

# Supporting Survivors

## BELIEVE THEM

If someone tells you about an experience of rape or sexual abuse, believe them and let them know that you believe them. There is little evidence to show that people create stories of rape and sexual abuse. Many survivors do not tell anyone because of the fear they not be believed.

## DON'T BLAME THEM

Survivors often blame themselves, so they do not need others to blame them as well. They might think something they did or failed to do is the reason they were assaulted. Help them to understand that while it is sometimes a common reaction to feel guilty, the only one responsible for the assault is the offender.

## LISTEN TO THEM

Survivors need to talk about their experience, sometimes over and over again. Help them vent painful feelings, and let them know you will listen. (Listening can be draining though, so do not forget to take care of yourself while helping.)

## RESPECT THEM

People who have experienced sexual abuse are the victim of someone else's choice, but they are also survivors. They have experienced a life-threatening event and have lived to tell about it. They deserve respect for being alive.

## REFER THEM

The Cleveland Rape Crisis Center can help. For information and referrals, a good starting point is our 24-hour hotline: 216.619.6192.

# How You Can Help

**VOLUNTEER** The Cleveland Rape Crisis Center relies on dedicated volunteers to staff our direct service programs. To get involved, please contact our Volunteer Services Coordinator at 216.619.6194, ext. 119.

**FINANCIAL CONTRIBUTIONS** Your generous support enables the Cleveland Rape Crisis Center to provide all services completely free of charge. *More than 10,000 people receive these free services every year.* Contributions in *any amount make a huge difference* in our ability to help survivors heal. Please send your tax-deductible donation to the address listed below.

**IN-KIND DONATIONS** The Cleveland Rape Crisis Center also appreciates donations of services and goods such as office and art supplies. Please call our Resource Development Department for more information at 216.619.6194, ext. 108.

## CLEVELAND RAPE CRISIS CENTER

**The Standard Building**  
**1370 Ontario Street, Suite 420**  
**Cleveland, Ohio 44113**  
**Office: 216.619.6194**  
**Fax: 216.619.6195**  
**24-Hour Hotline: 216.619.6192**  
**[www.clevelandrapecrisis.org](http://www.clevelandrapecrisis.org)**



# CLEVELAND RAPE CRISIS CENTER



## Our Programs

“The Cleveland Rape Crisis Center is a social change agent dedicated to serving all survivors and those supportive of them at any point following their experience of sexual violence through superior direct services, advocacy, education, training, and activism.”

# Who We Are

Founded in 1974, the Cleveland Rape Crisis Center offers a safe environment for survivors of rape and sexual assault. We are the **only** agency in Cuyahoga County that provides free, comprehensive services to survivors of sexual assault. Through direct service and education, more than 10,000 people are served by the Cleveland Rape Crisis Center every year.

## Our Logo

The Nightingale, a songbird known for its beautiful call is the symbol of the Cleveland Rape Crisis Center and serves as inspiration for survivors.

The story of the Nightingale comes from a Greek myth about a young woman named Philomela who was raped by her brother-in-law, Tereus. Tereus cut out Philomela's tongue so she would not tell anyone of her brutal assault. Left to suffer in silence, Philomela wove a tapestry depicting the story of what happened to her. After completing the tapestry, she was transformed into a Nightingale, set free to sing out in her beautiful voice, silenced no more.

The Nightingale symbolizes survivors of rape and sexual assault raising their voices against these horrific crimes.



# Programs and Services

**24-HOUR HOTLINE:** Our crisis intervention hotline provides survivors and the community with therapy, support, information, and referrals. Calls from the hotline are taken by our expert staff and specially trained volunteers. All calls are confidential and callers have the option to remain anonymous. For the hotline call 216.619.6192.

**THERAPY:** Individual and group therapy is available for child, adolescent, and adult survivors of sexual abuse and their non-offending family members.

**HOSPITAL ADVOCACY:** Advocates provide assistance and support to survivors and their families in hospital emergency rooms after a sexual assault. Advocates can be contacted 24 hours a day by calling the hotline.

**JUSTICE SYSTEM ADVOCACY:** Advocates provide support and information to survivors who choose to prosecute their offenders. This program also provides training on rape sensitivity and the law as it relates to sexual assault for law enforcement personnel.

**COMMUNITY EDUCATION:** Staff and volunteers are available to speak regarding rape awareness and prevention, personal safety, and sexual harassment. Professional in-service training is available for providers to build skills in the areas of assault assessment and intervention.

# Why We Are Here

Every two minutes in America a person is sexually assaulted. (National Crime Victimization Survey, 2000)

In the year 2000, there were 261,000 survivors of rape, attempted rape, or sexual assault in the United States. (National Crime Victimization Survey, 2000)

Forty four percent of rape victims are under the age of 18. Three of every twenty victims are under the age of 12. (Bureau of Justice Statistics, Sex Offenses and Offenders, 1997)

Sixty two percent of survivors know their perpetrator. (National Crime Victimization Survey, 2000)

Over 2.78 million men experience an attempted or completed rape in their lifetime (Prevalence, Incidence and Consequences, of Violence Against Women 1998)

Arrested rapists stand a 58 percent chance of being convicted of a felony (National Center for Policy Analysis, Policy Report #229, 1997)

The average prison term for offenders convicted of a rape offense is three years. (Bureau of Justice Statistics, Sex Offenses and Offenders, 1997)