

# Risk Reduction

Sexual Assault is never the fault of the person who gets hurt, but there are things we can do to try and stay safer.

- Don't assume that nothing will happen. Problem solve ahead of time and stick with your safety plan.
- Know that everyone has the right to say no to sex with anyone at any time no matter what.
- Use the way that you communicate to set clear boundaries and assist others in doing the same.
- Respect verbal and non-verbal boundaries set by others.
- Use assertive words and YELL, or find some other way to make a lot of noise!
- Trust your instincts.
- When possible avoid isolation with someone who makes you uncomfortable.
- Be aware of your intoxication level. Make safety plans with friends who are sober.
- If you are going into an unknown situation, bring along someone you trust, and stay together.
- Remember physical self defense as an option.

**These are all ideas and techniques to try and stay safer. They are not guarantees. Someone could do everything on this list and still be assaulted. Or, someone could do nothing on this list and it still wouldn't be their fault if they were assaulted.**

# Resources

North Coast Rape Crisis Team  
Humboldt (707)445-2881  
TTY(8:30-5, M-F)(707)443-2738  
Del Norte (707)465-2851  
TTY(8:30-5, M-F)(707)465-2031

Lighthouse (707) 268-5646  
Redwood Coast Regional Center  
(707) 445-0893  
Pathways (Regional Center consumers)  
(707)826-1886  
Tri-County Independent Living Inc.  
(707)445-8404  
TDD/TTY (707)445-8405

## Internet Resources

<http://www.geocities.com/discool.geo/>  
<http://www.disability-abuse.com/>  
<http://www.awol-texas.org>

**\*out of area websites may not accurately reflect local procedures.**

Classes are available through the North Coast Rape Crisis Team to meet a wide variety of issues and concerns. We can offer presentations on a range of subjects from warning signs of abuse, mandated reporting, personal safety and self defense training. We are also happy to specially tailor a class to meet your needs. Call our business office and talk to the education department for more information.

Brochure last updated: 1/21/10

# Access is Key



**NORTH COAST RAPE CRISIS TEAM  
(707) 445-2881 ~ 24 HOUR LINE  
(707) 443-2737 ~ BUSINESS LINE  
(707) 443-2738 ~ TTY LINE  
BUSINESS & TTY LINE AVAILABLE M-F, 8:30-5:00**

# The Facts

We recognize that everyone has different abilities and disabilities. We will work to the best of our ability to ensure our services meet the needs of everyone.

There are many forms of disabilities including but not limited to:

- Hidden Disabilities
- Mental Illness
- Developmental Disabilities
- Blindness & Visual Impairments
- Mobility Impairments
- Deafness and communication Impairments
- Learning Disabilities
- Acquired Brain Injuries and Stroke

Adults with a range of disabilities are sexual beings who have a right to safe and consensual sexual experiences.

A person with a disability is 2x more likely to be sexually assaulted than the general population.

Out of the 200 million people in the US, 39-54 million are living with disabilities That is 1 out of 4 people.

10% of the US population is severely disabled.

Among people who are developmentally disabled, **83% of females and 32% of males are sexually assaulted.**

# Sexual Assault

Sexual Assault includes any kind of unwanted sexual touch. This could be by someone you know or a stranger. Most sexual assaults happen by someone known to the survivor. In addition to the same risks experienced by society as a whole, some people with disabilities may face additional risk due to:

- Dependency on a care provider.
- Isolation from society and community assistance.
- Societal misconception that people with disabilities are asexual, and a lack of sexual education.
- Lack of accessibility to many community resources and supports.

## Access Issues

It can be difficult for anyone to report and receive appropriate services after a sexual assault. This difficulty can be further impacted for an individual with disabilities due to communicative or physical barriers. We recognize this difficulty and will work hard to help someone receive the emotional, medical and legal support they deserve. Our office is ADA compliant, and we will make all possible accommodations to meet the needs of individuals seeking our services. These accommodations could include transportation or assistance with communicative needs.

# FAQ's

## Who would abuse someone with a disability?

A person with disabilities, just like anyone else, could be assaulted by anyone. Most likely perpetrators would be someone known to them; family members, care providers, peers, etc.

## Can people with disabilities have consensual sex?

Yes. Adults with a range of disabilities can and do have consensual sex.

## Can someone with a physical disability learn and use physical self defense?

The women's self defense classes we teach at the North Coast Rape Crisis Team focus on the different strengths we all have as individuals.

If someone is unable to use certain parts of their body for physical self defense we will work with them to find other ways to accomplish the same goal of physical defense.

