

TEEN RESOURCE GUIDE

- **Mutual Ground:** www.mutualground.org, 630-897-8383
- **Rape, Abuse, and Incest Network:** www.rainn.org
- **Resource for Male Survivors:** 1in6.org
- **National Teen Dating Abuse:** *live chat capability*, loveisrespect.org
- **End Rape on Campus:** endrapeoncampus.org
 - Works to end campus sexual violence through direct support, prevention education, and policy reform.
- **Know Your IX (about Title IX Law):** knowyourix.org
 - Protection against sex and gender based discrimination.
- **The Hunting Ground movie:** thehuntingsgroundfilm.com
 - Documentary about sexual assault on college campuses
- **Project Unbreakable:** projectunbreakable.tumblr.com
 - Photography project aiming to give a voice to survivors of sexual assault, domestic violence, and child abuse.
- **It's On Us:** itsonus.org
 - Movement to raise awareness and fight against sexual assault on college campuses for both men and women.
- **No More:** nomore.org
 - Dedicated to issues of domestic violence and sexual assault and providing tools to prevent these crimes

How to Reduce Risk of Sexual Assault:

- Travel in groups... there are safety in numbers.
- Trust your instincts... if the situation feels unsafe it probably is.
- Don't feel obligated... to do ANYTHING you don't want to do.
- Watch your drink... don't accept drinks from other people.
- Carry your cell phone... stay alert by not using your device while walking.

How to Help a Friend:

- Get involved... if you see something, Say Something!
- Believe and support victims.
- Expect a range of emotions.
- Stories are not always coherent.
- Encourage them to follow the **RESPONSE PLAN**, report, and get help.

Response Plan:

If you or someone you know has been sexually assaulted, please...

- Get to a safe place.
- Contact the police.
- Go to the hospital. DON'T change clothes, bathe, or use the bathroom (There may be evidence on your body or clothes.)
- No matter what happened, it was NOT your fault!

Important Numbers for Survivors of Sexual Assault:

- Police911
- Mutual Ground Sexual Assault Hotline.....630-897-8383
- Presence Mercy Medical Center.....630-859-2222
- Rush-Copley Hospital..... 630-978-6200
- Delnor Hospital..... 630-208-3000
- Suicide Prevention Hotline..... 800-273-8255
- Child Protective Services..... 800-252-2873