

NJ Resource Guide for Women

Section XVII:

SEXUAL VIOLENCE

**NJ Department of Community Affairs
Division on Women
Spring 2009**

SEXUAL VIOLENCE

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

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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 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 2004 indicates that 1,328 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 4,226 new primary victims and 1,287 secondary victims during that same year—over three times the number indicated in the 2004 New Jersey Uniform Crime Report.
- In 2004, Sexual Violence Programs funded by the New Jersey Division on Women answered 21,287 hotline calls, accompanied victims through 2,411 medical and legal proceedings, and provided 15,462 individual counseling sessions.

Information noted above provided by the NJ Sexual Violence Programs to Division On Women's Rape Care Program and the 2004 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 even after evidence has been destroyed.

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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 **three professionals** who are trained to help you if you are sexually assaulted—a **Confidential Sexual Violence Advocate (CSVA)**, a **specially trained police officer** and 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.

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Rape, Abuse & Incest National Network (RAINN) - National Sexual Assault Hotline
Toll Free: 1 (800) 656-4673

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.

New Jersey Sexual Violence Programs	
Atlantic County Atlantic County Women's Center	24 Hr. Hotline: 609-646-6767 Toll free: 800-286-4184 TTY: 609-645-2909
Bergen County YWCA of Bergen County	24 Hr. Hotline: 201-487-2227 Toll free: 800-221-5168 TTY: 201-487-0916
Burlington County CONTACT of Burlington County	24 Hr. Hotline: 856-234-8888 Toll free: 1-866-234-5006 TTY: 800-852-7899
Camden County Services Empowering Rape Victims - Family Counseling Services	24 Hr. Hotline: 866-295-SERV [7378] TTY: 800-852-7897
Cape May County CARA, Inc. (Coalition Against Rape & Abuse, Inc.)	24 Hr. Hotline: 609-522-6489 Toll free: 877-294-CARA [2272] TTY: 609-463-0818
Cumberland County Cumberland County Guidance Center Sexual Assault Program	24 Hr. Toll free Hotline: (800) 601-7200
Essex County Essex County Rape Care Program Family Service League, Inc.	24 Hr. Hotline: 1-877-733-CARE [2273]
Gloucester County Services Empowering Rape Victims	24 Hr. Hotline: 1-866-295-SERV [7378] TTY: (856) 881-9323
Hudson County Services to Victims of Sexual Assault Christ Hospital Mental Health Center	24 Hr. Hotline: (201) 795-5757
Hunterdon County Women's Crisis Services	24 Hr. Hotline: 908-788-4044 Toll free: 888-988-4033 TTY: (908) 788-4044 or 866-954-0100

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New Jersey Sexual Violence Programs	
Mercer County Womanspace, Inc.	24-Hr. Hotline: 609-394-9000 TTY: 888-252-7233
Middlesex County Rape Crisis Intervention Center	24-Hour Toll free Hotline: 877-665-7273
Monmouth County 180 Turning Lives Around	Toll free: 888-264-RAPE [7273] TTY: 732-264-3089
Morris County Morris County Sexual Assault Center	24 Hr. Hotline: 973-829-0587
Ocean County Rape Crisis Services Long Beach Island Community Center	24 Hr. Hotline: (609) 494-1090 [Southern Ocean County] 24 Hr. Hotline: (732) 370-4010 [Northern Ocean County] TTY: 609-494-0441
Passaic County Passaic County Women's Center Rape Crisis Program	24-Hr. Hotline: 973-881-1450 TTY: 973-993-0183 or 973-993-0186
Salem County Salem County Women's Services	24-Hr. Hotline: 856-935-6655 Toll free: 888-632-9511 TTY: 856-935-7118
Somerset County Sexual Assault Support Services Women's Health and Counseling Center	24-Hr. Hotline: 908-526-7444 TTY: 908-809-1597
Sussex County Domestic Abuse Services, Inc.	24-Hr. Hotline: 973-875-1211 TTY: 973-875-6369
Union County Union County Rape Crisis Center	Hotline & Office: 908-233-RAPE [7273] TTY: 908-518-0183
Warren County Domestic Abuse & Rape Crisis Center (DARCC)	24-Hr. Hotline 908-453-4181 Toll free: 1-866-6BE-SAFE [623-7233] TTY: 908-453-2553

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New Jersey Sexual Violence Programs:

- 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