



**Developmental
Disabilities
Planning Council**

Easy Read Edition

A Self-Advocate's Guide to Safer Sex

Part 9: What is sexual assault?

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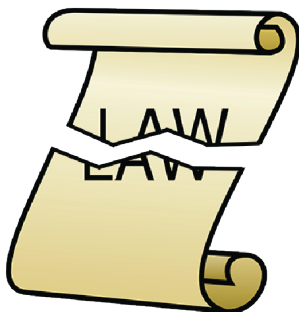
Having sex with someone without their consent is wrong.



Having sex with someone without their consent is called **sexual assault**.



Some types of sexual assault are also called rape.



Many types of sexual assault are against the law.



But **all** sexual assault is morally wrong.



All sexual assault goes against respecting your partner or partners.



Even if a type of sexual assault is not legally wrong, it is still wrong to sexually assault someone.

What can sexual assault look like?

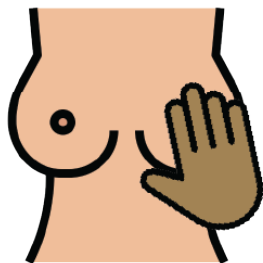


Sexual assault is any kind of sexual activity done without consent.

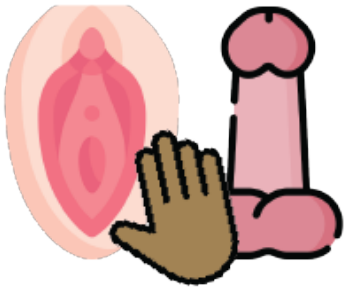
Remember, sexual activities can include:



- Kissing



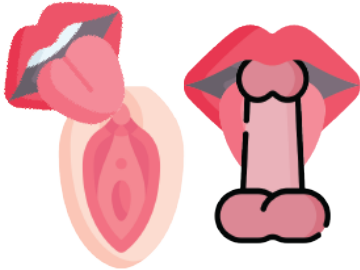
- Touching someone's chest or breasts



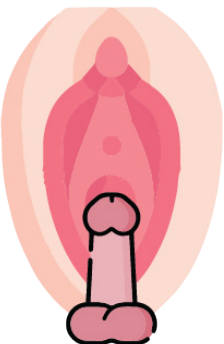
- Touching someone else's genitals (sexual body parts), like their penis or vagina, with your fingers



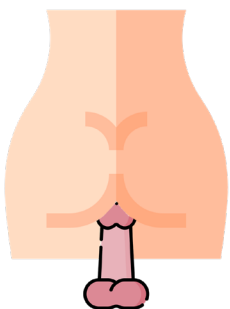
- Using sex toys with someone else



- Someone putting their mouth on someone else's genitals (sexual body parts), like their penis or vagina. (This is called oral sex.)



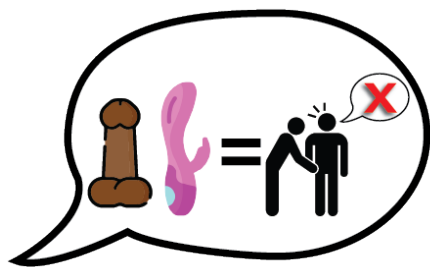
- Someone putting their penis or a sex toy inside someone else's vagina (This is called vaginal sex.)



- Someone putting their penis or a sex toy inside someone else's anus (butt). (This is called anal sex.)



Any of these things can be sexual assault, if someone does them to you without your consent.



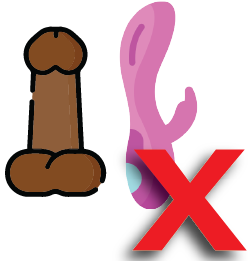
Some people say it is only sexual assault if someone else puts their penis or a sex toy in you without your consent.



This is **wrong**.



Sexual assault is any sexual activity a person does without consent.



Sexual assault does not have to involve a penis or a sex toy.



The next few examples can be really hard to read.



