

# SEXUAL ASSAULT HOTLINE

For people of all gender identities

**303-322-7273**

English

**303-329-0031**

Español



the blue bench

Putting an end to sexual assault through prevention and care.

## SEXUAL ASSAULT BY THE NUMBERS

IN COLORADO,



**1 in 4**

women



**& 1 in 17**

men

**WILL EXPERIENCE AN ATTEMPTED OR COMPLETED  
SEXUAL ASSAULT IN THEIR LIFETIME**



**90-98%  
OF RAPE REPORTS  
ARE TRUE**



**97% OF PERPETRATORS  
WILL NEVER SPEND A  
DAY IN JAIL**

THE ESTIMATED COSTS  
ASSOCIATED WITH ONE SINGLE  
ACT OF RAPE ARE MORE THAN  
**\$150,000**



## FREQUENTLY ASKED QUESTIONS

### What Is Sexual Assault?

The FBI's definition of rape as of January 6, 2012 is "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". 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 hatred, 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. Focusing on the victim's activities and behavior encourages criminals to take no responsibility for their actions.

## 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, and let that person know that it is not okay to talk that way.
- Treat all people with respect and promote equality for everyone.
- Be open to learning and talking about sexual violence.
- Change the culture within your friends and family so that it is 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.
- Explain to kids that no one has a right to look at or touch their private parts without permission and they are allowed to say "NO".
- 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.

# FACT SHEET



We are The Blue Bench, 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 (formerly RAAP) 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 assault, collect donations and to ensure that every household in the Denver area knows that this resource exists for them and their loved ones. In our efforts to reach out to as many people as possible, we knock on doors from 4 – 9. Our community organizers are always out in groups and we have safety in mind first. 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.

## THE 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. 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.

### Youth

- Let's Talk About It: Sexual Assault Prevention for Youth
- Safety & Empowerment Skills for Women and Girls
- Knowledge is Power: Sexual Assault Awareness

### Young Adult

- Bringing in the Bystander™
- iEmpathize-Teen Exploitation Prevention
- Safety & Empowerment Skills for Women

### Adult

- Keeping Kids Safe and Keeping Youth Safe
- Safety & Empowerment Skills for Women

## CONTINUUM OF CARE

Since our founding in 1983, The Blue Bench has helped more than 450,000 individuals on their path toward healing. 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 for Women & Men
- Hospital response available 24 hours a day
- Case Manager to navigate logistics and referrals

### Workshops

- Someone I Love workshop for family and friends

### Therapy

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