

# RESOURCES:



SUFFOLK  
UNIVERSITY

Counseling, Health &  
Wellness

Sexual violence is  
**NEVER**  
the survivor's fault.



## NATIONAL:

**National Sexual Assault Hotline:**

1-800-656-4673, [RAINN.org](https://RAINN.org)

**Asian Pacific Institute on Gender-Based Violence:** A national resource center that will connect you to local providers

<https://www.api-gbv.org>

**Ujima:** The National Center on Violence Against Women in the Black Community

<https://ujimacommunity.org>

**End Rape on Campus:** Assists students with Title IX complaints

<https://civcnation.org/our-initiatives/end-rape-on-campus/>

**National Immigrant Women's Advocacy Project:** Provides advocacy and support

<https://www.wcl.american.edu/impact/initiatives-programs/niwap/>

**The Network La Red:** Resources for LGBTQ+ survivors

<http://www.tnlr.org/en/>

## SUFFOLK UNIVERSITY:

**Counseling, Health, and Wellness:**

73 Tremont, 5th floor | 617-573-8226

**Center for Student Diversity and Inclusion (CSDI):** Sawyer, 8th floor | 617-573-8613

**Title IX:** 73 Tremont, 13th floor | 617-573-8027

**The Interfaith Center:** Sawyer, 8th floor | 617-573-8325

**Center for Women's Health and Human Rights:** Sawyer | 617-619-4968

## UNDERSTANDING SEXUAL VIOLENCE

Information  
Resources  
Support



## It's time to have a serious conversation about sexual violence .

Here is what you need to know:

- Sexual violence is about power and control.
- Racist and sexist cultural influences make sexual violence more likely.
- White women are the most likely to report sexual violence.
- LGBTQ+ and/or BIPOC are the least likely to report or be part of the conversation about sexual violence.
- Anyone of any identity can perpetuate and experience sexual violence.
- Sexual assaults are typically perpetrated by people we know.
- At least 1 in 6 men have experienced sexual violence.
- Power dynamics within relationships can make it difficult to consent to sex.

## Why might you have trouble reporting?

- Fears you won't be believed.
- Shame or guilt.
- Fear of being outed.
- Victim blaming.
- It is too hard to talk about.
- Fear of retaliation.
- Cultural, family, or religious values.
- Unsure of where to go or whom to tell.
- Questioning whether it counts as sexual violence or assault.

**Sexual violence is common.  
If something felt wrong, it probably was wrong.**

## Sexual Violence can impact physical and mental health.

A survivor might experience:

- Increased sadness or loneliness
- Difficulty sleeping and/or nightmares
- Depression, PTSD, and anxiety
- Muscle tension
- Difficulty maintaining relationships and trusting others
- Difficulty with sex or intimacy
- Increased substance use
- Thoughts of suicide and/or self-harm
- STIs
- Unwanted pregnancies