They can especially be hard to read if you have been sexually assaulted in the past.



We are including these examples because we want people to know what sexual assault can look like.



But you do not have to read these examples if you do not want to.



You can always skip the examples.



You can always take a break and come back to this section.

Here are some examples of sexual assault:

Example 1: William and Janice



Janice went to a party and fell asleep on the couch.



While Janice was asleep, William sat on the couch next to her.



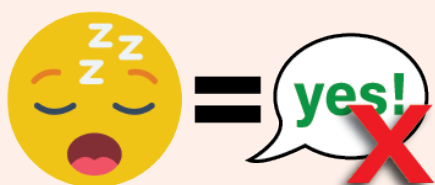
William put his hands up Janice's shirt and touched her breasts.



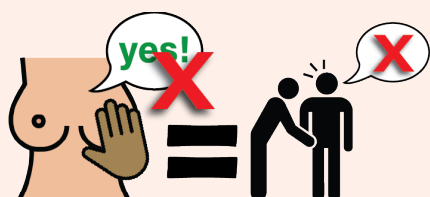
William opened Janice's mouth and put his penis inside Janice's mouth.



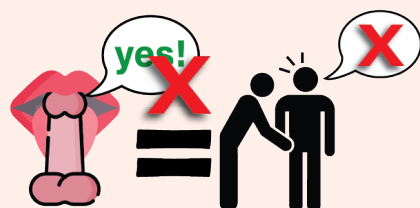
This is sexual assault.



Janice could not consent because she was asleep.

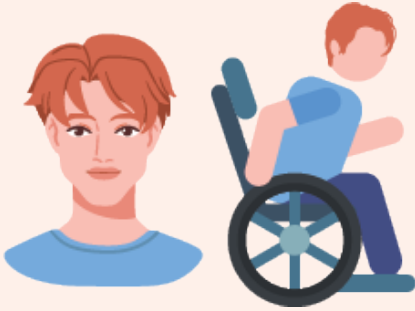


William sexually assaulted Janice when he touched her breasts without consent.



William sexually assaulted Janice when he put his penis in her mouth without consent.

Example 2: Nathaniel and Toby



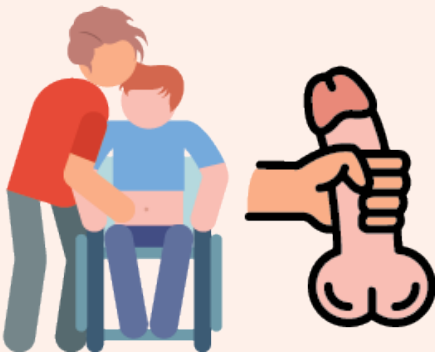
Toby has a physical disability.



Toby's disability makes it hard for him to get dressed on his own.



Toby's support worker, Nathaniel, helps Toby get dressed.



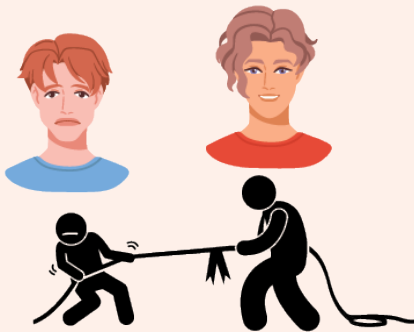
One day, when Nathaniel was helping Toby get dressed, Nathaniel grabbed Toby's penis.



Nathaniel touched Toby's penis until it got hard and stiff.



Nathaniel did not ask Toby if he could touch Toby's penis.



And Nathaniel is Toby's support worker.
Nathaniel has power over Toby.



This is sexual assault.



Toby did not consent to Nathaniel touching his penis.

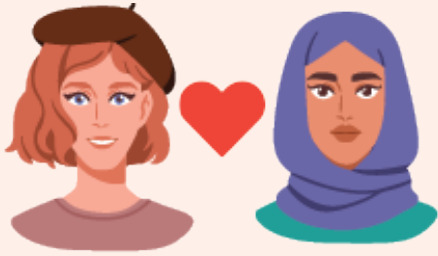


Toby couldn't consent to Nathaniel touching his penis.



