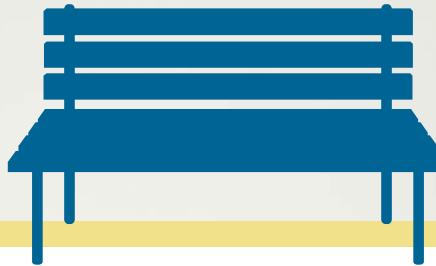


# A CATALYST FOR CHANGE

Putting an end to sexual assault through prevention and care.



the blue bench



The Blue Bench (formerly RAAP) is metropolitan Denver's only comprehensive sexual assault prevention and support center. Every day we work tirelessly to eliminate sexual assault and diminish the impact it has on individuals, their loved ones and our community. Through our efforts in issue advocacy, prevention and care we strive to elevate topic awareness and lead the charge to end sexual assault.

#### COURAGE IS OUR CORNERSTONE

Inspired by the courage of one another – as survivors, activists, advocates and community leaders, The Blue Bench has helped hundreds of thousands of Denver-area women and men find the courage to speak up about their experience and speak out against sexual violence.

Courage doesn't come easily, and it doesn't happen in a vacuum. It comes as a result of feeling welcomed, listened to and cared for in a compassionate and honest way. It comes from being able to come as you are, knowing that sexual assault is never a victim's fault. Never.

# WE BELIEVE

THAT NO ONE IS DESERVING  
of sexual assault.

# NO ONE.

1 in 4 women in Colorado will experience a completed or attempted sexual assault during their lifetime.



Not one of these is deserving of it. And until sexual assault in our community ends, The Blue Bench will continue listening, caring and helping them along their path of healing.

# WE BELIEVE

SEXUAL ASSAULT IS A COMMUNITY ISSUE,  
not just a victims' issue.



Victims of sexual assault are 3 times more likely to suffer from depression and 6 times more likely to experience PTSD, increasing their risk for serious alcohol and drug abuse problems.



Although the immediate impact of sexual assault is felt most profoundly by victims and those around them, it is in our community's best interest to keep everyone healthy and self-sufficient.

## ISSUE ADVOCACY

The Blue Bench is a voice for all survivors, their loved ones, and the community at large. We are the leader in sexual assault response and prevention, and are committed to changing the conversation and culture around the issue of sexual assault.

We play an important role in communicating with law enforcement, district attorney's offices and hospitals as victim-centered responses are developed. We serve as a community resource for statistics and information around the topic of sexual assault, and we take the lead in raising issue awareness through our door-to-door education and outreach.

Our goal is to enlist all members of our community to become part of the solution, either through contribution to the cause or as informed and engaged citizens who help prevent sexual assault through their actions.

# WE BELIEVE

WHEN WE ALL TAKE RESPONSIBILITY

for the prevention of sexual assault, it can be eliminated.



More than half of all victims of sexual assault are under the age of 18.



Often, people in positions of trust and authority – like parents, peers and teachers – don't know what to look for or how to intervene in a sexual assault situation.

## 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. Through our **Pathway to Prevention** we offer programs and services for every age – from youth through adult. This enables us to create a lifelong conversation to empower, educate and prevent sexual assault.

Each program and service within the **Pathway to Prevention** is designed with age-appropriate content and information, and The Blue Bench is Denver's only organization providing an evidence-based sexual violence and bystander education curriculum for schools.

Additionally, through presentations and training we help physicians, attorneys and others playing a role in the healing response to become more knowledgeable and understanding of the issue and impact of sexual assault.



YOUNG CHILD

YOUTH

YOUNG ADULT

ADULT

# WE BELIEVE

HEALING IS POSSIBLE.



Nearly two-thirds of sexual assaults are committed by someone the victim knows, potentially increasing trust issues and feelings of isolation.



We listen. We understand. We care.

# CARE

Since our founding in 1983, The Blue Bench has helped more than 450,000 individuals on their path toward healing. Our **Continuum of Care** allows victims, their friends and family to come to us at any point following a sexual assault and receive caring and compassionate help. 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 every step of the way.

Our **Continuum of Care** consists of four steps toward healing: Immediate Response, Road to Healing, Taking Control and Lifelong Empowerment. Each step considers the emotional needs of the victim, as well as the logistics and actions to navigate their process.

The Blue Bench's Care Team offers programs and services in both English and Spanish, enabling us to meet the needs of a larger number of those in our community.

