

PLEASE CONSENT BEFORE READING

We Believe You.

National Sexual Assault Hotline:
1-800-656-4673

Need to talk to someone? Call:
1-800-SEX-HELP,
the national hotline for people who
feel at risk of committing a sex crime

This zine is copyright free! :)

Resources and
excerpts regarding
sexual assault and
accountability

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

You Deserve to be Happy. You Deserve to be Happy.

TW: Sexual Assault, Rape, Abuse, Adult Content

Need a break?



Color a Unicorn!

"The part of you that wants to heal is stronger than the part of you that's broken."

It was the sixth week of Lucy's freshman year, and she was dancing at a college party. She eventually went back to the dorm room of an athlete. "I remember knowing in my head, somehow, you had to scream "no" or yell "stop" at least three times. And because I didn't do that, I thought, well, I can't say this is sexual assault," said Lucy.

"He was a student athlete, so I never officially reported it. And I knew if I did that it would just be an uphill fight."

Lucy grew up in a family that centered around Big 10 sports, and she chose to go to her father's alma mater. "Having been raised a sports fan, I heard plenty of stories where 'athletes at the peak of their careers' were being 'accused' of rape, and then I saw the victims trashed in the press. I did not want that to be me."

Still, Lucy took steps to receive medical care after the assault, such as getting tested for STIs at the university health clinic. She had a negative experience with the examining physician that ultimately contributed to her sense of shame, and fear of not being believed. "Society told me this wasn't a big deal, and it was my fault. And that's how I felt."

Lucy faced challenges with depression, substance abuse, and anxiety as a result of the assault. She sought counseling and was able to complete her degree, but many years later was still suffering. She lost her voice—a struggle that would be difficult for any survivor, but was heartbreaking to a professional singer like Lucy. "I knew the therapy to get my [vocal cords working again] was to tell my story... but it wasn't easy to talk about."

Through activities like meditation, one-on-one therapy, group healing, and sharing her story with loved ones, Lucy found her voice again. As she grew stronger, she realized that her music had the potential to offer hope to other survivors of sexual assault, and she set to work on a new project commissioning works of music that explore her personal challenges with recovery and the larger, systemic challenges that make it difficult to prosecute perpetrators of sexual violence.

<https://www.rainn.org/survivor-stories/lucy>

A Personal Bill of Rights

I have the right:

- To ask for a date without being crushed if the answer is "no"
- To refuse a date without feeling guilty
- To suggest activities
- To refuse any activities, even if my date is excited about them
- To have my own feelings
- To choose to go to parties alone without feeling like I have to pair up with someone
- To say I think a friend's information is wrong or her/his actions unfair
- To tell someone I don't like her/him to interrupt me
- To have my limits respected
- To spend my money the way I want to, even if it's foolish
- To tell my partner I want affection
- To tell my partner I want physical closeness
- To refuse sex with anyone who just took me out on an expensive date
- To start a relationship slowly, to say, "I want to get to know you better before I get involved."
- To be myself without changing to suit others
- To tell my partner I want sex
- To refuse sex, or any other intimacy, anytime
- To be told a relationship is changing and not blame myself, or change myself to keep it going
- To an equal relationship with a man or a woman
- To not be dominate or be dominated
- To be quiet or assertive and not be misunderstood
- To act one way with one person and a different way with someone else
- To change my goals whenever I want to

"You are not alone. There are other people going through the same exact thing. I know it's really hard to do, but talking about it helps."

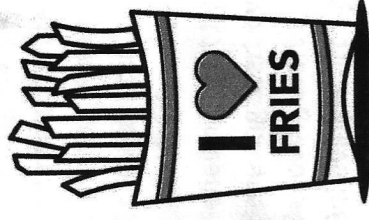
Sandra Gonzalez is a proud mom, a member of the Latinx community, and a survivor of sexual violence. When Sandra was in high school, she was raped by her neighbor whom she had trusted and considered a family friend. During the assault she felt paralyzed and was unable to move, and felt that she was no longer in her body but was watching the assault happen to her.