Nathaniel sexually assaulted Toby when he touched Toby's penis without consent.

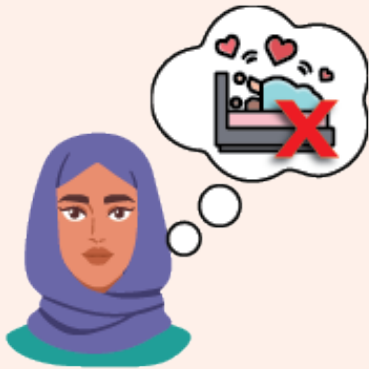
Example 3: Greta and Fatima



Greta and Fatima are girlfriends.



Greta wanted to have sex with Fatima.



But Fatima did not want to have sex.



Fatima told Greta "no, I do not want to have sex with you."



So Greta forced Fatima to have sex with her.



Greta forced Fatima to lick Greta's vulva.



Greta put her hand on Fatima's head to force Fatima to keep licking her vulva.



This is sexual assault.



Fatima did not consent to sex with Greta.



Fatima told Greta “No, I do not want to have sex with you.”



Greta sexually assaulted Fatima when she made Fatima lick her vulva without consent.

Example 4: Molly and Quentin



Molly and Quentin are dating.



Molly wanted to have sex with Quentin.



Quentin did not want to have sex with Molly.



Quentin got really scared.



He couldn't talk or say anything to stop Molly.



Quentin's penis got hard and stiff because he was scared.



Molly saw this.



She still wanted to have sex with Quentin.



So Molly pushed Quentin down on the bed.



She took his pants and underpants off.



Then she sat down on his penis and put it in her vagina.



This is sexual assault.



Quentin did not consent to having sex with Molly.



Molly sexually assaulted Quentin when she put his penis in her vagina without his consent.

What if I have been sexually assaulted?



If you have been sexually assaulted, remember that it is **never** your fault.



You did **not** deserve this.



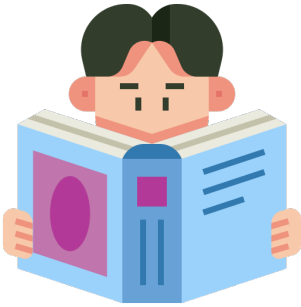
You did **not** do anything to “encourage” the person who sexually assaulted you.



You did **not** do anything wrong.



The only person who did something wrong was the person who sexually assaulted you.

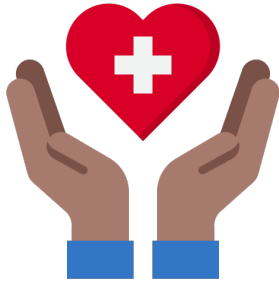


If you have been sexually assaulted, you can [read our toolkit about sexual assault](#).



That toolkit has lots of information on getting support after sexual assault.

That toolkit talks about things like:



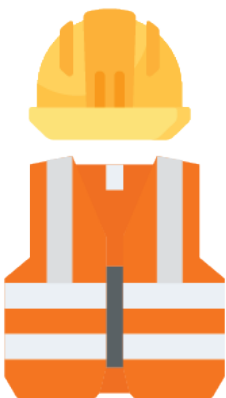
- Getting medical care after sexual assault



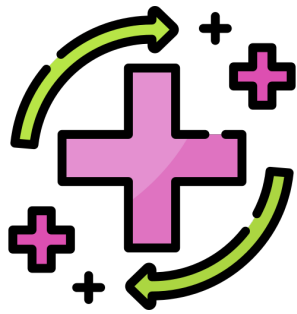
- Reporting sexual assault to the police



- Getting mental health care after sexual assault



- Safety after a sexual assault



- Long-term healing after sexual assault

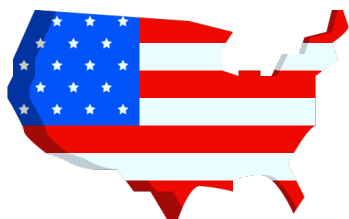


- Resources for people who have been sexually assaulted.

