

*“I want to feel safe, period.
My soul wants to feel safe, not terrorized.”*

*Sexual violence survivor, Dancing in the Darkness
www.dancinginthedarkness.com*

Sexual violence can affect anyone, even in our congregation!

Sexual violence and rape are crimes!



Sexual violence takes away your sense of safety, trust, and self-esteem.
You can feel isolated, ashamed, and alone.



But you are NOT alone. And you are NOT to blame!



There is hope. Talk to someone who can help.

“All of you, my [fellow survivors] out there – remember it is NOT YOUR FAULT.”

*Sexual violence survivor, Dancing in the Darkness
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For Immediate Help

Call the National Sexual Assault Hotline at 1-800-656-4673/HOPE

The National Sexual Assault Hotline is free, confidential, and available 24/7. Language translation is available. Anyone can call. You do not have to give your name or identify yourself to receive help.

Call your local police, sheriff,
or Village Public Safety Officer

or

DIAL 911 (where available)

Add local service provider information.

*If there is no local information here,
call the National Sexual Assault Hotline
(1-800-656-4673/HOPE)
and ask for services in your area.*



Hearts and Hands

Piecing Together Faith and Safety for Rural Victims of Sexual and Domestic Violence

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