



HOLISTIC WELLNESS CHALLENGE

STAND GUARD TO PREVENT AND PROTECT

CHALLENGE your Service members and yourself to use at least one of the recommended resources to prevent and respond to sexual assault.

FACTS & FIGURES: DID YOU KNOW?

- Every **68 seconds** an American is sexually assaulted.¹
- There are protective factors that can help reduce the risk of sexual violence, such as:²
 - Promoting a culture of respect and dignity
 - Creating safe environments
 - Supporting survivors

STAND UP AND SPEAK UP

It is the responsibility of every individual to challenge societal norms that condone violence. By fostering a culture of respect and dignity through our words and actions, you can contribute to the prevention of sexual assault. **Be an active bystander by practicing C.A.R.E.**³

- **Create a distraction.** If it is safe to do so, create a distraction to interrupt the moment and re-direct the assailant's attention.
- **Ask directly.** If someone seems to be uncomfortable or in danger, ask them if they feel safe.
- **Rally others.** If you feel unsafe intervening alone, find someone to help you. If danger is imminent, call 9-1-1.
- **Extend support.** After the person at risk is safe, offer your support. Review the "Resources to Recommend" below.

CONTACT US
 For more information on preventing sexual assault or other topics, email: ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil.

CNGB & SEA Corner

Always Ready, Always There

Unit cohesion is fundamental to the warrior ethos, fostering trust and communication that are vital for effective teamwork and mission success. A cohesive unit creates a protective environment that can shield us from harm. We must be vigilant to ensure all Guardsmen are safe from sexual assault. Speak out or act if a battle buddy or wingman is at risk. By protecting each other, we stay connected and always mission ready. Until next time,

Steven S. Nordhaus *John T. Raines III*
 Steven S. Nordhaus John T. Raines III
 General, USAF SEA, USA
 Chief, NGB NGB

CONNECT WITH COURAGE

It can be difficult to know what to say or how to help a survivor who discloses their sexual assault to you. Not saying or doing anything is not an option because it can prolong the stigma that often prevents people from seeking support and contributes to future harm. Instead, use one of these statements to show your support:⁴

- "You didn't deserve this."
 - "I believe you."
 - "I will get you the help you want and need."
 - "I will be here for you."
- You can also encourage survivors to seek help by contacting the DoD Safe Helpline.

Need to talk?

Anonymous, confidential support for sexual assault survivors in the military

877-995-5247 | SafeHelpline.org | SafeHelpRoom.org

DoD Safe Helpline is operated by RAINN on behalf of the Department of Defense. RAINN will not share your name or any other personally identifying information with DoD or your chain of command.



PLEDGE TO PROTECT

What does it mean?

- Sexual assault is an act of violence that involves any non-consensual sexual contact or behavior.

Why does it matter?

- Sexual violence not only harms the physical and mental health of survivors, but it also creates a culture of distrust that undermines unit cohesion and reduces mission readiness.

What can you do?

- Engage in honest conversations to build trust and enhance cohesion.
- If a battle buddy or wingman makes a joke about sexual assault, call them out and let them know it is unacceptable.
- Learn what it means to be an active bystander and intervene if you witness harmful behavior.
- Create a safe and supportive environment that encourages survivors to come forward and seek help.
- If someone discloses their sexual assault to you, respond with empathy and connect them with support services like DoD Safe Helpline.
- If you have been sexually assaulted, reach out to your local Sexual Assault Prevention and Response team for sensitive and comprehensive care to restore your health and well-being.
- Do not blame yourself for violence perpetrated against you.



APRIL IS SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH



April is Sexual Assault Awareness and Prevention Month (SAAPM). The 2025 campaign is "STEP FORWARD. Prevent. Report. Advocate."

The STEP FORWARD campaign is a call to action for all individuals to use their personal and collective strength to advance meaningful change in preventing and responding to sexual violence.

Learn what steps you can take to help create an environment that keeps you and your fellow Service members safe from harm: <https://www.sapr.mil/saapm>



RESOURCES TO RECOMMEND



NG's Sexual Assault Prevention and Response (SAPR) personnel are available 24/7 to provide guidance, support, and advocacy. <https://www.nationalguard.mil/Leadership/Joint-Staff/J-1/SAPR/>



Beyond MST is a free mobile app for military sexual trauma (MST) survivors with more than 30 tools to help manage challenges and find hope. <https://mobile.va.gov/app/beyond-mst>



Star Behavioral Health Providers are civilian providers, trained in military culture, which are available in-person and online to address sexual assault, domestic violence, and relationship issues. www.starproviders.org



Buddy Aid is an NG program that prepares Guardsmen to give immediate support after a disclosure of sexual assault. To learn more, listen to the Leader's Recon podcast: <https://www.nationalguard.mil/About-the-Guard/Army-National-Guard/Resources/Soldier-Resources/Leader-Development-Program/video/877645/dvpcc/false/#DVIDSVideoPlayer110550>



Human Performance Resources by CHAMP provides tips and resources on how to reduce sexual violence and help someone who has experienced assault. <https://www.hprc-online.org/total-force-fitness/service-specific-resources/army/how-help-someone-who-has-experienced-sexual>



SPOTLIGHT: CATCH A SERIAL OFFENDER (CATCH) PROGRAM

- The **DoD CATCH Program** is a voluntary system for sexual assault survivors to anonymously submit suspect information to DoD investigators to help identify alleged serial offenders.
- Military Criminal Investigation Organization investigators at CATCH headquarters assess submissions against other CATCH Program entries and against DoD Law Enforcement databases to detect matches. To learn more about the DoD CATCH Program, visit www.sapr.mil/catch.

REFERENCES:

1. Rape, Abuse, and Incest National Network (RAINN). <https://rainn.org/statistics/victims-sexual-violence>
2. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/sexual-violence/prevention/index.html>
3. Rape, Abuse, and Incest National Network (RAINN). <https://rainn.org/articles/practicing-active-bystander-intervention>
4. NGB Leader's Recon. <https://www.nationalguard.mil/About-the-Guard/Army-National-Guard/Resources/Soldier-Resources/Leader-Development-Program/video/877645/dvpcc/false/#DVIDSVideoPlayer110550>