Resources for people who have been sexually assaulted



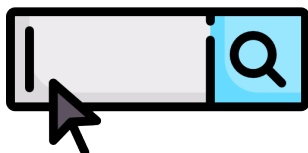
Here are some resources that can help you if you have been sexually assaulted.



Most of these resources are national, meaning they serve the whole United States.

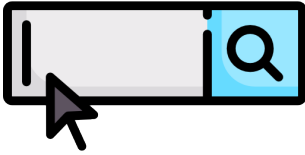


But you can also look for resources within your state or area.



You can do a web search to find resources in your state or area.

Some terms you can search for are:



- “[your state name] coalition against sexual assault”
- “[your city or area] sexual assault resource center”
- “[your city or area] rape crisis center”
- “[your city or area] domestic violence shelter”

RAINN

RAINN

The Rape, Abuse, and Incest National Network (RAINN) is one resource for people who have been sexually assaulted.



RAINN has a phone hotline you can call.



The RAINN hotline number is 1-800-656-4673.



You can also contact RAINN through [their online chat](#).



RAINN can help you find sexual assault resources in your state or area.



Los recursos y servicios también están disponibles [en español](#).

National Domestic Violence Hotline



[The National Domestic Violence Hotline](#)

is another resource for people who have been sexually assaulted by a romantic partner.



Domestic violence is abuse that happens within close relationships, like romantic or intimate relationships.

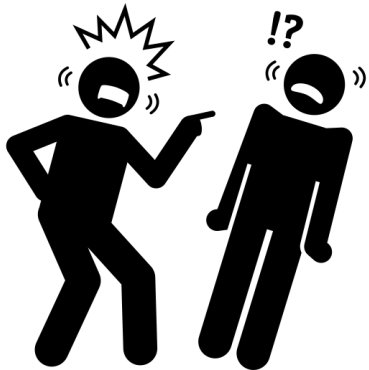


Domestic violence includes sexual assault.

But domestic violence can also include:



- Physical abuse, like hitting and kicking you



- Emotional abuse, like shouting at you or calling you mean names



- Neglect, like ignoring your needs or not paying attention to you when you need help



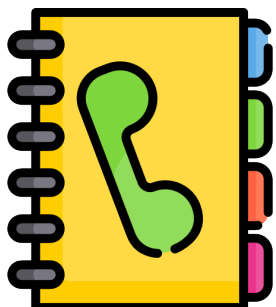
- Threats, like threatening to leave you or threatening to put you under guardianship if you do not do what they want



- Financial (money) abuse, like saying that they need to control your money or them taking your paycheck or benefits check



The National Domestic Violence Hotline has a phone hotline you can call.



The National Domestic Violence Hotline number is 1-800-799-7233 (TTY 1-800-787-3224).



You can also contact the National Domestic Violence Hotline through [their online chat](#). (Scroll down on the homepage until you see the button labeled “Chat live now.”)



Or, you can contact the National Domestic Violence Hotline by texting START to 88788.



The National Domestic Violence Hotline can help you find domestic violence resources in your state or area.



Los recursos y servicios también están disponibles [en español](#).

Love is Respect



[Love is Respect](#) is another resource for people who have been sexually assaulted by a romantic partner or been through domestic violence.

13-26

Love is Respect is for young people ages 13 to 26.



Love is Respect has a phone hotline you can call.



The Love is Respect hotline number is 1-866-331-9474 (TTY 1-800-787-3224).



You can also contact Love is Respect through [their online chat](#). (Scroll down on the homepage until you see the button labeled “Chat live now.”)



Or, you can contact Love is Respect by texting LOVEIS to 22522.



Love is Respect can help you find domestic violence resources in your state or area.