"It was like I was looking at myself from the outside. I had never experienced anything like that."

Sandra told a few close friends of hers that something had happened but didn't share any details. She didn't report the assault because she feared that no one would believe her, that she would be blamed, and that calling out the perpetrator would ruin the relationship between their families. Most of all, Sandra felt ashamed and embarrassed, and didn't report because she didn't want anyone to know what had happened to her. She was raised in a community that emphasized virginity before marriage, which caused Sandra to feel an additional layer of shame about what had happened to her.

<https://www.rainn.org/survivor-stories/sandras-story>

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific



A few years later when Tarhata's friends started having children and she and her husband had their son, she realized there was a lack of engaging and appropriate children books about healthy touch and relationships. She also found that the books that did exist did not feature any characters of color, something that had been a barrier for her seeing herself in characters in children's books when she was growing up and did not want her son to struggle with.

She decided to talk to parents and teachers about where students were learning about healthy touch and relationships. Students said they wished they learned more about this. There was a gap between teachers who thought that parents would talk to their children at home, and parents who thought teachers would educate students on the topics at school. Tarhata decided to do something about this—she conducted research and wrote her master's thesis on a nurse-led program for elementary school students on healthy bodies and relationships. She then wrote an illustrated children's book that will soon also be available in Spanish and Tagalog.

She recommends to parents that they reframe consent in child-friendly language and start talking about it early. "Consent is needed in every social setting. For kids, consent can be about sharing crayons with a classmate. I also like to use the concept of 'red light, green light' to talk about consent." She says that some people resist talking to kids about these topics because they do not discuss sex yet, but Tarhata says it's about learning respect, boundaries, and appropriate touch—which can be discussed at any age and applied to many topics.

<https://www.rainn.org/survivor-stories/tarhata-story>

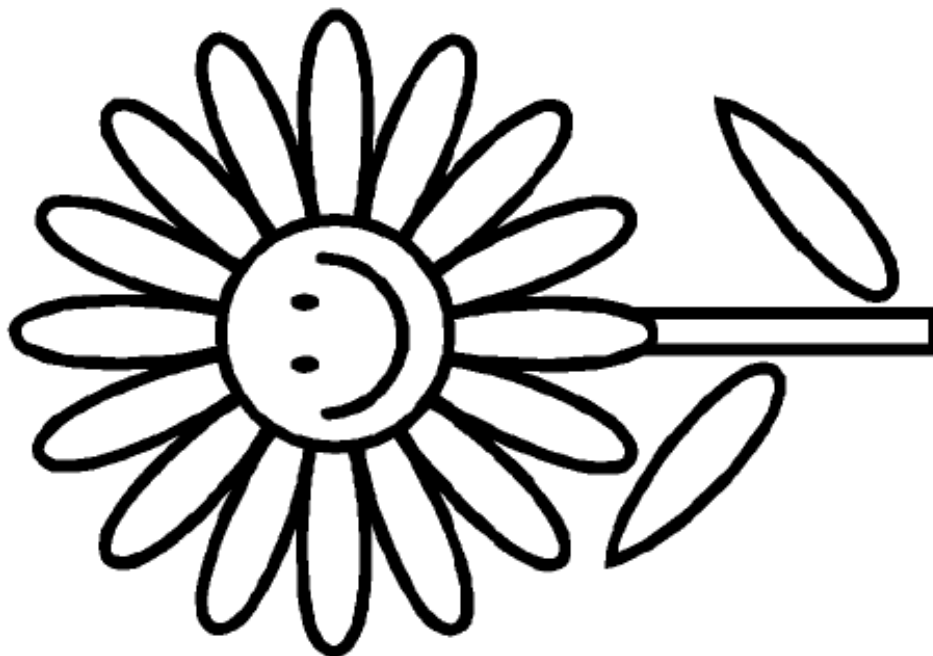
I PLEDGETO:

