

Sexual Assault Awareness Month 2025



2025's [Sexual Assault Awareness Month](#) theme, "Together we Act, United we Change," highlights the importance of working together to prevent and address sexual assault, harassment, and abuse.

Sexual violence is an umbrella term that encompasses:

- ❖ Rape or sexual assault
- ❖ Sexual harassment
- ❖ Sexual abuse
- ❖ Unwanted sexual contact or touching
- ❖ Sexual exploitation and trafficking
- ❖ Exposing one's genitals or naked body to another without consent
- ❖ Non-consensual image sharing and/or coercion (including AI-generated content)
- ❖ Words and actions of a sexual nature against a person's will and without their consent.

Trust Your Instincts

Always listen to that little voice telling you that something is off. Pay attention to your intuition; it is usually right. If someone is approaching you and you feel uncomfortable, remember that you have no duty to be polite. Tell them to stop and move away from you. Keep your distance and call for help. It is far better to overreact to a situation than to put yourself in danger because you didn't want to be rude. The book [The Gift of Fear](#) is a great resource in this space.

Use the Buddy System

Remember STAN – Stay Together All Night. Have friends with you on a night out and promise to stay with each other all night. Come together, leave together.

Secure Your Drink and Surroundings

Predators also use charm to lower your defenses and get you alone, often using tactics designed to lower your defenses ("Can I come in? I won't stay long, I promise"). Until you really know someone, don't let them into your personal space, whether your home or the direct space around you.

Another warning sign is someone trying to get you inebriated, waiting till you are drunk and vulnerable to assault you. Be cautious of your drink, as it takes almost no time to have it spiked. If you leave your drink unattended, get a new one. Bartenders will usually be happy to put it behind the bar and watch it for you, but only do this if you know and trust them.

Get Support

Immediate Help (24/7 Hotlines)

- ❖ [RAINN \(Rape, Abuse & Incest National Network\)](#)
 - Hotline: 1-800-656-HOPE (4673)
- ❖ National Sexual Assault Hotline (via RAINN)
 - Text: Text “HELLO” to 741741 (Crisis Text Line)
 - For Deaf Survivors: Online chat or video phone services via RAINN.
- ❖ [The Trevor Project \(LGBTQ+ Youth\)](#)
 - Hotline: 1-866-488-7386
 - Text: “START” to 678-678

Medical & Legal Support

- ❖ Find a Local Sexual Assault Nurse Examiner (SANE)
 - What they do: Provide forensic exams (even if you don’t report to police).
 - How to find one: Call RAINN or search via [NSVRC](#).
- ❖ [National Center for Victims of Crime](#)
 - Hotline: 1-855-4-VICTIM (1-855-484-2846)

Long-Term Support & Counseling

- ❖ [Psychology Today Therapist Directory](#)
 - Search: Find trauma-informed therapists by zip code; filter by “Sexual Abuse” or “Trauma”
- ❖ [NAMI \(National Alliance on Mental Illness\)](#)
 - Helpline: 1-800-950-NAMI (6264)

Marginalized Communities

- ❖ [FORGE \(Transgender Survivors\)](#)
- ❖ [Asian Pacific Institute on Gender-Based Violence](#)
 - Hotline: 1-800-799-7233 (National Domestic Violence Hotline)
- ❖ [Black Women’s Blueprint](#)

Online Support & Education

- ❖ [Pandora’s Project](#)
- ❖ [Me Too Movement](#)

Legal Rights & Reporting

- ❖ [National Network to End Domestic Violence \(NNEDV\)](#)
- ❖ [Know Your IX \(Campus Sexual Assault\)](#)

Self-Care & Healing

- ❖ [Gift from Within \(PTSD Resources\)](#)