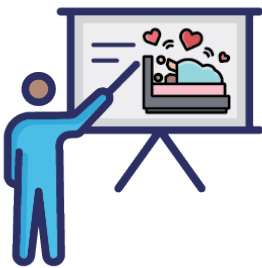


Los recursos y servicios también están disponibles [en español](#).

Scarleteen



[Scarleteen](#) is another resource for people who have been sexually assaulted.

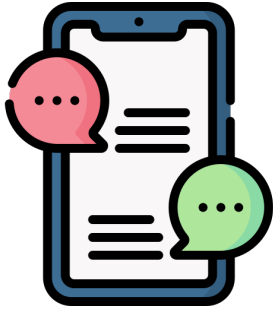


Scarleteen is a website about sex education and resources about sex.

Scarleteen has:



- [Message boards.](#)



- [A texting service.](#)



- [A live chat option.](#)



All of these services can help you find resources around sexual assault.



Note 1: Scarleteen's resources are not hotlines.



You may not have your question answered right away if you contact Scarleteen.



It is best to contact Scarleteen if you have a question that can wait a day or two for an answer.

1-30

Note 2: Scarleteen is mostly aimed at people who are 30 years old or younger.

National Deaf Domestic Violence Hotline

THE DEAF HOTLINE

[The National Deaf Domestic Violence](#)

[Hotline](#) (NDDVH) is another resource for Deaf and DeafBlind people who have been sexually assaulted or experienced domestic violence.



The NDDVH has an American Sign Language videophone hotline you can call.



The NDDVH videophone number is 1-855-812-1001 (voice callers will be connected through an interpreter).



Or, you can contact the NDDVH by email at NationalDeafHotline@adwas.org.



The NDDVH can help you find Deaf and DeafBlind-friendly sexual assault resources in your state or area.

The Network/La Red



The Network/La Red is another resource for LGBTQ+ people who have been sexually assaulted or experienced domestic violence.



The Network/La Red has a phone hotline you can call. The Network/La Red phone hotline number is 1-800-832-1901.



The Network/La Red can help you find LGBTQ+-friendly sexual assault resources in your state or area.



Los recursos y servicios también están disponibles [en español](#).

LGBT National Help Center

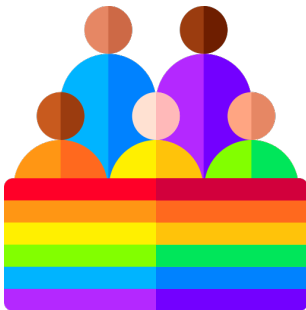
**LGBT
National
Help
Center**



[The LGBT National Help Center](#) is another resource for LGBTQ+ people.



The LGBT National Help Center is not just for LGBTQ+ people who have been sexually assaulted.



It is for all LGBTQ+ people.

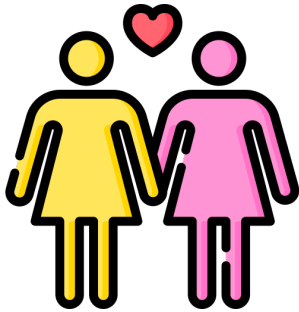


But the LGBT National Help Center can help LGBTQ+ people who have been sexually assaulted.

The LGBT National Help Center can also help if you are worried about things like:



- Coming out issues



- Gender and sexuality identities



- Relationship problems



- Bullying and bad treatment



- Workplace issues



- HIV/AIDS and STI anxiety



- Safer sex information



- Suicide



The LGBT National Help Center has a few different hotlines.

These are:



LGBT National Hotline

The [LGBT National Hotline](#) is a resource for LGBTQ+ people of all ages.



The phone number for the LGBT National Hotline is 1-888-843-4564.



LGBT National Youth Talkline

The [LGBT National Youth Talkline](#) is a resource for LGBTQ+ people aged 25 or younger.



The phone number for the LGBT National Youth Talkline is 1-800-246-7743.



LGBT National Senior Hotline

The [LGBT National Senior Hotline](#) is a resource for LGBTQ+ people aged 50 and older.



