

WHAT TO DO WHEN YOU'RE
RAPED

An ABC Handbook for Native Girls



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Ms. Foundation for Women
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It is a tradition among Native Americans to share our history or important information through storytelling, it allows us to pass on the information we have learned. This book will share information with you about what happens when you are “Raped”, where you can turn to for assistance and about Plan B emergency contraception. Plan B can prevent a pregnancy from occurring and is a contraceptive that must be taken soon after unprotected sex.

Native American women experience sexual assault at a higher rate than all other U. S. populations.

34.1% or more than 1 in 3 Native American women will be raped in their lifetime.

92% of Native American girls who had sexual intercourse reported having been forced against their will to have sexual intercourse on a date.

The potential for Native American women to need reproductive choices, or emergency contraception (Plan B), because of a rape statistically far exceeds that of the general population. Native Americans are raped at a rate nearly double that of rapes reported by all other races annually. Three-fourths of Native American women have experienced some type of sexual assault in their life.

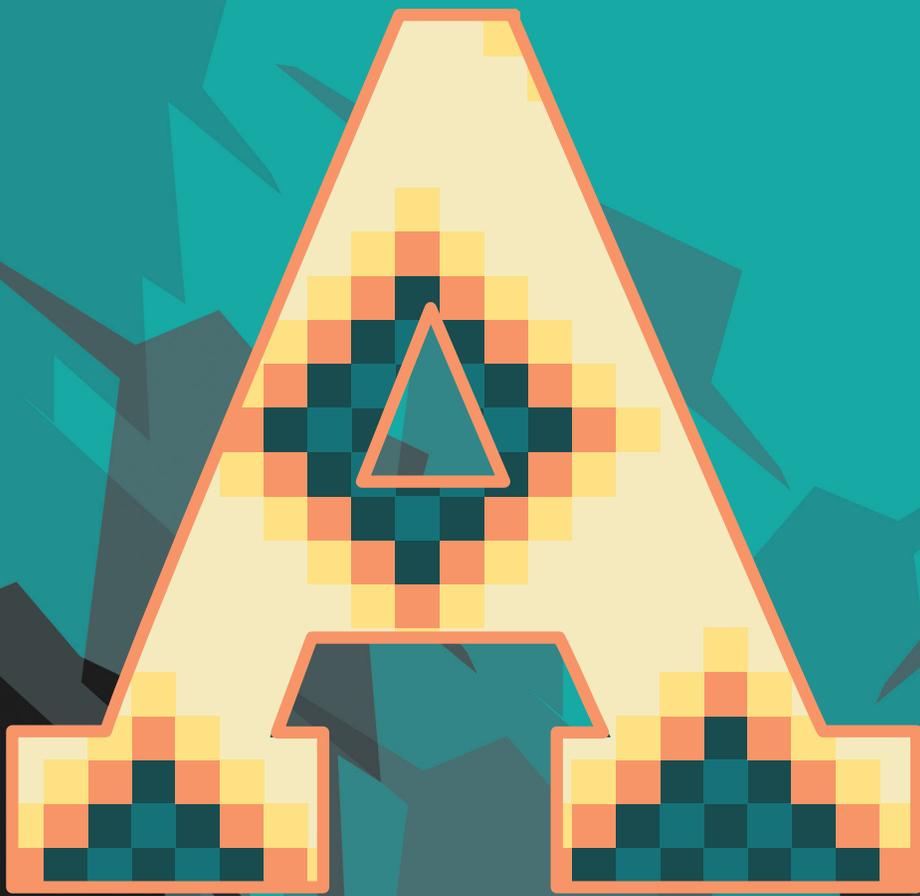
Due to complicated issues related to jurisdiction most often there is not an arrest made of the perpetrator. Therefore Native American women are denied protection and due process of the law. On federal lands it is the responsibility of the federal government to handle these crimes. We can no longer wait for the government to decide if and when they are going to live up to their responsibility.

As a community response, one of the things we can do is assist our relatives who have been harmed and to help them with the healing process. It is important for a person that has been sexually assaulted to know that they are not alone and that there is always somewhere to turn to for help. The sooner you tell someone what has happened to you the sooner you will begin to realize that you are not alone and that you have support in dealing with the assault.

Pass on this information to your friends and family members so they will know what they can do in the event they are raped.

The Native American Community Board is a nonprofit organization based on the Yankton Sioux Reservation in Lake Andes, South Dakota and has been serving Indigenous women and families for almost 30 years. It is headquartered in the Native American Women’s Health Education Resource Center, which provides direct services to the community members including working on policy issues that improve the health and wellbeing of Native women and their families.

Charon Asetoyer, MA, CEO
Native American Women’s Health Education Resource Center



