

# Playing it S.A.F.E.

**Sexual Violence** is any type of nonconsensual sexual activity. There are many different forms of sexual violence.

**Sexual Harassment** includes comments, gestures, actions, or attention negatively focusing on attributes like a person's sexual orientation, appearance or sexual activity.

**Sexual Assault** is any type of sexual contact that is unwanted, not consensual or forced on someone.

**Rape** is forced, unwanted, nonconsensual sex.



If someone suffers from sexual violence, it is **NEVER** their fault!!!

## Negative Effects of Sexual Violence

### Short Term Effects

- Shock/disbelief
- Confusion
- Shame/withdrawal
- Flashbacks
- Emotional numbness
- Intense fear of the perpetrator
- Negative shifts in belief systems

### Long Term Effect

- Post Traumatic Stress
- Depression
- Substance abuse (alcohol/drugs)
- Eating/sleeping disorders
- Contemplating suicide or attempts
- Unsafe sexual behaviors - unprotected or indiscriminate sex.

You are **NOT ALONE**



## How Can Someone Overcome the Negative Effects of Sexual Violence?

- Acknowledging sexual violence occurred is the first step.
- Understand that what happened was **NOT YOUR FAULT!**
- Tell a trusted adult what happened, go to the Emergency Room, or call 911.
- Someone who suffers from sexual violence has many different feelings - there are no "wrong" feelings. Counselors help teens work through their feelings. Contact SEMO-NASV at 573.332.1900 for an appointment or referral to a counselor near you.

*As you acknowledge the truth of what happened, it will be easier to accept you are not responsible. You did not bring the sexual violence on yourself and have no reason to feel ashamed.*

*Feelings of guilt and shame often stem from misconceptions such as you didn't stop the assault from happening.*

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