✔ START BY BELIEVING WHEN SOMEONE TELLS ME THEY WERE RAPED OR SEXUALLY ASSAULTED

✔ SUPPORT SURVIVORS ON THE ROAD TO JUSTICE AND HEALING

✔ HELP END THE SILENCE

A Happy Flower



For you to Color

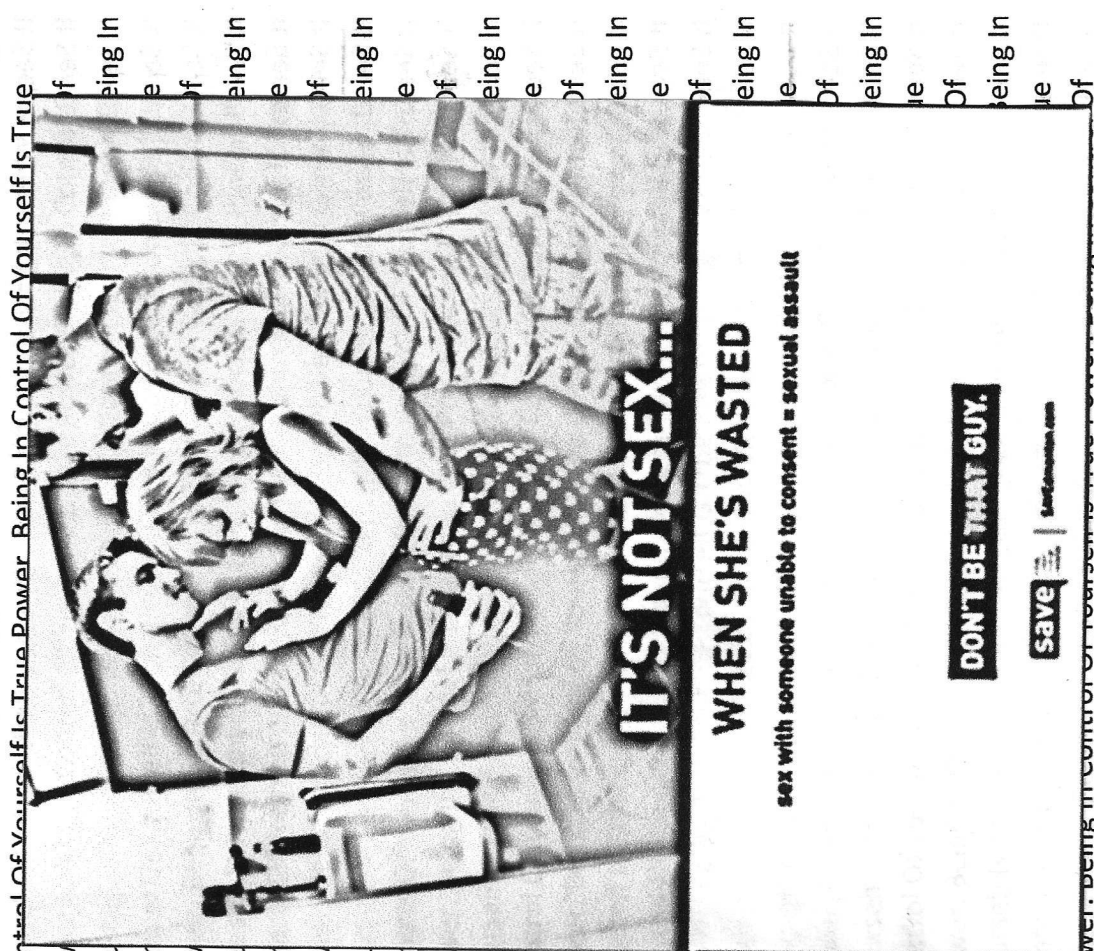
Consent

R E I S B E S I R O H T U A S T L
 A Y S D M E A Y R A T N U L O V R
 C M G E I N T I M I D A T I O N C
 T O T M N T F N A B S E N C E L A
 I S H R D Y I H L L R N R J S B Q
 V O N O S F F P O E A S I L F G G
 I O J F E Z U C S L E Q T R P Z N
 T D C N T U Z P O I T N E S N O C
 Y E U I F C E G R E S T K W S S V
 S C O V Q C O A E Q R J P A E A Q
 P I X R T V D N A R Z C P A Y N I
 E S H M Y N Q X D C U P I K E C B
 C I O R U N N O F O R S S O W T F
 I O T O D H N S D O N A S V N I E
 F N B T C H P W V G N E U E S O A
 I V K K R R H E M C S D Z M R N S
 C F L I S T E N E S R O D N E P R

Pressure Informed Absence Activity Specific approve Ask authorise Boundaries
 Coercion condone Consent Decision endorse Intimidation Listen Mindset No
 Respect sanction Voluntary Yes

when i was fourteen, my "boyfriend," who was eighteen, came over to my house. my parents had gone out of town and i was staying at a friend's house, but i went back to mine to hang out with "Kyle" for a while. we were lying on the couch, watching XXX, and i remember thinking that Vin Diesel was so hot. i hate watching him now. anyways, "Kyle" wanted to do things. we made out for a while and he wanted to do more, but i said no. before him, i had never done anything, not even held hands with a boy. he moved so that he was lying on top of me and pushed my sweat pants down. i'm sure he thought he was being nice, because he didn't go right into it, but i didn't think so, because i didn't want to do anything at all. anyways, he raped me, and i didn't tell anyone. we moved, and finally like a year afterwards i told my friend. i only told my mother last year. i think there should be more organizations out there, or at least more advertised ones, even anonymous ones, because i felt like i had no one to go to. he told me if i told anyone, he'd come with friends and do it again, but i think if there had been an anonymous group i could talk to, i could've gotten through it better. please, anyone who has had this happen to them, don't be shy, because the longer you wait, the worse it gets on your mind.

<https://takebackthenight.org/17-years-old-in-bartlett-tn/>



