

*Sexual Assault is...
Violence Motivated by
Power and Control
Acted Out Sexually.*

Definition

Sexual Assault-

- A specific act of sexual violence, including rape, incest, molestation, or other acts of sexual intrusion.
- The term may also refer to an act of sexual violence perpetrated against an adult or a child by a loved one, acquaintance, or stranger.
- Sometimes used synonymously with the terms sexual violence and rape.

*Sexual Assault is Not...
Consensual Sex or
Miscommunication.*

Support Services

S.A.R.A., Inc.	970 867-2121
S.H.A.R.E. , Inc.	970 867-4444
Help for Abused Partners	970 522-2307
New Directions	970 848-3867

Law Enforcement Victim Services

Morgan County	970 542-3445
Logan County	970 522-2578
Washington County	970 345-2244
Phillips/Sedgwick Counties	970 854-2332
Yuma County	970 332-4806
Kit Carson County	719 346-8934

Victim Compensation

	Toll Free	Local
Fort Morgan	877 594-8637	970 542-3473
All in 13th District	877 594-8637	

Sex Offender Registry

<http://sor.state.co.us/default.asp>

Victim Rights Amendment

For compliance questions/concerns contact:

Division of Criminal Justice
Dept. of Public Safety
700 Kipling St. Suite 1000
Denver, CO 80215
303 239-4446
888 282-1080



Sexual Assault Response Advocates



418 Ensign St.

P.O. Box 633

Fort Morgan, CO 80701

Office: (970) 867-2121

Toll Free: 1-855-440-SARA (7272)

Email: contact.sarainc@yahoo.com

Web Site: www.Sarainc.org

www.facebook.com/CO.SARAINC



NATIONAL
CHILDREN'S
ALLIANCE®

ACCREDITED
MEMBER

*Support
Strengthen
Heal*



It is Important to Remember:

- ✓ After a sexual assault, one will experience a wide range of reactions.
- ✓ The emotions and feelings that accompany a sexual assault represent a “normal” response.
- ✓ In essence, abnormal will be the “normal” for a while, and that’s okay.

Individuals Respond Differently:

- ✓ Some respond immediately, others have delayed reactions.
- ✓ Some are affected by the assault for a long time, others appear to recover rather quickly.

Shame and Guilt:

- ✓ Are common reactions to sexual assault.
- ✓ Individuals often blame themselves for what happened or feel shameful about being an assault victim.



Remember:

It is NOT your fault!

The Grief of Sexual Assault:

- **Shock and Numbness**
- **Denial:**
“Not me, this can’t have happened to me.”
“It’s not that bad.” “I’m fine.”
- **Bargaining and Rationalization:**
“Let’s go on as if it didn’t happen.”
“I should have been over this by now.”
- **Guilt:**
“If only I had done...”
“If only I had not done...”
- **Loss of Control:**
“How will I ever feel safe again?”
- **Anger, Rage and Resentment:**
“What did I do” - “Why me?”
- **Sadness, Depression and Denial:**
“I felt so dirty and so worthless.”
- **Acceptance and Integration:**
“I want to move forward...take my life back.”

TAKE CARE OF YOURSELF-

**Physically,
Emotionally,
Spiritually.**

Our Mission:

S.A.R.A., Inc. is dedicated to the empowerment of sexual assault victims through direct client services; community education that impacts deep-seated beliefs and behaviors; and the development of a coordinated community response to the crime of sexual assault.



S.A.R.A. OFFERS:

- ✓ Crisis intervention, referral and support services.
- ✓ Assistance to victims of reported and non-reported sexual assaults on a 24-hour basis.
- ✓ Information, support groups and community education.
- ✓ Child Advocacy Center providing a warm child-friendly setting for forensic interviews while ensuring children and families receive effective and sensitive support.
- ✓ Collaboration with law enforcement, Department of Human Services, high schools, colleges and hospitals.