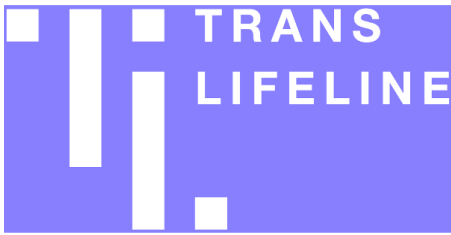
The phone number for the LGBT National Senior Hotline is 1-888-234-7243.



1-on-1 Online Peer-Support Chat

The LGBT National Help Center also offers [an online chat service](#).

Trans Lifeline



[Trans Lifeline](#) is another resource for transgender and nonbinary people.



Trans Lifeline is not just for transgender and nonbinary people who have been sexually assaulted.



It is for all transgender and nonbinary people.

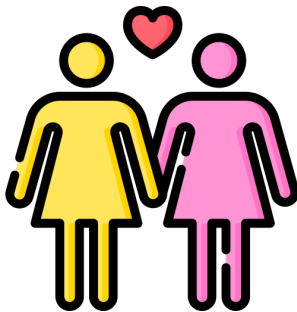


But Trans Lifeline can help transgender and nonbinary people who have been sexually assaulted.

Trans Lifeline can also help if you are worried about things like:



- Coming out issues



- Gender and sexuality identities



- Relationship problems



- Bullying and bad treatment



- Workplace issues



- HIV/AIDS and STI anxiety



- Safer sex information



- Suicide



The Trans Lifeline phone number is 1-877-565-8860.



Los recursos y servicios también están disponibles [en español](#).

Trevor Project



[The Trevor Project](#) is another resource for LGBTQ+ young people ages 13-24.



The Trevor Project is not just for LGBTQ+ young people ages 13-24 who have been sexually assaulted.



13-24

It is for all LGBTQ+ young people ages 13-24.

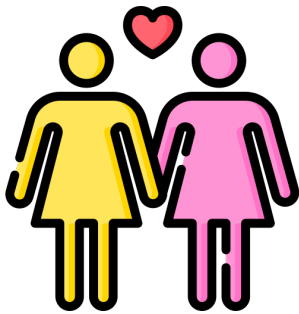


But the Trevor Project can help LGBTQ+ young people ages 13-24 who have been sexually assaulted.

The Trevor Project can also help if you are worried about things like:



- Coming out issues



- Gender and sexuality identities



- Relationship problems



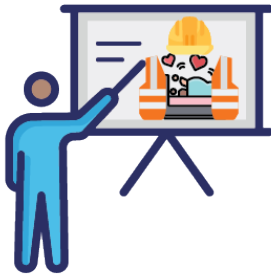
- Bullying and bad treatment



- School or workplace issues



- HIV/AIDS and STI anxiety



- Safer sex information



- Suicide



The Trevor Project hotline phone number is 1-866-488-7386.



You can also contact the Trevor Project through [their online chat](#).



Or, you can contact the Trevor Project by texting START to 678-678.

211



[211](#) is a service that helps people find resources in their communities.



211 does not just help people find resources around sexual assault.



211 helps people find all sorts of resources.

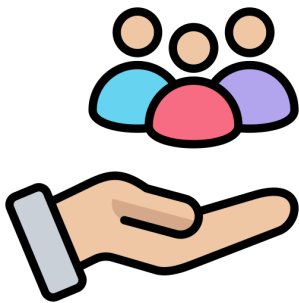


But 211 can also help you find resources around sexual assault.

211 can also help you find resources around things like:



- Health care



- Social services, including disability services



- Food



- Transportation



- Legal services



To connect with your local 211 program, call 211 from your phone.



If you cannot use the phone, you can look up your local 211 program [on the 211 website](#).



The website tool will tell you how else you can contact your local 211.



Los recursos y servicios también están disponibles [en español](#).



Resources and services are also available in other languages through an interpreter.