violence Programs funded by the New Jersey Division on Women served 3,431 new primary victims and 751 secondary victims during that same year—over 3 times the number indicated in the 2009 New Jersey Uniform Crime Report.
- In 2009, Sexual Violence Programs funded by the New Jersey Division on Women answered 15,129 hotline calls, accompanied victims through 1,958 medical and legal proceedings, and provided 12,235 individual counseling sessions.

*\*Information noted above provided by the NJ Sexual Violence Programs to Division On Women's Rape Care Program and the 2009 Uniform Crime Report*

**If You Have Been Sexually Victimized**

- 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 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. Hospitals and satellite emergency departments are required to provide care and information to sexual assault victims about emergency contraception and the contraceptives upon request.
- 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. It is important to note that although evidence may only be held for a minimum of 90 days, there is no statute of limitation on reporting sexual assault crimes. Reports can be made, at any time, even after evidence has been destroyed.

**Sexual Violence Survivors May Experience the Following Emotional, Physical and Psychological Trauma**

- Anxiety
- Chronic Pain
- Confusion
- Depression
- Diminished ability to think, concentrate or act decisively
- Eating Disorders
- Embarrassment
- Fatigue
- Fear
- Guilt/ Feelings of Worthlessness
- Health issues  
(i.e. unwanted pregnancy, sexually transmitted infections, and additional physical injuries)
- Helplessness
- Hopelessness
- Loneliness/ Isolation/ Withdrawal
- Nausea
- Nightmares
- Post Traumatic Stress Disorder
- Rape Trauma Syndrome
- Sleeping disorders
- Suicidal Ideation (thoughts)

**Options Available To You If You Become the Victim of Sexual Violence**

- **A Confidential Sexual Violence Advocate (CSVA)** from the county Sexual Violence Program is available 24 hours-a-day to accompany you through all medical, legal and court procedures. A CSVA is someone who has received specialized training in the dynamics of sexual violence and is knowledgeable about assisting victims through the aftermath of a sexual assault. CSVA's can provide emotional support and information to you and your significant others, as well as explain your options.
- **Crisis counseling** is also available at each county Sexual Violence Program. All services are free and confidential, and are available regardless of when the assault occurred or whether a victim reports the crime.
- If a sexual assault happened within the past five days and you are over the age of 13, the county **Sexual Assault Response Team (SART)** can be activated 24 hours-a-day. The **SART** consists of the following **three professionals** who are trained to help you if you are sexually assaulted:
  - A **Confidential Sexual Violence Advocate (CSVA)**
  - A **specially law enforcement officer**
  - A **Sexual Assault Nurse Examiner (SANE)**

**Contact your county Sexual Violence Program for more information or to have SART activated.**

**Help is Available Whether You Were Assaulted Minutes Ago or Many Years Ago****New Jersey Coalition Against Sexual Assault (NJCASA)**

**Hotline:** 1-800-601-7200

**Phone:** 609-631-4450

**Web:** <http://www.njcasa.org/>

- ◆ NJCASA is the collective voice for victims of sexual violence, their loved ones and Sexual Violence Programs across NJ. Its member centers represent each of NJ's 21 counties. This 24-hour hotline will connect individuals affected by sexual violence with professionals that provide assistance and referrals. Calls to this toll-free hotline will be routed to the individual's closest Sexual Violence Program.