IT'S NOT SEX...

WHEN SHE'S WASTED

sex with someone unable to consent = sexual assault

DON'T BE THAT GUY.



ASK

here are some ways to ask in the heat of the moment. but don't forget talking about it when you're not half naked is always better

may i _____ ?

touch _____ ?

kiss _____ ?

put my _____ ?

Are you into this? _____ ?

How are you feeling?

What would you like me to do?

I think it's hot when my partner

does _____ to me.

What do you like?

Would you like it if i _____ ?

Where do you see this going?

What should I look for if you

start to shut down?

We were hanging out. I had to go to bed. He asked to finish the show. I said ok. I awoke to bring shaken. He was inside me. He said, 'If you're awake, it's not rape.' I shook my head, confused, and some noise came out of me. He finished. He left.

Like · Reply · 3w

I was ashamed for many years over this. because it wasn't the first time, though it was the worst. Then I learned that others can't share their story, and hurt in ways I cannot fathom. I share my stories for those who can't.

Like · Reply · 3w

SELF-CARE TO DO LIST

1. **Think about what you enjoy doing.** This could be anything from a walk around the block during lunch to a weekend trip to the national park. Self care looks different for each of us.
2. **Schedule a time to do it each day, week, or however often you feel it is needed.** Put time on your calendar for it to remind yourself to do it and to not schedule other things for those times.
3. **Think of ways to incorporate relaxing activities in your day to day schedule.** This could be anything from closing your laptop while you eat your lunch to leaving your phone in your bag while you commute to work or school.
4. **Spend time with those that make you happy.** Surround yourself with people that are fun and supportive.
5. **It's okay to say no.** If you feel like your body or mind will not benefit from doing something, take a break to rest or do something you do enjoy and that feels relaxing.
6. **Take care of your body.** If you are feeling tired, try to get to bed just a few minutes earlier each day.
7. **Think about why you are doing the self care activity.** Remind yourself why you are taking time out of your day to do something that is not for work or school - it is for you! Self care helps us recuperate from a stressful or busy schedule and to be more productive afterwards.

