



SEXUAL ASSAULT AWARENESS MONTH

Sexual violence is a major public health, human rights and social justice issue in the United States. It affects people of all genders, ages, races, religions, incomes, abilities, professions, ethnicities and sexual orientations. According to the [National Sexual Violence Resource Center \(NSVRC\)](#), one in five women and one in 71 men will be raped at some point in their lives. 8% of rapes occur while the victim is at work.

April is Sexual Assault Awareness Month. Founded by the NSVRC in 2001, the goal of Sexual Assault Awareness Month is to raise public awareness about sexual violence, educate communities on how to prevent it, and to raise awareness of the resources available to rape victims. Rape is one of the most under-reported crimes; 63% of sexual assaults are not reported to the police.

This article showcases the [NSVRC's prevention campaign](#), shedding light on how rape prevention is possible:

1. Prevention is possible when everyone is involved: Sexual violence is a widespread problem, but it is preventable. Prevention requires many voices and roles. Individuals, communities and the private sector can all take action to promote safety, respect and equality.

2. Prevention is possible when consent is understood and respected: Each of us can promote positive behaviors, thoughtful policies and healthy relationships to create safe environments. Communities can successfully reduce the risk of sexual violence through efforts that promote respect, equality and accountability.

3. When individuals support change, prevention is possible: As individuals, all of us have a role to play in creating safe environments. We can all intervene to stop concerning behavior, promote and model healthy attitudes and relationships, and believe survivors and help them in finding support.

4. Prevention is possible when misconceptions are eliminated: Communities and organizations should serve as leaders in prevention by:

- creating and strengthening policies to promote safety
- assessing risks in their environment
- promoting respect
- providing support for survivors
- holding those who harm others accountable and ensuring that they get appropriate help

5. When employers value everyone, prevention is possible: Businesses and corporations have an important role in sexual violence prevention. Workplaces can be effective partners by:

- promoting prevention and showing support for survivors through policies and education
- modeling healthy attitudes and relationships in their engagement with clients and consumers
- promoting positive messages and behaviors through marketing campaigns and advertising content
- Investing time and funds into programs and organizations working to end sexual violence

6. Prevention is possible, and it starts with you! There is a social context that surrounds sexual violence. Oppression and social norms that allow for sexism, racism and other forms of inequality are all contributing factors. Help to end sexual violence by furthering the advocacy needed to change the cultural norms in your community!

If you or your loved one has experienced sexual assault, please contact EFR's EAP services. We will connect you to the resources you need.

Listen to Your heart

When it comes to matters of the heart, many people focus on reaching 10,000 steps a day or getting the minimum 30 minutes of cardiovascular activity most days a week. With so much focus on physical well-being we often forget about our emotional well-being and what we can do to ensure we have healthy AND happy hearts.

Focusing on what is positive in life and maintaining a supportive network of family and friends is of utmost importance to overall well-being. Knowing you have individuals you can turn to when times are good and bad will help you maintain balance and security which ultimately leads to feeling better physically and emotionally.

If you suspect someone is in a difficult situation or an unhealthy environment or relationship you can use your EAP benefit to learn how to have what might be a difficult conversation. Not knowing what to do or say is common but EFR is here to help and we're just one call or click away!