

LET'S TALK ABOUT sexual violence



These are all examples of sexual violence.

Most sexual assaults happen by people who know the victim: a friend, a family member, a teacher, or the person you're dating or seeing.

I think I was sexually abused... what do I do now?



- It is ok to ask for help.
- Talk to someone you trust—and ask them if they can keep it confidential.
- Call the Iowa Victim Service Call Center for confidential support at (800) 770-1650 or text “IOWAHELP” to 20121.
- You have rights: call IowaCASA for confidential legal info at (515) 244-7424.



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