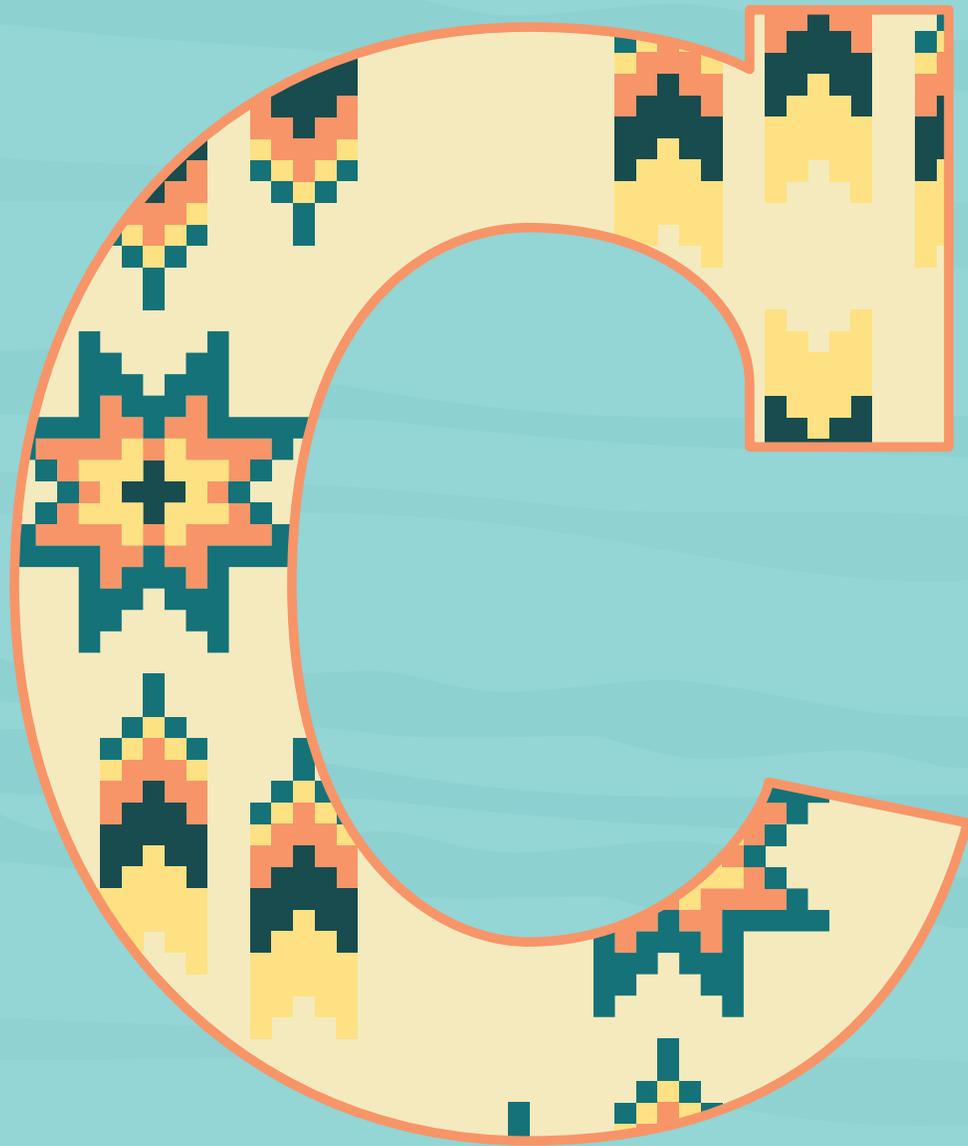
is for all you will face
as a Native girl.





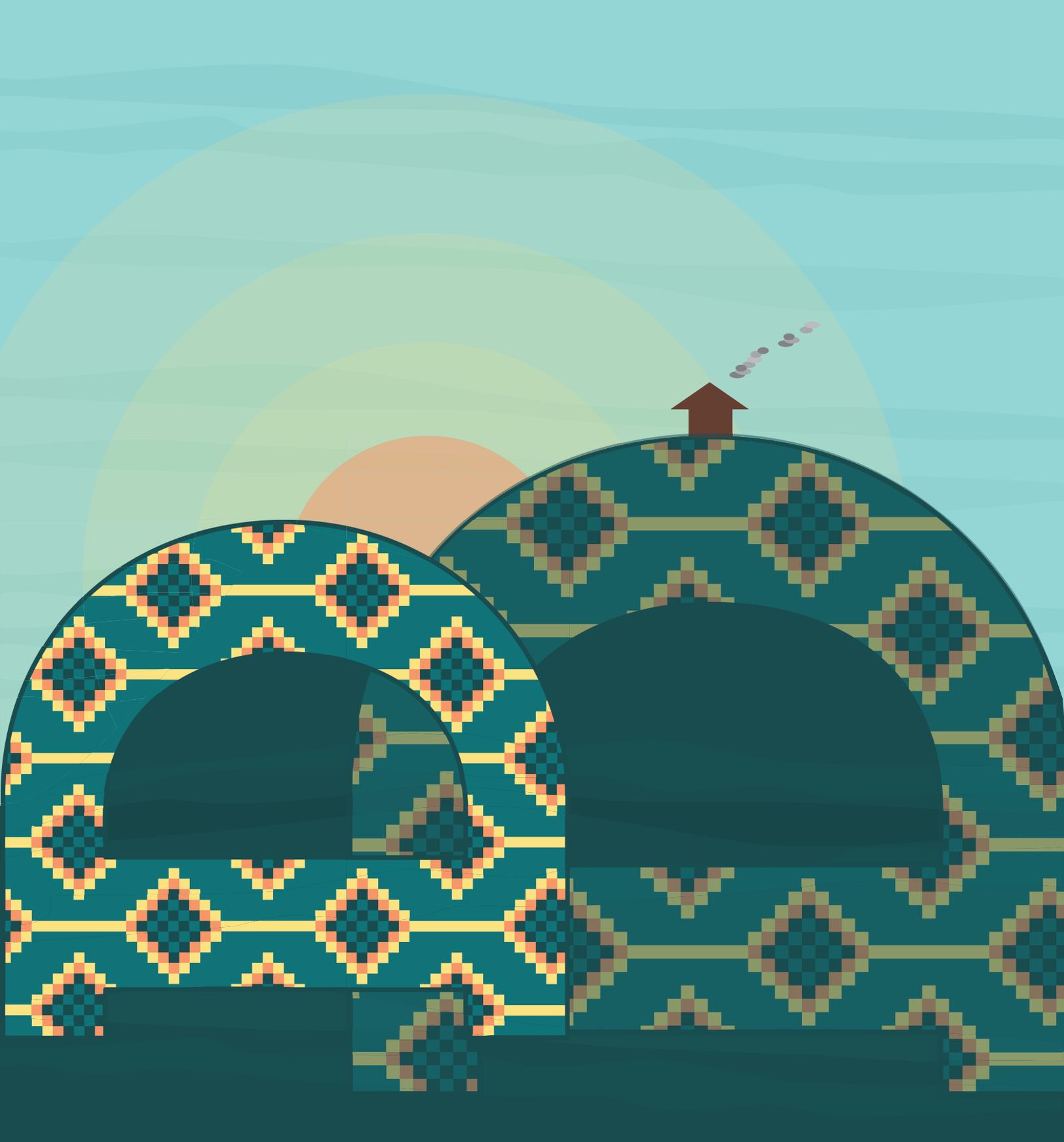
Because as a Native girl, you're more than three times as likely as other American girls to be raped.



