



SEXUAL ASSAULT AWARENESS

OUR COMMUNITIES. OUR RESPONSIBILITIES. OUR CARE.





Dear Relative,

Our ancestors always taught us that we are all connected—like the threads of a single blanket. When one thread is pulled, the whole community feels it. When one thread is strengthened, we all stand a little taller.


For too long, the topic of sexual violence has been kept in the shadows. Silence doesn't protect us; community protects us. This toolkit is not just a collection of facts and phone numbers. It is an invitation to return to our traditional way of being: a Culture of Care.

What does a Culture of Care look like?

- It looks like an Auntie listening without judgment.
- It looks like a young person feeling safe enough to say "no."
- It looks like a brother standing up for a relative, even when it's uncomfortable.
- It looks like all of us believing that healing is possible.

Whether you are a survivor looking for hope, a friend looking for words, or a leader looking for a way to help, this guide is for you.

By picking it up, you are already helping us weave a stronger, safer blanket for our children and the generations to come.



PROCLAMATION

April is Sexual Assault Awareness Month

WHEREAS, sexual violence is a public health and human rights crisis that affects individuals of all backgrounds across Kansas; and

WHEREAS, we must build a culture of consent and digital safety, educating our community on healthy boundaries and the vital role of bystander intervention to prevent harm both in person and online; and

WHEREAS, we are committed to supporting survivors by believing their stories, providing trauma-informed resources, and challenging the stigmas that surround sexual violence;

NOW, THEREFORE, I _____ of Kansas, do hereby proclaim April 2026 as Sexual Assault Awareness Month.

I CALL UPON our citizens to advocate for survivors, participate in educational efforts, and wear TEAL on the SAAM Day of Action (April 7th, 2026) to demonstrate our commitment to ending sexual violence.

Signature

Date



INFOGRAPHICS FOR SOCIAL MEDIA USE

BELIEVE

Nearly **EVERY MINUTE**, someone in the U.S. is sexually assaulted.

Every **NINE MINUTES**, that someone is a child.

THIS ISN'T JUST NUMBERS; IT'S OUR FRIENDS OR FAMILY



Based on the research of the Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey 2002-2004. This project was supported by Grant No. 15-DJW-04-00-05605-MCND Midwest Native Coalition for Justice and Peace awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

CREATING A SAFER PLACE TO TALK

What To Say What Not To

"I believe you, and I'm so sorry this happened."
(This is the most powerful thing a survivor can hear)

"Why did you...?"
(Even if you're curious, "why" sound like lectures. It can make a survivor feel like they are being blamed.)

"You've been carrying this alone for a long time. Thank you for letting me help you carry a piece of it now."
(Acknowledges their courage)

"You should call the police right now."
(Advisory means letting them lead. They may not feel safe with the police yet.)

"Even if you were drinking, if you were in a place you 'shouldn't' have been, even if you knew them - you deserve to be safe."
(Sexual violence often carries misplaced blame)

"I'm going to go handle this myself."
(Protecting is natural but "taking over" can make a survivor feel like they've lost control all over again.)

"I am here to support you. You decide what happens next."
(This restores their power and sovereignty over their own life.)

"It could've been worse."
(This tells the survivor that their current pain isn't bad enough to justify how they feel.)



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TALKING WITH HEART

IF YOU DON'T KNOW WHAT TO DO, FOLLOW THESE THREE A'S:

ANSWER

"THAT SOUNDS INCREDIBLY HARD, IM SO SORRY YOU'RE GOING THROUGH IT."

ASK

"WHAT DO YOU NEED RIGHT NOW? A QUIET PLACE TO SIT? SOMEONE TO CALL?"

AFFIRM

"YOU ARE STRONG FOR SPEAKING UP, AND YOU DON'T HAVE TO CARRY THIS ALONE"

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SEXUAL ASSAULT AWARENESS MONTH

American Indian and Alaskan Native (AI/AN) women are **2.5 times more likely** to be raped or be victims of sexual assault compared to the rest of the country.

Details are results from a survey of 148 predominantly homeless or low-income urban AI/AN women in Seattle, WA

94% had been raped or coerced into sex in their lifetime.

42% of victims of rape or coercion attempted suicide in their lifetime.

8% of cases of a rape victim's first attack ended in a conviction.

Urban Indian Health Institute. (2025, January 28). Sexual violence among Native Women: a public health emergency - Urban Indian Health Institute. <https://www.uhih.org/resources/sexual-violence-among-native-women-a-public-health-emergency/>
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NATIONAL SUPPORT
1-800-656-HOPE(4673)

ONLINE CHAT
ONLINE.RAINN.ORG

TEXT HELP
TEXT HOPE TO 64673

CRISIS TEXT LINE
TEXT HOME TO 741741



THE TRUTH BEHIND THE STATISTICS

KNOWLEDGE IS POWER

SEXUAL VIOLENCE AGAINST WOMEN

More than 1 in 2 (56.1 percent)

American Indian and Alaska Native women have experienced sexual violence in their lifetime.

SEXUAL VIOLENCE AGAINST MEN

More than 1 in 4 (27.5 percent)

American Indian and Alaska Native men have experienced sexual violence in their lifetime.

U.S. Department of Justice, Rosay, A. B., & Rodriguez, N. (2016). Violence against American Indian and Alaska native women and men: 2010 Findings from the National Intimate Partner and Sexual Violence Survey. In National Institute of Justice Report, National Institute of Justice. This project was supported by Grant No. 15JQVW-24-GG-01601-MUMU Midwest Native Coalition for Justice and Peace awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



INFOGRAPHICS FOR SOCIAL MEDIA USE

HER VOICE HER POWER

AWARENESS IN ACTION FOR OUR INDIGENOUS DAUGHTERS

KANSAS TRIBAL VICTIM ADVOCACY PROGRAMS

**Prairie Band Potawatomi
Tribal Victim Services**
1-866-966-0173

Kickapoo Tribe in Kansas
785-284-8094

**Sac and Fox Nation of
Missouri in KS and NE**
785-742-4710 ext. 3507

Iowa Tribe of KS and NE
402-801-0230

**Delaware Tribe of Indians Family
& Children Services**
918-331-7349



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Resources for a safer community.

Click below to download our latest sexual assault awareness infographics and print-ready assets.

[Sexual Assault Infographics](#)

