

## Safety Tips

Attend social activities with friends. Agree to look out for one another and leave as a group.

Do not take a ride or go with anyone that you do not know well.

Alcohol is often called the ‘#1 Date Rape Drug’. Using drugs and alcohol can increase your risk for sexual violence.

Be clear about your limits before you get into a sexual situation. Your body belongs to you and you always have the right to say ‘NO!’

Listen to your gut feeling. If you feel uncomfortable or threatened leave the situation immediately and go to a safe place.



## Other places that can help

*Alee Shelter* is a shelter for women and their children who are fleeing from violence. Call: 649-ALEE (2533)/648-HOPE (4673)

*Adult Protective Services* takes calls of abuse of elderly or disabled clients. Call: 632-8853

*Child Protective Services* takes calls of abuse or neglect of children. Call: 475-2653/72

*Guam Legal Services Corporation - Disability Law Center* provides legal help with restraining orders and assistance with safety planning. Call: 477-9811



Guam Coalition Against  
Sexual Assault & Family Violence

P.O. Box 1093

Hagatna, Guam 96932

Telephone: (671) 479-2277

Fax: (671) 479-7233

[info@guamcoalition.org](mailto:info@guamcoalition.org)

[www.guamcoalition.org](http://www.guamcoalition.org)

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## Healthy Communities Against Sexual Violence



The   
Guam Coalition Against  
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Family Violence

## What is Sexual Violence?

**Sexual Violence/Sexual Assault is when a sexual act is forced on a person against his or her will. It may happen in many ways.**

**Some types of sexual violence are:**

- **Rape (when someone is forced to have sexual intercourse, including vaginal, anal, or oral penetration by a body part or an object)**
- **Unwanted or inappropriate touching where there is an imbalance in age, size, power, or knowledge**
- **Incest (when someone is forced into sexual contact with a close relative)**



## It's important to know...

- Any sexual contact without you agreeing to it is against the law and can be prosecuted under Guam law.
- Sexual assault or rape is a crime of violence and is not about sexual passion or desire. It is meant to humiliate and control. Sex is used as a weapon.
- The person who commits sexual violence is usually someone that you know like an acquaintance, friend, neighbor or relative.
- No one deserves to be sexually assaulted. It is normal to feel guilt, shame, fear and confusion. There is counseling available to help with these feelings.

## If you or someone you know has experienced sexual violence...

- Get away from the attacker and go to a safe place as fast as you can.
- Call 911 or the Guam Police Department.
- Call a friend or family member that you can trust. You can also call the rape crisis center and speak to someone who can help you.
- Do not wash, change clothes or clean up in any way. You will destroy valuable evidence that can be used by the police.

## Where to go for help...

**Healing Hearts Crisis Center** is Guam's rape crisis center and operates 24 hours a day, 7 days a week. Its services are free and includes a medical examination, treatment of sexually transmitted diseases, prevention of pregnancy as a result of the assault, HIV testing and counseling. Call: 647-5351.

**Victim Advocates Reaching Out (VARO)** is an organization that provides an advocate, someone to be with you during the reporting process with the police and during the medical examination. They can provide clothes and sometimes emergency housing.

They will help you understand what will happen when you go to the police and Healing Hearts.

24-Hour Hotline: 477-5552

**Guam Police Department (GPD):** If you have been assaulted or raped and wish to report the crime, call 911 or proceed to the nearest precinct. A police officer will take a report of what happened. GPD has advocates to help you through the process.

**Guam Memorial Hospital** provides medical treatment for serious injuries due to rape. Minor injuries are treated at Healing Hearts.

**Be part of the solution to stop sexual violence!**