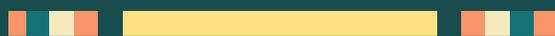


Currently, more than 9 out of 10 Native girls have been forced to have sex when they don't want to, and that is always rape, even if it's on a date.





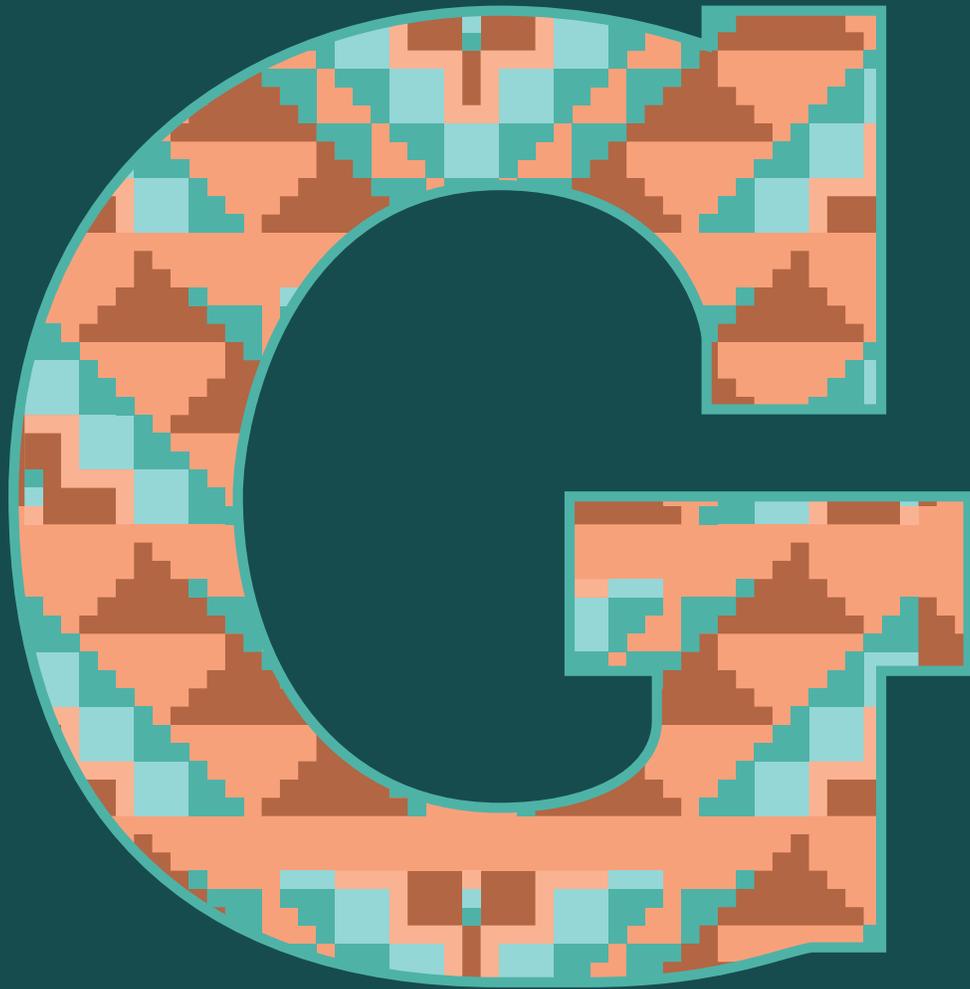
Don't be scared – tell someone.



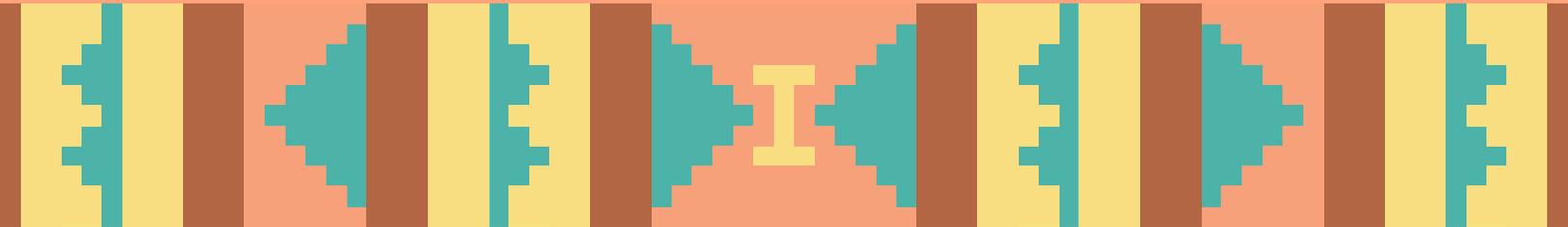
It is not ever your fault.
You did not “ask for it.”
You are not alone.