## IMMEDIATE RESPONSE

- 24-Hour Hotline
- 24-Hour Hospital Response
- Case Management
  - Follow-up
  - Accompaniment to Law Enforcement Appointments

## ROAD TO HEALING

- Support & Referrals
  - Legal
  - Emotional
  - Daily Living
- Short-Term Counseling & Workshops

## TAKING CONTROL

- Counseling
  - Individual
  - Survivor Groups
  - Yoga Group
- Safety & Empowerment Skills for Women
- Ongoing Court Accompaniment

## LIFELONG EMPOWERMENT

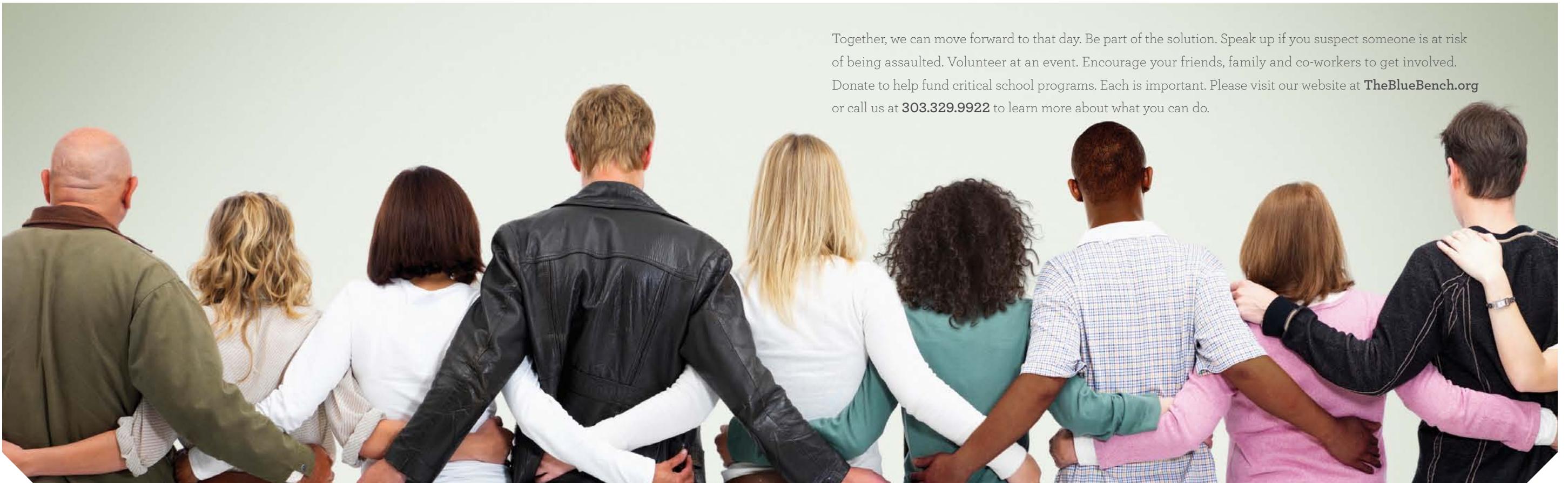
- Safety & Empowerment Skills for Women
- Counseling
- Getting Involved

# OUR HOPE

OUR HOPE IS TO ONE DAY LIVE IN A WORLD  
WHERE SEXUAL ASSAULT NO LONGER EXISTS;  
WHERE THERE ARE NO MORE VICTIMS, FRIENDS  
AND FAMILIES SUFFERING IN ITS WAKE.

This is what motivates our efforts. And until that day comes, our work is not complete.

Together, we can move forward to that day. Be part of the solution. Speak up if you suspect someone is at risk of being assaulted. Volunteer at an event. Encourage your friends, family and co-workers to get involved. Donate to help fund critical school programs. Each is important. Please visit our website at [TheBlueBench.org](http://TheBlueBench.org) or call us at **303.329.9922** to learn more about what you can do.



*At The Blue Bench, 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.*



Putting an end to sexual assault through prevention and care.

*Formerly known as RAAP*

PO Box 18951 Denver, CO 80218  
303.329.9922

**24-HOUR SEXUAL ASSAULT HOTLINE FOR WOMEN & MEN**

303.322.7273 **ENGLISH**

303.329.0031 **ESPAÑOL**

888.394.8044 **TOLL-FREE**

**[thebluebench.org](http://thebluebench.org)**