FOR MORE RESOURCES VISIT
ITSONUS.ORG

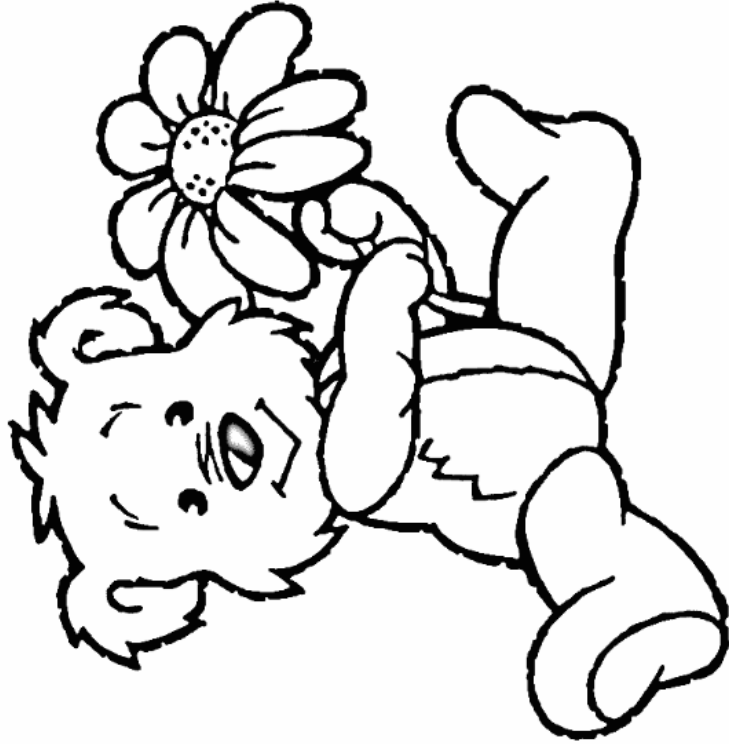
I was 20 years old. And i was going through a tough divorce from a military relationship. "Paul" was my best friend and was helping me through divorce. Or so i thought. My family was on vacation and i had let "paul" stay at my house because i didn't want to be alone. (the ex's family was crazy). He had kissed me before that night. But i saw it as nothing more than very good friends. That night, as i lay in my bed, he forced himself on me. I said no, he just pushed harder. I cried, trying to push him off me, afraid that he'd hurt me.

I was so afraid to tell anyone, so i did nothing. You always hear about the rape cases that nothing ever gets done about. About 9 months later, after my baby boy was born, i decided to speak out about what he had done. But it was too late. My mom had known about it, my therapist, my current boyfriend. Their support helped but it didn't cure. "paul", gets visitation of my babyboy and continues to take peices of my soul away from me.