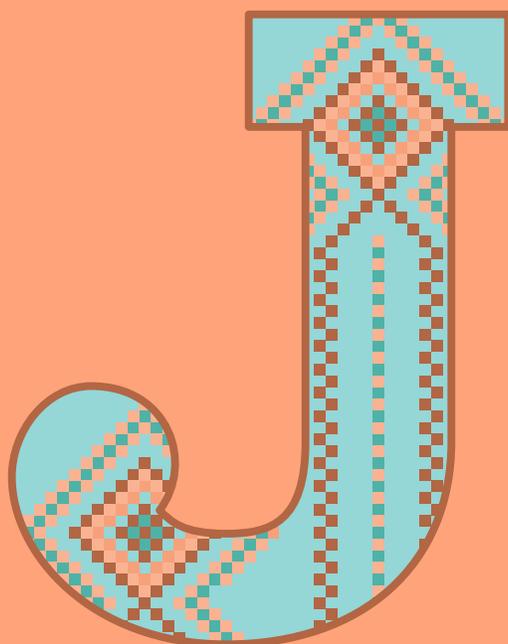
This book is so that you will be prepared, and you
will know what to do and who can help
when you are raped.



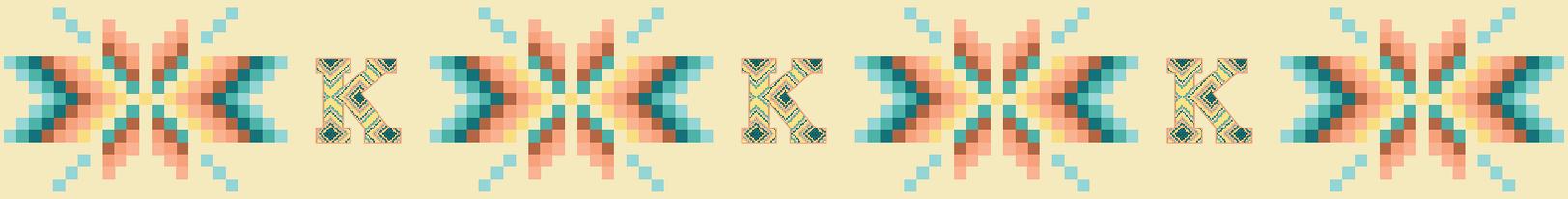
Get emergency contraceptive.



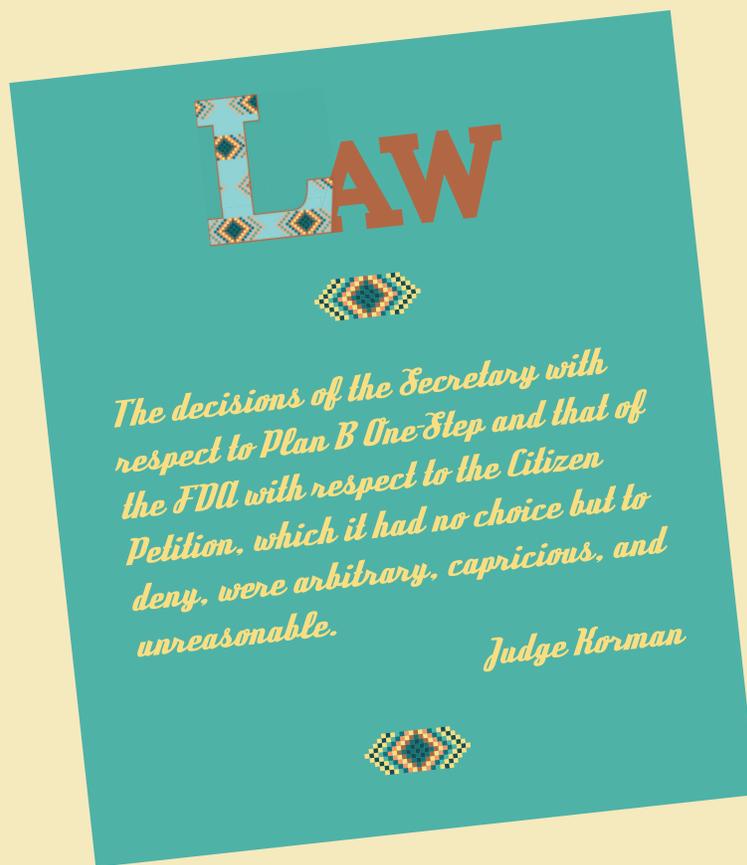
Plan B is Emergency Contraceptive.



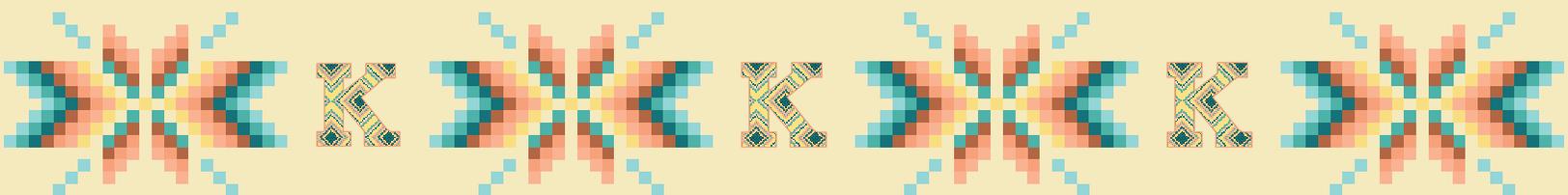
Thanks to the efforts of the many people working for Reproductive Justice, by law you should be able to get it over the counter without any restrictions, at all clinics and pharmacies, including the Indian Health Service.

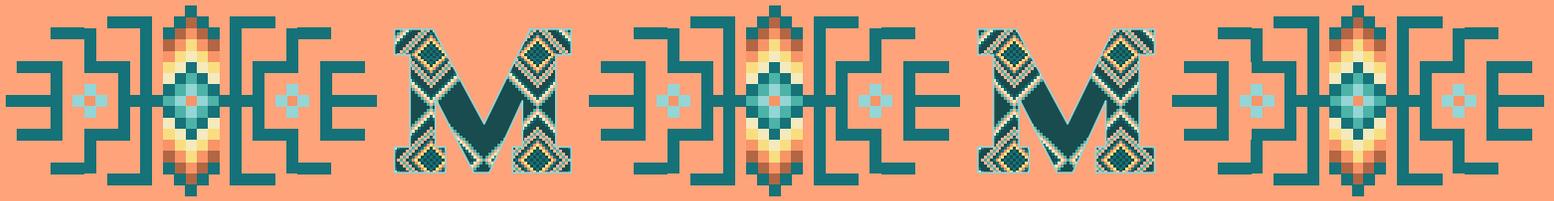


As of Oct. 15, 2015, Indian Health Service pharmacies and clinics have policies in place to follow the federal mandate.



