

# GROWING A MOVEMENT. SUPPORTING SURVIVORS.

## NEW JERSEY COALITION AGAINST SEXUAL ASSAULT

### What is Sexual Violence?

Sexual violence is any type of unwanted sexual contact, ranging from personal attitudes and behaviors to sexual assault and rape.

A person may use force, threats, manipulation, or coercion to commit sexual violence. Social norms like using power over others, traditional gender roles, and silence about violence and abuse contribute to ongoing abuse and sexual violence.

Sexual assault can happen to anyone regardless of age, race, ethnicity, religion, geography, ability, appearance, sexual orientation, and gender identity.

### Sexual Violence in the U.S.

A recent survey found that nearly 1 in 5 women and 1 in 71 men in the United States have been raped at some time in their lives (Black et al., 2011). In the same national survey,

- 44.6% of women reported experiencing sexual violence other than rape during their lifetime.
- 13% of women reported experiencing sexual coercion.
- 27.2% reported experiencing unwanted sexual contact.
- 33.7% reported experiencing non-contact unwanted sexual experiences during their lifetime.

new jersey coalition  
against sexual assault



**Begin by Believing**

### Learn More. Support Each Other.

These statistics mean that each of us has been impacted by sexual violence—either directly or indirectly. We may know a friend, fellow student, co-worker, or family member that needs our help and support.

### I, or someone I know, experienced sexual violence as a child. Does this happen often?

Child sexual abuse occurs when a person exposes a child to sexual acts or behaviors. It is never the child's fault – children rely on the people in their lives for support, safety, and respect. It is estimated that about 1 in 12 children are sexually abused each year (Finkelhor, Ormrod, Turner, & Hamby, 2005) and 1 in 3 girls and 1 in 7 boys will be sexually abused before the age of 17 (Briere & Elliott, 2003).

### I've heard a lot about sexual assault on college campuses...

Sexual assaults do happen on college campuses, with more efforts needed to adopt better school policies and practices to hold offenders accountable and give victims a better response. NJCASA has an initiative linking colleges and activists in New Jersey to end sexual assault on campuses.

### What can I do?

The crucial first step is to acknowledge that sexual violence is a community problem, not an individual problem. We all share a responsibility to eliminate the threat or experience of being violated. NJCASA provides technical assistance and trainings to organizations and communities that want to end sexual violence.

For information on training, resources, or ways you can support a safer New Jersey, email [info@njcasa.org](mailto:info@njcasa.org), visit us online at [www.njcasa.org](http://www.njcasa.org), or call 609-631-4450.

## Who is NJCASA?

The New Jersey Coalition Against Sexual Assault (NJCASA) is part of a collective effort that focuses on identifying and supporting state and national trends in sexual violence intervention and prevention. NJCASA also works with the dedicated people at the 22 sexual violence agencies as they serve survivors of sexual assault and engage communities in prevention. We also partner with other professionals committed to addressing sexual violence.

## TRAINING

NJCASA offers regular training through our Training Institute; focusing on issues relevant to New Jersey rape crisis centers and community partners.

## ADVOCACY

NJCASA supports legislation and state policies that put survivors first and create affirming response systems. We also work with other statewide organizations to create a groundswell of support for pertinent issues.

## COLLABORATION

We respect all voices and welcome additional collaborative partners who are seeking justice for survivors and are working to end systems of inequality that promote violence.

## Begin by Believing

NJCASA affirms all survivors of sexual violence and their families and encourages communities to create supportive spaces for survivors by:

- Believing that the victim is **never** to blame for an attack.
- Saying "I believe you" when a survivor shares the experience with you.
- Believing that all of us have a role in creating safer communities.

You have the power to create change and empower a survivor of sexual violence.

## NJCASA Sexual Violence Agencies

|  |                              |
|--|------------------------------|
| <b>Atlantic County</b><br>The Women's Center   | 800-286-4184                 |
| <b>Bergen County</b><br>healingSPACE   | 201-487-2227                 |
| <b>Burlington County</b><br>CONTACT of Burlington County                                     | 866-234-5006                 |
| <b>Camden County</b><br>SERV of Camden County  | 866-295-7378                 |
| <b>Cape May County</b><br>Coalition Against Rape and Abuse                                   | 877-294-2272                 |
| <b>Cumberland County</b><br>SERV of Cumberland County  | 800-225-0196                 |
| <b>Essex County</b><br>S.A.V.E. of Essex County  | 877-733-2273                 |
| <b>Gloucester County</b><br>SERV of Gloucester County  | 866-295-7378                 |
| <b>Hudson County</b><br>Hudson County Rape Crisis Center                                     | 201-795-5757                 |
| <b>Hunterdon County</b><br>SAFE in Hunterdon   | 888-988-4033                 |
| <b>Mercer County</b><br>Womanspace   | 609-394-9000                 |
| <b>Middlesex County</b><br>Middlesex County Center for Empowerment                           | 877-665-7273                 |
| <b>Rutgers University</b><br>Office for Violence Prevention & Victim Assistance              | 848-932-1181                 |
| <b>Monmouth County</b><br>180 Turning Lives Around   | 888-264-7273                 |
| <b>Morris County</b><br>Morris CARES<br>(Morris County Sexual Assault Center)                | 973-829-0587                 |
| <b>Ocean County</b><br>St. Francis Counseling Services (Northern)<br>(Southern Ocean County) | 732-370-4010<br>609-494-1090 |
| <b>Passaic County</b><br>Passaic County Women's Center                                       | 973-881-1450                 |
| <b>Salem County</b><br>Salem County Women's Services   | 888-632-9511                 |
| <b>Somerset County</b><br>Women's Health & Counseling Center                                 | 908-526-7444                 |
| <b>Sussex County</b><br>DASI – Sexual Assault Program  | 973-875-1211                 |
| <b>Union County</b><br>Union County Rape Crisis Center                                       | 908-233-7273                 |
| <b>Warren County</b><br>Domestic Abuse & Sexual Assault Crisis Center                        | 866-623-7233                 |

## References

- Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 summary report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/violenceprevention/nisvs/>
- Briere, J., & Elliott, D. M. (2003). Prevalence and psychological sequelae of self-reported childhood physical and sexual abuse in a general population sample of men and women. *Child Abuse & Neglect*, 27,1205-1222. doi:10.1016/j.chiabu.2003.09.008
- Finkelhor, D., Ormrod, R., Turner, H., & Hamby, S. L. (2005). The victimization of children and youth: A comprehensive, national survey. *Child Maltreatment*, 10,5-25. doi:10.1177/1077559504271287