



Talking About Sexual Assault



Florida Council Against Sexual Violence

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What is sexual assault?

Sexual assault is another way to say, “bad touch to your private parts.” It means someone touched or had sex with you when you didn’t want them to touch you.

Other words for these actions are:

- Rape
- Sexual abuse
- Sexual violence



Your body belongs to you.

No one should touch your body or do anything to it unless you understand what they are going to do and you say “yes.”

It’s okay to say “no”:

- It’s okay to say “no” when anyone touches you in a way that you don’t like or don’t want.
- It’s okay to say “no” when anyone touches you in a way that you don’t understand.
- Even if you say yes to some kinds of touching or some kinds of sexual actions, you can say “no” to others.
- You can also change your mind.

Remember:

No one deserves or asks to be sexually assaulted.

It's wrong.

It's wrong if:

- Someone touches you without your permission.
- Someone has sex with you when you don't want him or her to have sex with you.
- Someone shows you pictures of sex you don't want to see.

These are serious crimes. We have laws to protect people from abuse. Your body belongs only to you. Bad touch can make you feel scared or very hurt. Sexual assault can hurt your body and your feelings.

It hurts.

Everybody feels different ways after being touched or hurt in bad ways. It is normal and okay to have lots of feelings. It can hurt in a lot of ways that don't show on the outside.



Some common feelings are:

- Anger
- Sadness
- Guilt
- Fear
- Shyness
- No feelings
- Tired
- Sleepy
- Feeling crazy or out of control
- Feeling like your body is different
- Feeling sick

Remember:

Help is available for victims and the people who love them.

How You Might Feel After Someone Hurts You

- After someone hurts you, you might feel afraid of being alone or of going to sleep.
- You might feel confused or upset.
- Your stomach or head might hurt.
- People can help you start to feel better, so it is important to talk to your doctor about your body and to talk to someone about your feelings.

Talk to Someone

You need to talk to someone if you've been hurt. It's not okay if you feel scared or hurt. Help is there so that you can start to feel better and that you can feel safe.

You can talk to:

- a friend you trust
- your family
- a doctor or nurse or other professional
- a police officer

You can talk to caring people by phone or in person. Their help is free during the day or at night. They can help you get the support you need.

To find someone in your town to talk to, you can call this number for free:

1-888-956-7273