But it's still key to check with your IHS pharmacy before you go.

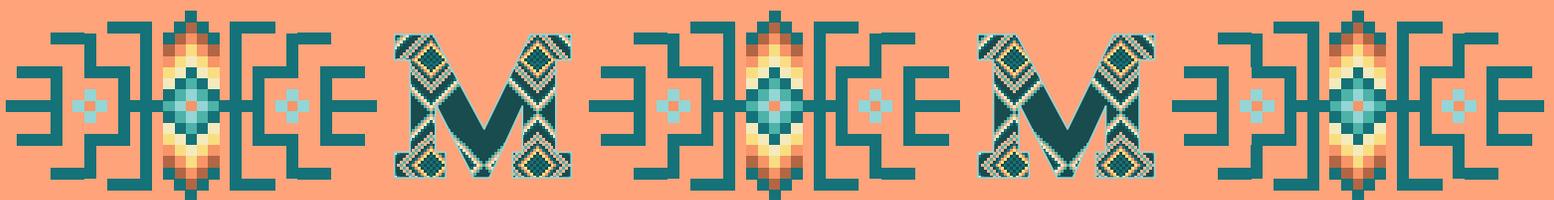


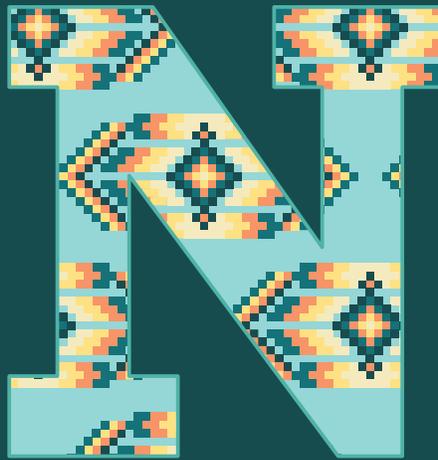


Call the clinic or emergency room nearest you –

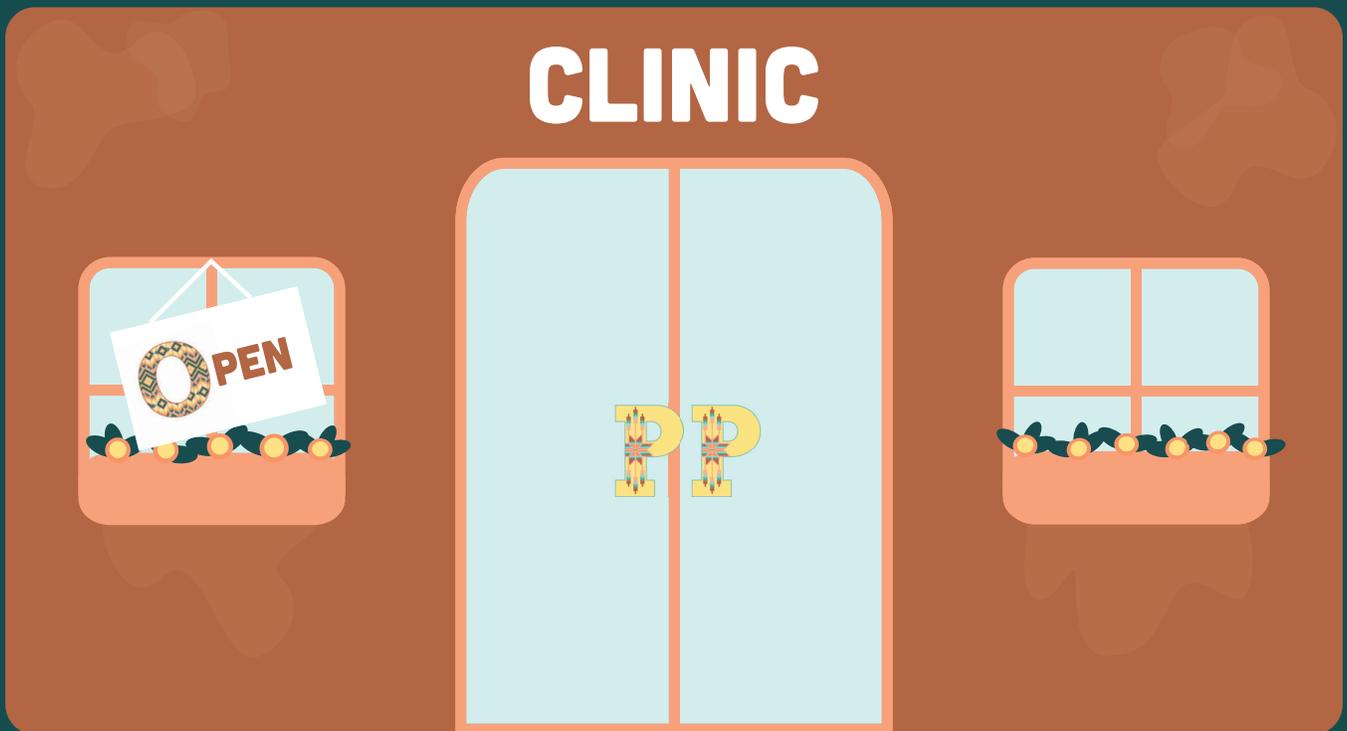


Make sure they have emergency contraceptive in stock, and check what hours they are open!





Now IHS pharmacies have to have emergency contraceptive available for you, however many will not be open when you need it.

