



Iowa Sexual Abuse Hotline

Support - Information - Referral

Sexual Abuse involves a wide variety of behaviors where sex is used as a weapon or as a threat. This includes: obscene phone calls, exhibitionism, window peeping, catcalls, harassment, attempted rape, rape and childhood sexual abuse.

You are not alone!

1 in 4 women

1 in 6 men

are sexually victimized.

**Sexual assault is never the
victim's fault!**

There is help available.

Iowa Sexual Abuse Hotline

24 hours

1-800-284-7821

Relay Iowa - Language Line

Free and Confidential



It Can Happen to Anyone!

It is rape even if:

I didn't resist physically.

I used to date the attacker.

I am married to the attacker.

I don't remember the assault.

I was asleep or unconscious when it

happened

I was drunk.

The attacker was drunk.

I was under the influence of drugs.

The attacker was under the influence
of drugs.

I couldn't say "no."

Common feelings and reactions
include:

Self-blame. Fear. Memory loss. Nightmares.
Flashbacks. Guilt. Shame. Anxiety. Shock.
Mood swings. Difficulty in school. Isolation.
Decreased interest in things you previously
enjoyed. Difficulty sleeping. Denial. Shame.
Numbness. Difficulty eating. Promiscuity.
Anger. Feeling out of control.

Written by Rape Victim Advocacy Program
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(RAINN)