

Sexual Assault Hotline

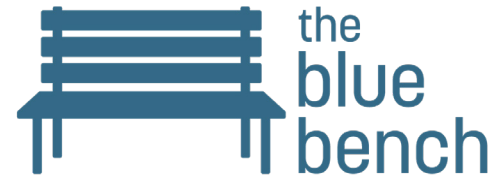
for people of all gender identities

303-322-7273

English

303-329-0031

Spanish



SEXUAL ASSAULT BY THE NUMBERS

In Colorado,

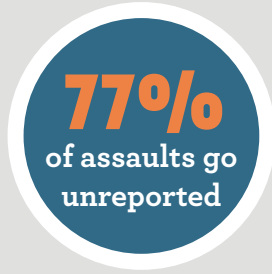


1 in 3
women



1 in 6
men

will experience an attempted or completed sexual assault in their lifetime



90-98% of rape reports are **TRUE**

99.5% of rapists will never spend a day in prison

FREQUENTLY ASKED QUESTIONS

What is Sexual Assault?

“The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim” (FBI, 2012). Consent is an explicit agreement of free will between two people who are actively saying ‘yes’ to specific sexual behavior.

How Do I Know If It Was Sexual Assault?

Anytime a person is forced to engage in a sexual act, they have experienced sexual assault. This includes using coercion, unfair pressure, or threats. Rape is often depicted in the media as a stranger violently attacking a random female; however, more often, sexual assaults are perpetrated by someone the victim knows. People of all gender identities can experience sexual assault.

Who Is To Blame?

The victim is NEVER to blame. Rape is a crime of aggression, power, and control, not sex. Victim blaming is holding the victim of a crime responsible or partially responsible for the crime committed. It releases the perpetrator from responsibility for the crime and makes it less likely that victims will report. Focusing on the victim’s activities and behavior encourages criminals to take no responsibility for their actions and makes it harder to hold them accountable.

WHAT YOU CAN DO TO ELIMINATE SEXUAL VIOLENCE

As a concerned citizen, you can:

- Understand that consent isn’t the absence of a “no” but the presence of a “yes.”
- Speak up when you hear inappropriate or sexist comments.
- Treat all people with respect and promote equality for everyone.
- Be open to learning and talking about sexual violence.
- Change the culture among your friends and family so that it’s okay to talk about sexual violence and to ask for help if needed.

As a parent or caregiver:

- **BELIEVE THEM.** If a child tells you they’ve experienced sexual violence, work to get the child out of the unsafe situation.
- Begin teaching your child early on about consent and that they are allowed to say “no” to physical touch.
- Encourage children to come to you or a trusted adult to talk about anything that is bothering or confusing them.
- Encourage your child’s school to participate in developmentally-appropriate prevention programming.

WHO WE ARE



The Blue Bench is metro Denver's only comprehensive sexual assault prevention and support center. Our mission is to eliminate sexual assault and diminish the impact it has on individuals, their loved ones and our community through comprehensive issue advocacy, prevention, and care.

AT THE BLUE BENCH, WE BELIEVE:

No one is deserving of sexual assault. No one.

Sexual assault is a community issue, not just a victim's issue.

When we all take responsibility for the prevention of sexual assault, it can be eliminated.

Healing is possible.

WHY WE CANVASS

The Blue Bench has a team of passionate and informed community organizers who are committed to inspiring fellow community members to join us in our fight to end sexual assault. We find our door-to-door efforts to be an incredibly effective way to inform the public about the realities of sexual violence, collect donations and ensure that every household in metro Denver knows that this resource exists for them and their loved ones. In our efforts to reach as many people as possible, we knock on doors from 4-9PM. Our community organizers are always out in groups and we have safety in mind first.

PATHWAY TO PREVENTION

Sexual assault can happen to anyone, at any time, in any place. That's why we focus much of our effort on prevention education and issue awareness for the community. Through our Pathway to Prevention, we offer programs for every age - from youth through adult, enabling us to create a lifelong conversation to empower, educate and prevent sexual assault.

Youth & Young Adult

- *Let's Talk About It: Sexual Assault Prevention for Youth*
- *Knowledge is Power: Sexual Assault Awareness*
- *Bringing in the Bystander™* (High School & College)
- *iEmpathize: Teen Exploitation Prevention*

Adult

- *Keeping Kids Safe and Keeping Youth Safe*
- PREA Workshop at Denver Women's Prison
- *Safe Bars: Bystander training for staff at alcohol-serving establishments*
- *Safety & Empowerment Skills for Women*

CONTINUUM OF CARE

Since our founding in 1983, The Blue Bench has helped more than 450,000 individuals transition from victim to survivor. From the earliest moments after a sexual assault, through medical and legal processes, to counseling for long-term emotional and functional health, our Care Team supports survivors and their loved ones every step of the way.

Immediate Response

- 24/7 bilingual Sexual Assault Hotline
- Hospital response available 24 hours a day
- Case Manager to navigate logistics and referrals

Workshops

- *Someone I Love* workshop for family and friends

Therapy

- Individual Therapy
- Survivor Groups
- Therapeutic Yoga Group
- Art Group
- Men's Group
- Coping Skills Group