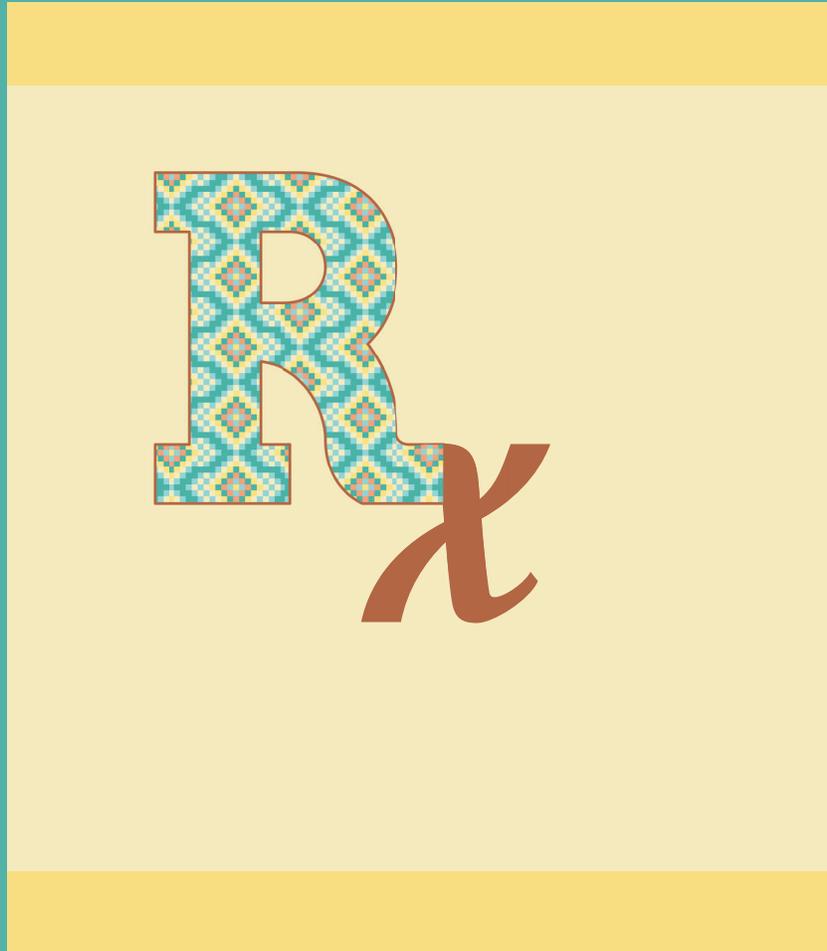


A lot of places close at 5 PM every day,
and aren't open on the weekends at all,
which can be really bad for you.

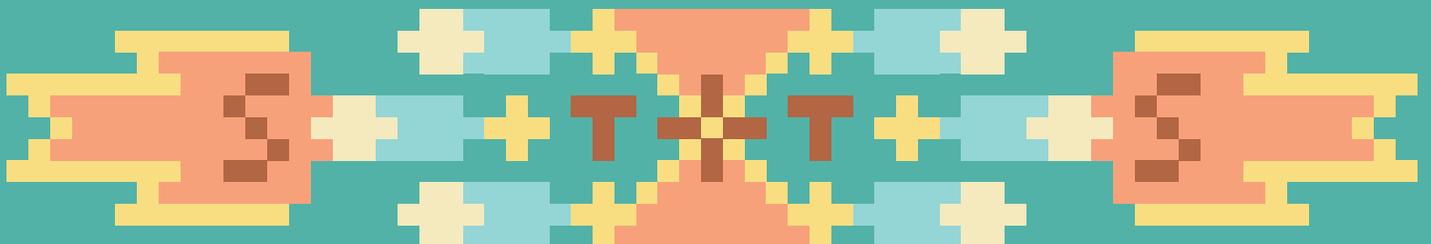


Timing is important, because emergency
contraceptive is most effective the first 72 hours
following the assault.



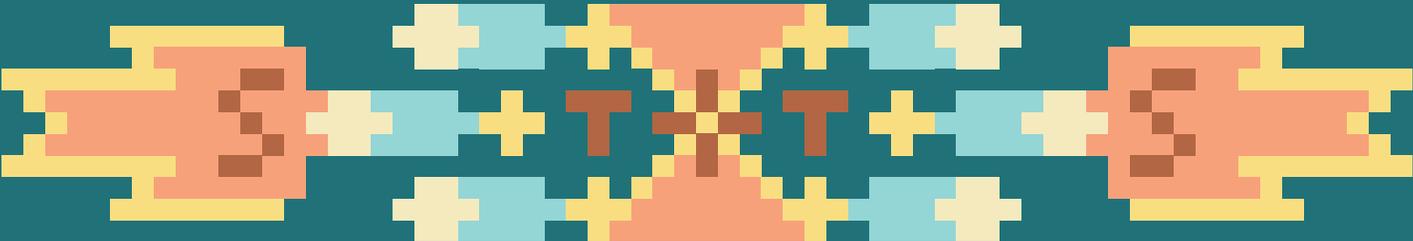


Some pharmacies might tell you that you have to have an exam, a prescription from a doctor, or be 17 or older, but that's not true.





By law they have to give it to you no matter what, and you don't have to give them a reason, see a doctor, have an exam, or get a prescription.





Getting emergency contraception should be really easy, like it is for other girls in the US, but it can be really hard for Native girls like you to have the same access.



