



HOLISTIC WELLNESS CHALLENGE

STEP FORWARD

PREVENT. REPORT. ADVOCATE.

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

FACTS & FIGURES: DID YOU KNOW?

- Over half of women and almost one in three men have experienced sexual violence.¹
- One in four women and one in 26 men have experienced an attempted or completed rape.¹
- Prior victimization is the highest risk factor for future victimization.
- Protective factors, like a strong support system and healthy relationships, can help mitigate harm.

DOD SAFE HELPLINE



Anonymous
support for sexual assault survivors in the military

safehelpline.org | 877-995-5247

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

REDUCING RISK

Sexual assault is a crime of opportunity, with perpetrators often manipulating potential victims or capitalizing on vulnerable moments and is most often committed by someone the victim knows. There are things you can do to safely remove yourself from an uncomfortable or risky situation.¹

- **Sexual assault is never the victim's fault.** Only the perpetrator is responsible for their actions.
- **Go with your gut.** You are not obligated to do anything you do not want to do, even if you know the person. Trust your instincts.
- **Escape is paramount.** It is ok to make up an excuse - "I have to leave, or my car will be towed" - even if it is not true to escape a high-risk situation.
- **Bystander intervention.** If you see someone in an unsafe situation utilize the 3D's of Bystander Intervention. Address the perpetrator **Directly** - "You need to stop." **Distract** the perpetrator "Someone is coming." **Delegate** the intervention to others. Ask a battle buddy to remove either person from the situation.

Protect Others. Speak Up.

It is important to remember that men are also victims of sexual assault. The **Men's Sexual Assault Prevention and Response Campaign** provides support and understanding for male Service members who experienced this crime. Check out the resources and ongoing discussions at: <https://www.sapr.mil/mens-sapr-campaign>.



PREVENTING ASSAULT & SUPPORTING SURVIVORS

What does it mean?

- Sexual assault refers to sexual contact or sexual behaviors that occur without the explicit consent of the victim.

Why does it matter?

- Sexual assault impacts everyone. It jeopardizes mission readiness and unit cohesion by creating an unsafe environment that permits harmful behaviors.

What can you do?

- Model and promote healthy relationships based on respect and equality.
- Create a culture of trust that welcomes open and honest dialogue.
- Understand that consent should be clearly and freely communicated.
- Develop a strong support system that can help facilitate a safe exit from an uncomfortable or scary situation.
- Become an active bystander by interrupting inappropriate sexual behavior.
- Speak up if someone jokes about sexual assault or makes victim blaming statements. Sexual assault is never the victim's fault.
- Establish an environment that promotes help-seeking behaviors to combat the under-reporting of this crime.
- Learn about the different reporting options (Restricted and Unrestricted) under DoD policy and available services by contacting your local National Guard Sexual Assault Prevention and Response personnel.
- Support survivors and encourage engagement with resources to foster healing and prevent future victimization.

SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

April is Sexual Assault Awareness and Prevention Month. The 2024 theme is "STEP FORWARD. Prevent. Report. Advocate."

Everyone has a role to play in fighting the crime of sexual assault. Learn what you can do at: <https://www.sapr.mil/saapm>.

DEOCS RESPONSE RATE

The National Guard (NG) had the highest percentage response rate for the 2023 Defense Organizational Climate Survey (DEOCS) of all the Services.

Findings are being incorporated into state-level Comprehensive Integrated Primary Prevention plans that will guide activities to protect NG members from harm, like sexual assault.



RESOURCES TO RECOMMEND



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



DoD's Sexual Assault Prevention and Response Office (SAPRO) offers resources to prevent sexual assault in the military and facilitate recovery for survivors. www.sapr.mil



DoD's Safe Helpline offers anonymous, confidential support 24/7 to Service members affected by sexual assault. Help is available via phone, individual chat, group chat, mobile app, and local responders. www.safehelpline.org



VA has resources for Service members who experienced "military sexual trauma" which is an assault or harassment during military service. www.va.gov/health-care/health-needs-conditions/military-sexual-trauma/



Rape, Abuse, and Incest National Network is the nation's largest anti-sexual violence organization providing help for survivors and education for the public. www.rainn.org



National Sexual Violence Resource Center provides research and tools to advocates working to end sexual harassment, assault, and abuse. www.nsvrc.org



SPOTLIGHT: BUDDY AID

- A program that prepares Service members to render immediate and effective support after a disclosure of sexual assault.
- The training utilizes operational language consistent with other threats to destigmatize the conversation around sexual assault.
- This language supports readiness and retention as more victims recognize the operating environment is safe to disclose, get help, and report sexual assault.
- For more information, email: ng.ncr.ngb-arng.mbx.ngb-sapro@army.mil.

REFERENCES:

1. Centers for Disease Control and Prevention (CDC). Fast Facts: Preventing Sexual Violence. <https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html>