My word of advice: please please dont wait to tell someone. They can help

<https://takebackthenight.org/21-years-old-in-woodland-pa/>

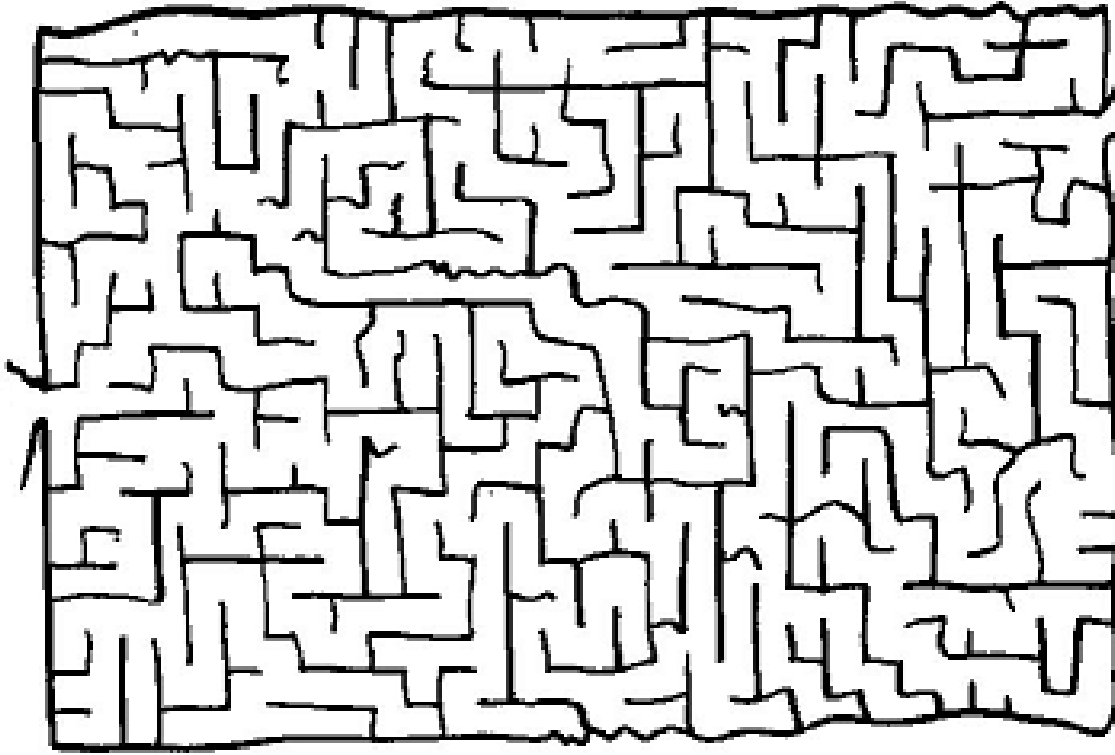
This Bear



Is here for you.

(To color).

Start a conversation about consent!



Congratulations! You respected consent!

NO MEANS NO

"NOT NOW" MEANS NO

I HAVE A BOYFRIEND MEANS NO

MAYBE LATER MEANS NO

NO THANKS MEANS NO

YOU'RE NOT MY TYPE MEANS NO

FUCK OFF MEANS NO

I'D RATHER BE ALONE RIGHT NOW MEANS NO

DON'T TOUCH ME MEANS NO

I REALLY LIKE YOU BUT... MEANS NO

LET'S JUST GO TO SLEEP MEANS NO

I'M NOT SURE MEANS NO

YOU'VE BEEN DRINKING MEANS NO

SILENCE MEANS NO

DATE RAPE = NOT UNDERSTANDING NO

Hannah says that being a member of the LGBTQ community complicated how family and friends treated her after learning of the assault. "I knew from a young age I was different. I kept telling myself that I should have a boyfriend, but then I would notice a girl who I thought was really cute. I told my parents about being raped before I told them about being gay. That's how much I didn't want to talk about my sexuality."

When she came out to her parents as gay a few years after disclosing the assault, they had trouble adjusting how they viewed their daughter. They asked, 'Do you still believe in Jesus?' The second question was 'Do you think you're gay because of what happened in college?' Lastly, they wondered 'if you're gay, why is it that you used to wear dresses?' At first Hannah was hurt and confused by these responses, but she has come to understand that the generations before had very different life experiences than her and were trying to comprehend a difficult and different situation.

Throughout her healing process, Hannah has found therapy, the support of friends, and the National Sexual Assault Hotline to be especially helpful. "Therapy has been wonderful, but there are times when I'm having a really hard moment and need to talk to someone immediately, at those times it's been amazing to be able to pickup the phone and call the hotline."