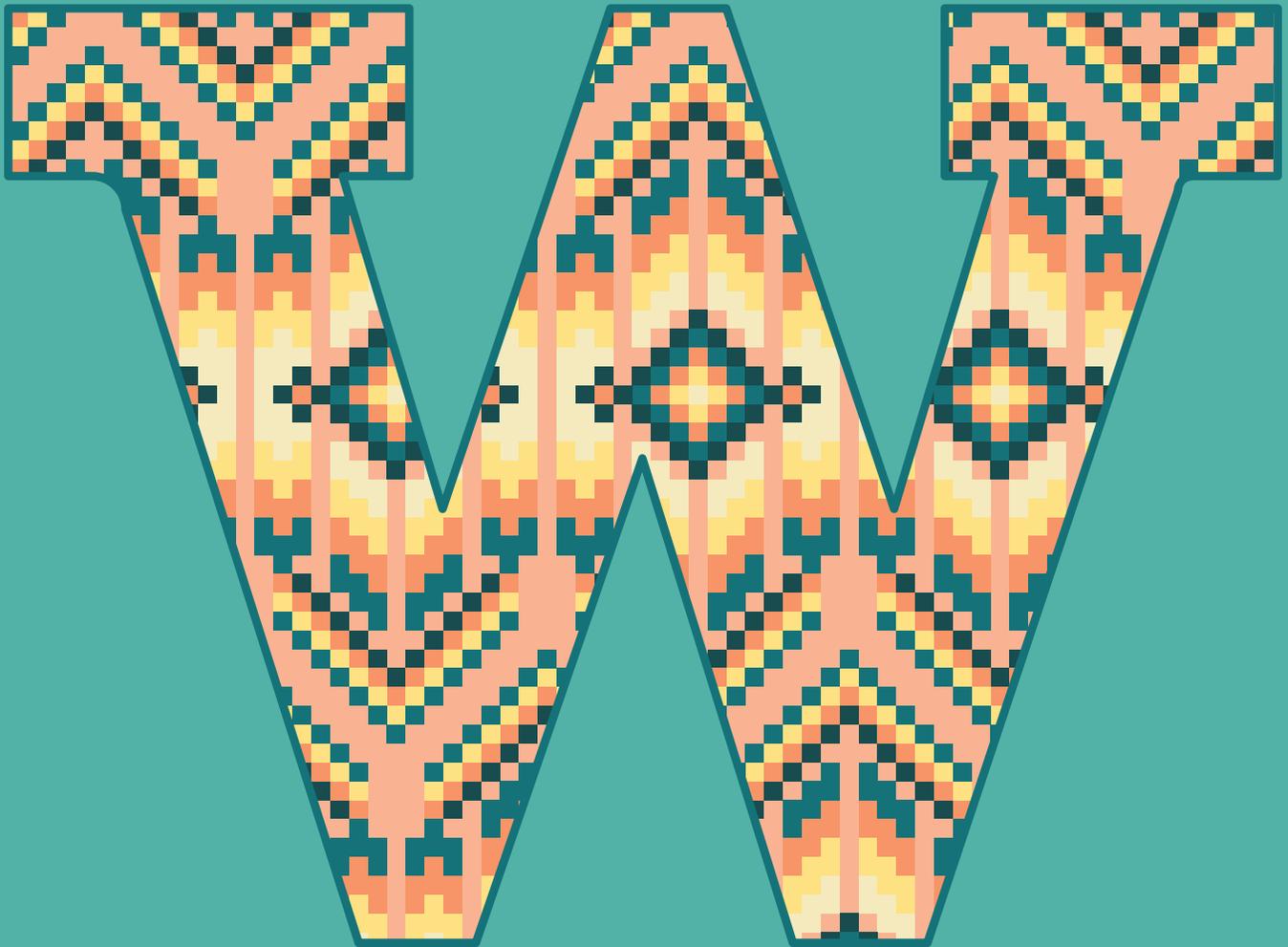
If your local IHS does not have it in stock, emergency contraceptive can be purchased for about \$50.00 at the nearest Wal Mart, Walgreens or local Pharmacy, and remember to call first.



The pharmacy can be a **V**ery long way away, so you'll have to find someone with a car who can take you. Gas is expensive, so you'll need money for that. You do not need to do all this alone, though. You have a community of strong women with you, and they can help you every step of the way.

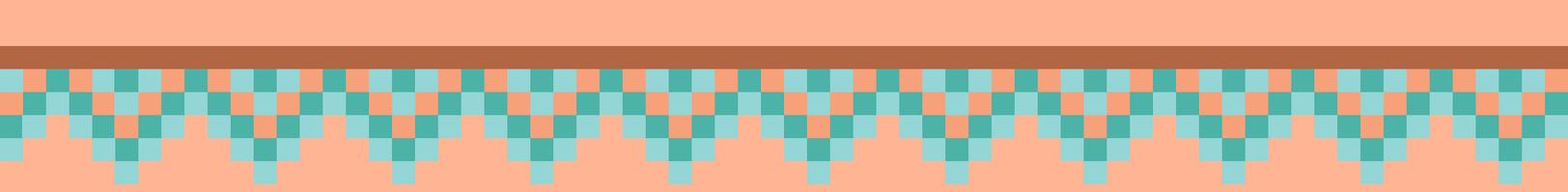


Other women are with you.



There are many Women who are here to help. They have been through it themselves, been through it with a friend, and will be there for you.

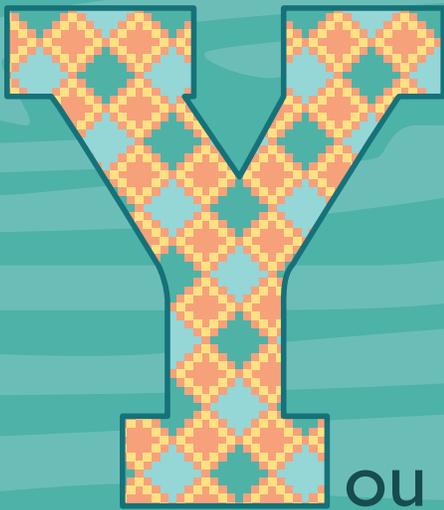




Emergency contraceptive is an important first step to taking back control, but there are other things you need to do for your health and wellbeing after any sex, especially sex you did not want or plan for.

