

OUR FREE SERVICES:

24-Hour Help Line

24-Hour On-Call Assault
Response Team

Counseling

Support Groups

Safety Planning

Coping Skills

Legal, court, financial, medical,
and housing information

Community Organizing

Training/Outreach for sexual
assault and domestic violence

ALL SERVICES ARE
CONFIDENTIAL AND FREE.

Production supported by Crime Victim
Assistance Grant CVA#20061-17V13

TAKE THE FIRST STEP

Domestic violence services
also available.

24-HOUR HELP LINE:
734.722.6800

TOLL FREE:
1.888.453.5900

Interpretation services available.

LOCATIONS IN
PLYMOUTH,
WAYNE,
LINCOLN PARK
AND REDFORD



FIRSTSTEP-MI.ORG
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HAVE YOU OR A FRIEND EXPERIENCED SEXUAL ASSAULT?

HELP IS
AVAILABLE
FOR TEENS


FirstStep
Peaceful Families • Safe Communities

SEXUAL ASSAULT IS ANY SEXUAL CONTACT MADE WITHOUT YOUR CONSENT.

Including:

Unwanted kissing or touching
Rape or attempted rape
Pressuring someone to have sex,
or to do a sexual act you're
uncomfortable with and more

Everyone has the right to
decide what they do or
don't want to do sexually.

Most victims of sexual
assault know the assailant.

You can get help for
past child sexual abuse
by family members,
neighbors, and
trusted adults.

KEEP IN MIND

Most sexual assault does
not lead to physical injury.

Both men and women can
be victims of sexual assault.

Sexual assault can
occur in same-sex
and opposite-sex
relationships.

IT'S A SOCIETAL PROBLEM:

**1 out of 4 girls and 1 in 6 boys will
be sexually assaulted by the time
they are 18 years old.**


Source: J. Hopper, Boston Univ. 1998.

**5% of sexual assault and rape victims
are under age 12 and 44% are under
age 18.**

Source: U.S. Department of Justice

YOU ARE NOT ALONE.

COMMON REACTIONS:



Shame & Guilt
Embarrassment
Confusion
Depression
Anxiety
Anger
Fear
Flashbacks
Difficulty Concentrating
Sleeping & Eating
Disturbances
Relationship Challenges

IT IS NOT YOUR FAULT.

FIRST STEP 24-HOUR HELP LINE:

734.722.6800

TOLL-FREE: 1.888.453.5900

CONSENT IS:

- ✓ A clear yes, not the absence of a no.
- ✓ Equal power and choice between individuals.
- ✓ Having the right to say yes or no each time, even with a long-term partner.

RESOURCES:

First Step
School Counselor
Teachers & School Staff
Health Centers/Hospital
Police
911

HOW TO HELP A FRIEND:

Listen with empathy,
support and respect
their decisions, and
know about available
resources.

YOU HAVE RIGHTS...

- ✓ to a free and confidential sexual assault forensic exam. Call our hotline for referral information: 734.722.6800.
- ✓ to medical help without fear of being prosecuted for underage alcohol possession or consumption. In 2012, Michigan passed a Medical Amnesty Law.