<https://www.rainn.org/survivor-stories/hannahs-story>

It was my second summer as a camp counselor and I had a crush on a guy that I was working with. We would have days off and he invited me to come to a cottage with a couple of friends. Little did I know I was the only girl who went. I felt the pressure to impress him and the only way I knew how to do that at 16 years old was to interest him sexually. But when it was about to happen, I said I didn't want it anymore. He said he already had the condom on so that it wasn't fair. After it happened, he laughed at me and left the room. I had to sleep there that night because I had no where else to go. The next morning we all drove back to camp and he made me hug him before I left. I'm writing this for all the other young women out there who feel the pressure to engage in sexual activities with someone in order to get their attention.

<https://takebackthenight.org/21-years-old-in-toronto-on/>



WHEN HE CHANGES HIS MIND

sex without ongoing consent = sexual assault

DON'T BE THAT GUY.

SAVE | www.takebackthenight.org

When I was 12 I had a crush on an older boy "dylan" who I was in choir with. Every rehearsal I would try to give him a nice smile hoping I would get his attention, unfortunately, I got his attention. One day during rehearsal he walked over to me and told me that I seemed cool and he wanted to be friends. He explained to me that if I asked the conductor to go to the bathroom, and if he asked to go to the bathroom, we could both sneak out of rehearsal and "make friends". This made me feel so cool. I thought I was gonna hang out with and older kid and have fun, so of course I said yes. After that we both asked to leave at the same time, and as we were walking out, "dylan" shoved me into the women's restroom (unfortunately it was empty besides us two) and pinned me to a wall and started to kiss and molest me. He later on shoved me to the ground and forced me to give him oral sex and then came all over my face. During that same year he stalked me and crept around my house. I hope that one day I can lift this feeling of uncleanness and shame off of my shoulders once and for all.

<https://takebackthenight.org/15-years-old-in-chicago-il/>

5. Never, Ever, Blame The Victim

S/he did not ask for violence or abuse. S/he did not ask for it in how s/he dressed. S/he didn't ask for it, because s/he was under the influence of alcohol or drugs. S/he didn't ask for it, because s/he is a sex worker. S/he didn't ask for it because s/he chose to make out with you or because s/he went back to your place or because s/he is known to be into s/m or because s/he is a "tease" or because s/he is a "slut." They did not ask for it. It is not acceptable to write off his/her responses to your behavior, because s/he is "hypersensitive" to your threatening or abusive behavior. It is not acceptable to say that s/he is "exaggerating" the abuse [for any reason]. It is not acceptable to say that s/he is making it up, because s/he has a history of abuse. Making excuses for why someone is to blame for your hurtful actions are a way for you to avoid taking responsibility for your behavior.

I was 19 when this happened to me. I was at my friend, Mike's, house watching a movie. While I was watching the movie, he leaned in & kissed me.

I didn't know what to do, so I kissed him back. He tries to kiss me again, but I refuse & tell him I'm just there to watch the movie. "Oh, come on! I know you want it", he says as he starts kissing me more & I'm telling him to stop. Then he starts kissing me "passionately" & touching me in private areas under my clothes.

Before I can yell at him, he's on top of me - holding me down as he tears my clothes off of me. "Don't worry, I know how to do a girl right", he says as he takes his pants off. In that brief moment he's not on top of me, I try to run out the door - even though I'm half-naked.

He grabs me by the shoulders, screams, "What the ****, Katherine? I thought you loved me!?!? You kissed me back, didn't you!?!?" & then throws me down onto the couch. He punches me in the face & wraps his hands around my throat. He gets back on top of me, covers my mouth, & then fingers me with his other hand. Every time I scream, he tells me that I "like what he's doing" or that I'm "enjoying it". Then, he 'actually' rapes me (forcible sexual intercourse).

When he's done, he spits in my face, puts his clothes back on. He calls me a "dirty little wh*re" as he leaves me there - crying & in the fetal position. After he's gone for a few minutes, I hurry & put my clothes back on & ran out of there as fast as I could.