STIs

Many diseases are transmitted through sex, so plan to get a Sexually Transmitted Disease test, which can be done at any clinic, including those of the IHS. These tests are important to making sure your body stays healthy, and help to catch any problem early on.



ou have choices.

After being raped, you may feel violated, and like no one understands what you're going through, or that going through these tests or talking about it to a counselor will make it worse. But these are steps to taking back control of your body, your choices, and your life. You are not defined by what happens to you, and you have the resources and support to make your own decisions.



If you choose to press charges against the man or men who raped you, there are a lot of legal things you will have to know. Because of the relationship between the reservations, tribal government, and state and federal government, your case will be handled differently than most other American women's, but there are resources available to you to help you navigate the different systems. Check the back of this book for where to go in your area.





From A to Z, but there is more. See the back of this book for people & organizations who can help.



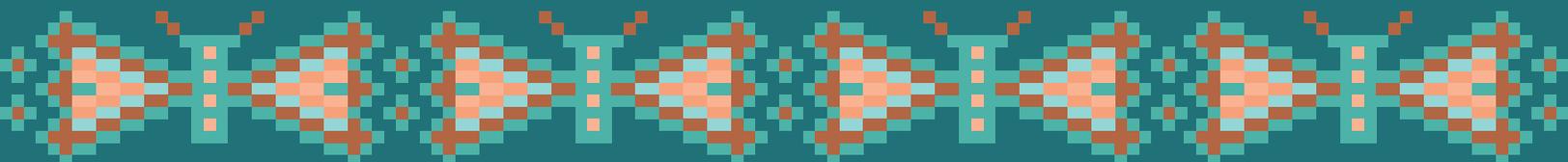
Just remember, when you're raped, it was not your fault. You are not alone.





Resources





National Domestic Violence Hotline

available 24 Hours a day, every day

1-800-799-7233

www.ndvh.org

TDD: 1-800-787-3224

National Teen Dating Abuse Hotline

available 24 Hours a day, every day

1-866-331-9474

www.loveisrespect.org

TTY 1-866-331-8453

National Sexual Violence Resource Center

available 24 Hours a day, every day

1-717-909-0710

www.nsvrc.org

TTY: 1-717-909-0715

Rape, Abuse, and Incest National Network

[RAINN]

1-800-656-HOPE [4673]

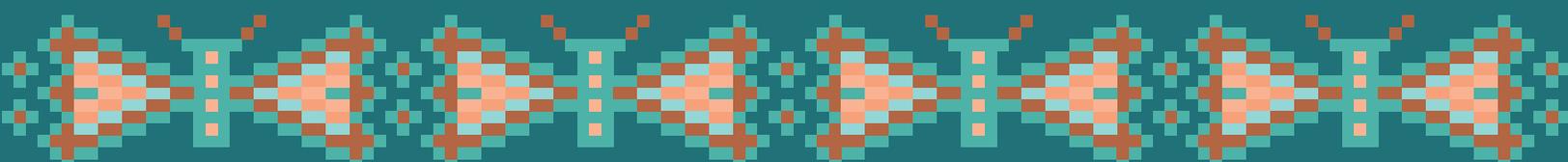
www.rainn.org

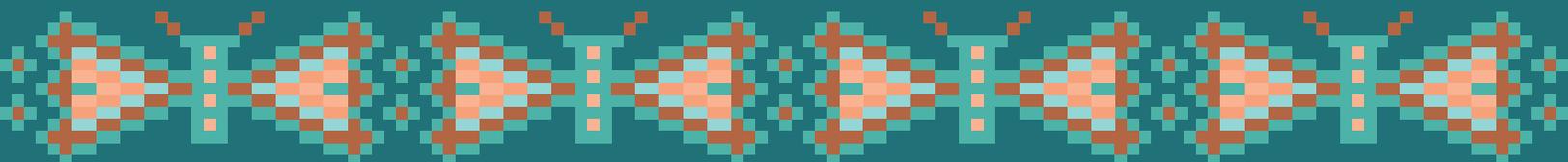
National Human Trafficking Resource Center

available 24 Hours a day, every day

1-888-373-7888

www.traffickingresourcecenter.org





National Indigenous Women's Resource Center

[NIWRC]

1-406-477-3896

www.niwrc.org

Mending the Sacred Hoop Resource Center

1-888-305-1650, 1-218.623.HOOP

www.mshoop.org

Safe Helpline

Sexual Assault Support for the Department of Defense Community

1-877-995-5247

www.safehelpline.org

Minnesota Indian Women's Assault Coalition

[MIWSAC]

1-651-646-4800, 1-877-995-4800

www.miwsac.org

Pennsylvania Coalition Against Rape

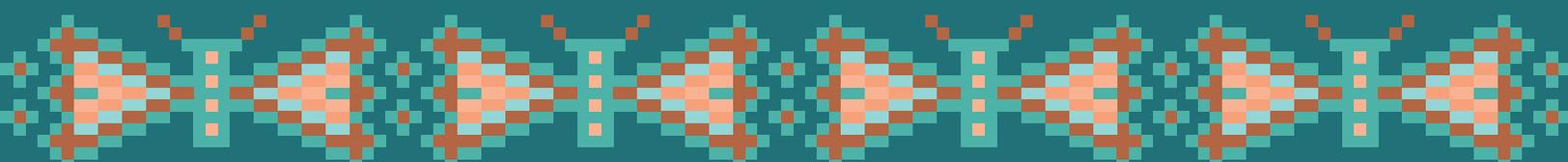
[PCAR]

1-888-772-7227, 1-717-728-9740

www.pcar.org

South Dakota State Hotline

1-800-430-7233



*From the Native American Women's
Health Education Resource Center*

P.O. Box 572
Lake Andes, South Dakota
605-487-7072
www.nativeshop.org