New Jersey Sexual Violence Programs	
<b>Atlantic County</b> Atlantic County Women's Center	<b>24 Hr. Hotline:</b> 609-646-6767 <b>Toll free:</b> 800-286-4184 <b>TTY:</b> 609-645-2909
<b>Bergen County</b> YWCA of Bergen County	<b>24 Hr. Hotline:</b> 201-487-2227 <b>Toll free:</b> 732-214-2786 <b>TTY:</b> 201-487-0916
<b>Burlington County</b> CONTACT of Burlington County	<b>24 Hr. Hotline:</b> 856-234-8888 <b>Toll free:</b> 1-866-234-5006
<b>Camden County</b> Services Empowering Rape Victims - Family Counseling Services	<b>24 Hr. Hotline:</b> 1-866-295-SERV [7378] <b>TTY:</b> 1-800-852-7897
<b>Cape May County</b> CARA, Inc. (Coalition Against Rape & Abuse, Inc.)	<b>24 Hr. Hotline:</b> 609-522-6489 <b>Toll free:</b> 877-294-CARA [2272] <b>TTY:</b> 609-463-0818
<b>Cumberland County</b> Services Empowering the Rights of Victims - Family Counseling Services	<b>24 Hr. Hotline:</b> 1-866-295-SERV [7378] <b>TTY:</b> 856-853-5689
<b>Essex County</b> Essex County Rape Care Program Family Service League, Inc.	<b>24 Hr. Hotline:</b> 1-877-733-CARE [2273]
<b>Gloucester County</b> Services Empowering Rape Victims	<b>24 Hr. Hotline:</b> 1-866-295-SERV [7378] <b>TTY:</b> 856-881-9323
<b>Hudson County</b> Services to Victims of Sexual Assault Christ Hospital Mental Health Center	<b>24 Hr. Hotline:</b> 201-795-5757
<b>Hunterdon County</b> SAFE in Hunterdon	<b>24 Hr. Hotline:</b> 908-788-4044 <b>Toll free:</b> 888-988-4033 <b>TTY:</b> 866-954-0100
<b>Mercer County</b> Womanspace, Inc.	<b>24-Hr. Hotline:</b> 609-394-9000 <b>TTY:</b> 609-392-2990
<b>Middlesex County</b> Rape Crisis Intervention Center	<b>24-Hour Toll free Hotline:</b> 877-665-7273
<b>Monmouth County</b> 180 Turning Lives Around	<b>Toll free:</b> 888-264-RAPE [7273] <b>TTY:</b> 732-264-3089
<b>Morris County</b> Morris County Sexual Assault Center	<b>24 Hr. Hotline:</b> 973-829-0587

New Jersey Sexual Violence Programs	
<b>Ocean County</b> Rape Crisis Services Long Beach Island Community Center	<b>24 Hr. Hotline:</b> 609-494-1090 [Southern Ocean County] <b>24 Hr. Hotline:</b> 732-370-4010 [Northern Ocean County] <b>TTY:</b> 609-494-0441
<b>Passaic County</b> Passaic County Women's Center Rape Crisis Program	<b>24-Hr. Hotline:</b> 973-881-1450 <b>TTY:</b> 973-278-8630
<b>Salem County</b> Salem County Women's Services	<b>24-Hr. Hotline:</b> 856-935-6655 <b>Toll free:</b> 888-632-9511 <b>TTY:</b> 856-935-7118
<b>Somerset County</b> Sexual Assault Support Services Women's Health and Counseling Center	<b>24-Hr. Hotline:</b> 908-526-7444 <b>TTY:</b> 908-809-1597
<b>Sussex County</b> Domestic Abuse Services, Inc.	<b>24-Hr. Hotline:</b> 973-875-1211 <b>TTY:</b> 973-875-6369
<b>Union County</b> Union County Rape Crisis Center	<b>Hotline &amp; Office:</b> 908-233-RAPE [7273] <b>TTY:</b> 908-518-0183
<b>Warren County</b> Domestic Abuse & Sexual Assault Crisis Center (DASACC)	Emergency Shelter <b>24-Hr. Hotline:</b> 908-453-4181 <b>Toll free:</b> 1-866-6BE-SAFE [623-7233] <b>TTY:</b> 908-453-2553

### New Jersey Sexual Violence Programs

**Web:** <http://www.nj.gov/dca/divisions/dow/resources/countyresourcesrcc.html>

- New Jersey Sexual Violence Programs provide essential and valuable services to victims of sexual violence and their significant others. Survivors can access services at any time, regardless of when the sexual violence occurred or whether the survivor reported the sexual assault to law enforcement.
- Services available in each county include:
  - 24-hour hotline and crisis intervention
  - 24-hour accompaniment to hospitals, police stations and court proceedings
  - Crisis counseling for survivors and their families and partners
  - Information and referrals for additional services
  - Presentations to school aged and college students
  - Community awareness and educational programs
  - Training for professionals
  - Prevention planning and related efforts to reduce the incidences of sexual violence perpetration

**Rape, Abuse & Incest National Network (RAINN) - National Sexual Assault Hotline**

**Toll Free:** 1-800-656-4673 [HOPE]

**Web:** <http://www.rainn.org/>

- ◆ The Rape, Abuse & Incest National Network (RAINN), the nation's largest anti-sexual assault organization run The National Sexual Assault Hotline. RAINN carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice. Calls to this toll-free hotline will be routed to the individual's closest rape care center.