

What to do if you've been sexually assaulted or sexually abused

- Get to a safe place.
- Even if you want to clean up immediately after the assault, it is important to save the evidence.
- Don't use the bathroom, brush your teeth, shower, or change your clothes
- Report it, even if you don't have any evidence. It doesn't matter when the assault happened.
- Tell ANY staff person (PREA Coordinator, counselor, supervisor, line staff, nurse, etc.). Talk to any staff member you trust.
- You may talk to someone in person, drop a note under a staff member's door, make a phone call to a family member or friend. It doesn't matter – just tell someone.
- Call the National Sexual Assault Telephone Hotline" at 1-800-656-4673 to report an incident of sexual abuse or sexual harassment or any other organization listed in the back of this brochure.
- Seek the support of a trusted friend, family member, or staff member. Whether or not you plan to report the assault, you may choose to talk to someone.
- Get a referral for victim services through your counselor or program staff to Northern State Prison Medical/Mental Health Services.

**No one deserves to be abused.
Sexual abuse and sexual harassment are not a part of your treatment.**

Outside Resources:

**National Sexual Assault Telephone Hotline:
1-800-656-4673**

**New Jersey Coalition against Sexual Abuse
(NJ CASA)-24 hour
State Hotline: 1-800-601-7200**

Ombudsman' Office: 1-800-305-1811



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**Break the Chains of Silence
Report Sexual Abuse or Sexual Harrassment**

• How to prevent it

• How to report it

• Know your rights

REPORTING IS THE FIRST STEP

Prison Rape Elimination Act (PREA)

The Prison Rape Elimination Act of 2003 is a federal law that supports the elimination, reduction, and prevention of sexual abuse, sexual harassment, and any and all forms of sexual misconduct, whether these acts are committed by a resident on another resident, or staff on a resident.

This agency has a **zero tolerance policy** regarding sexual abuse and sexual harassment of any kind.

While you are here, you have the right to be safe and treated with respect. You are expected to treat others in the same way.

We take sexual abuse and sexual harassment seriously and will take every action to stop it. Every staff member is trained to assist you if they see or hear about sexual abuse or sexual harassment. All staff members have to report any suspected sexual abuse or sexual harassment and proper follow up will be given.

Sexual activity between a staff member and a resident can **never** be consensual and is **always** against the law.

CURA, Inc. will protect all residents and staff who report sexual abuse or sexual harassment or cooperate with sexual abuse or sexual harassment investigations from retaliation by other residents or staff.

Speak up...Get Help

How to prevent all forms of sexual abuse and sexual harassment

You may prevent an attack by keeping the following safety guidelines in mind:

- Be aware of situations that make you feel uncomfortable. Trust your instincts. If it feels wrong **REPORT IT.**
- Don't be afraid to say "NO or STOP IT Now."
- Walk and stand with confidence. Many suspects choose victims who look or appear emotional weak.
- Avoid talking about sex or being partly dressed. These things may be considered a come on, or make another resident believe that you have an interest in a sexual relationship.
- Do not accept gifts from other residents. Placing yourself in debt to another resident can lead to the belief of repaying the debt with sexual favors.
- Avoid secluded areas. Always stay in plain view of CURA employees.
- Follow CURA, Inc. expectations: show respect, observe mindfulness, use honesty

If you sexually assault or sexually abuse another resident, or staff member you should know the following:

- ✓ An investigation will be conducted by the Department of Correction- Special Investigation Division (SID).
- ✓ You will face felony criminal charges.
- ✓ If you are found guilty your time will be increased and you will face life long reporting requirements to law enforcement to register as a sex offender, after your release from prison.
- ✓ Unprotected sex increases your risk of HIV infections, along with exposing you to other sexually transmitted diseases.
- ✓ If you have troubles controlling your actions ask for help from your counselor, physician, psychiatrist or other mental/ health professionals.

How to report sexual abuse and sexual harassment

If you are a victim of sexual assault OR you suspect someone else has been sexually abused or involved in sexual misconduct, you need to report it. A thorough and impartial investigation has to be conducted. Remember, DOC-Special Investigation Division (SID) cannot conduct an investigation if we don't have enough information. All information will be kept in strict confidence.

Your options:

If you need to report sexual abuse or sexual harassment that happened to you or that you witnessed, you can:

1. Report the incident to the toll-free telephone number: **1-800-601-7200** (New Jersey Coalition Against Sexual Abuse (NJ CASA) -24 hour State hotline) or
2. Call the Ombudsman's Office at **609-633 2596 or**
3. Call the "National Sexual Assault Telephone Hotline" at **1-800-656-4673**
4. A third party can also report a sexual abuse or sexual harassment incident. A third party reporter is someone who reports sexual abuse and sexual harassment but is neither the victim nor the abuser. "Third Party" includes other residents, members of staff, family members, lawyers, contract employees, service providers, etc.)
5. Talk to any staff member you feel comfortable with. This can be a Counselor, PREA Coordinator, Program Director, Nurse, Intake Staff, etc. **ANYONE.**
6. File a grievance or put a note under a staff person's door.