I never talked to him again after that. I drove myself home & took an extremely hot shower to try & clean myself off of me. I didn't go to a hospital because I was terrified that he would somehow come after me & rape me again.

I did tell the bishop of my church about it & he (the bishop) asked me a bunch of sexual questions, probably to find out if it was "really rape".

He kept asking me things like, "Were you wet?"

Did you get s*xually aroused?"

"What clothes were you wearing?"

"Where did he touch you?"

"Did he use his p*nis?"

"Did he do/use other things to arouse you?"

"What position were you in when he penetrated you?" ... I was completely appalled by that & stopped going to church because of it.

<https://takebackthenight.org/21-years-old-in-unknown-unknown/>

Why do I still feel this way?

As an adult survivor, you have been living with these memories for a long time. Some survivors keep the abuse a secret for many years. They may have tried to tell an adult and met with resistance or felt there was no one they could trust. For these reasons and many others, the effects of sexual abuse can occur many years after the abuse has ended. Remember that there is no set timeline for dealing with and recovering from this experience.

How should I react when someone tells me they were sexually abused?

It can be difficult to hear that someone you care about suffered sexual abuse as a child. Your reaction can have a big impact on the survivor, but it isn't always easy to know what to say. ↓ SUGGESTIVE PHRASES ↓

- "I believe you./It took a lot of courage to tell me about this."
- "It's not your fault./ You didn't do anything to deserve this."
- "You are not alone./ I care about you and am here to listen or help in any way I can."
- "I'm sorry this happened./ This shouldn't have happened to you."

GET MORE RESOURCES AT RAINN.ORG
RAINN is the Rape, Abuse, and Incest National Network
Need help now? To speak to someone who is trained to help, call the National Sexual Assault Hotline at 800-656-4673 OR CHAT ONLINE at online.rainn.org

Sexual violence affects people of every gender identity, and sexual orientation. People who identify as part of the lesbian, gay, bisexual, transgender, and queer (LGBTQ) communities also experience sexual violence, and may face different or additional challenges in accessing legal, medical, law enforcement or other resources than other populations.

Ways you can support LGBTQ survivors

Sometimes it's hard to know what to do when someone you care about tells you they have experienced sexual violence. The reaction of the first person a survivor discloses to can affect if they choose to tell others or seek additional resources. Remember to listen without judgement, acknowledge the difficulty of what they went through, and tell them that you care about them.

- **Listen.** Many people in crisis feel as though no one understands them and that they are not taken seriously. Show them they matter by giving your undivided attention. It is hard for many survivors to disclose an assault, especially if they are not out yet and by disclosing would have to come out at the same time, so drop what you are doing and be there for them.
- **Validate their feelings.** Avoid making overly positive statements like "It will get better" or trying to manage their emotions, like "Snap out of it" or "You shouldn't feel so bad." Make

statements like "I believe you" or "That sounds like a really hard thing to go through."

- **Express concern.** Tell them in a direct way that you care about them by saying something like "I care about you" or "I am here for you."
- **Use inclusive language that affirms the survivor's gender identity and sexual orientation.** Rather than assuming someone's gender identity or sexual orientation, use neutral language like "partner" or "date" instead of "boyfriend/girlfriend." Try not to assume what someone's gender identity or preferred pronouns are; it's a better idea to let them tell you, or you can ask what they prefer. You can always use "they" instead of "he/she" if you are unsure.

- **Do not ask about details of the assault.** Even if you are curious about what happened and feel that you want to fully understand it, avoid asking for details of how the assault occurred. However, if a survivor chooses to share those details with you, try your best to listen in a supportive and non-judgemental way.

<https://www.rainn.org/articles/lgbtq-survivors-sexual-violence>

<http://www.avp.org/>

<http://www.thetrevorproject.org/>

<http://www.glbtc.org/glbtcj-knowledgeable-therapists/>

<http://www.forge-forward.org/index.php>