



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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## April is Sexual Assault Awareness and Prevention Month

April is Sexual Assault Awareness and Prevention Month. In the United States, one in three women and one in six men experience sexual violence involving physical contact at some point their life. These numbers may be even greater as many survivors of sexual violence do not tell police, family, or friends.

Sexual violence is any nonconsensual sexual activity and can include sex acts with an individual who is unable to consent due to force, alcohol and drugs, or age. Sexual violence can also be unwanted intentional sexual touching or verbal sexual harassment. Sexual violence can negatively impact the health of survivors, who may experience chronic pain, headaches, sexually transmitted infections (STIs), anxiety, depression, eating disorders, and more.

The weekly themes for the month are:

- **April 1-7: Speak Out.** Help raise awareness of sexual violence.
- **April 8-14: Support Survivors and Yourself.** Consider doing something that makes you feel strong, healthy, and cared for, such as a long walk or spending time with friends.
- **April 15-21: Stay Educated.** Learn more about consent and sexual violence and share the information.
- **April 22-28: Take Action.** Advocate for survivors and support policies that aim to prevent sexual violence.
- **April 29-30: Today & Every Day.** Remember that work to end sexual violence continues throughout the year. Find ways to keep prevention efforts up!

Sexual violence can be committed by anyone, including a current intimate partner. For more information, visit <https://www.cdc.gov/features/sexualviolence/index.html>, <https://www.rainn.org/SAAPM>, and <https://www.nsvrc.org/>.

If you or someone you know may be a victim of sexual violence, the Rape, Abuse, and Incest National Network (RAINN) at 1-800-656-HOPE (4673) can be reached as a 24/7, free, confidential resource. If you or someone you know is experiencing an emergency, dial 9-1-1.