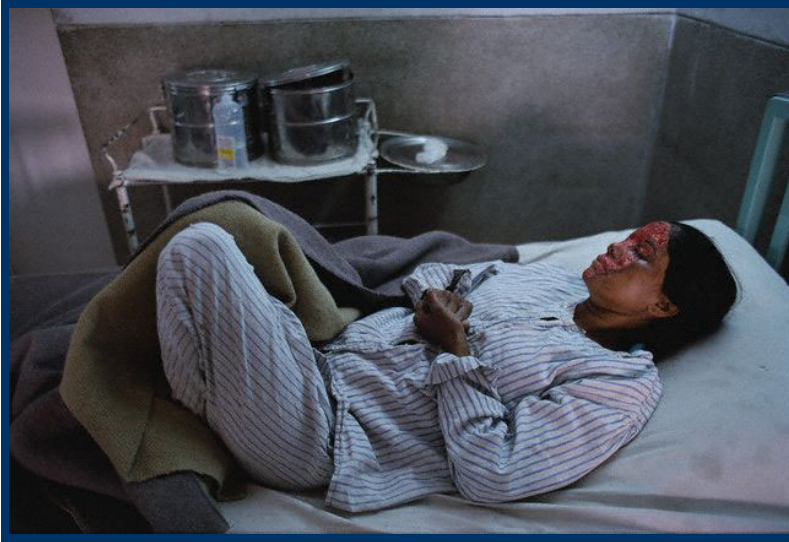


Save Me a Dream



O Lord,
In this time of need,
strengthen me. You are
my strength and my
shield; You are my
refuge and strength, a
very present help in
trouble. I know, Father,
that Your eyes go to and
fro throughout the earth
to strengthen those
whose hearts long for
You. The body grows
weary, but my hope is
in You to renew my
strength.

Facts

In the United States 1.3 women are forcibly raped each minute--National Center for Crime Victims Research Center.

Non-stranger rape usually occurs in the victims home (48%) or in or near a friends home--The Department of Justice

Nearly 1/3 of American women (31%) report either being physically or sexually abused by their husband or boyfriend at some point in their lives--Commonwealth Fund Survey

Rape Trauma Syndrome

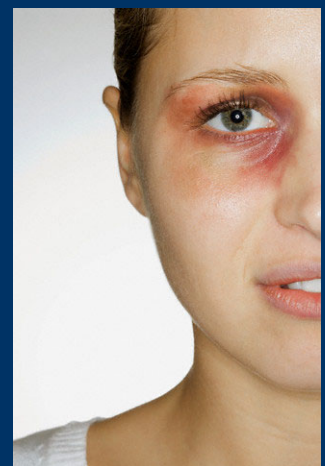
Many rape victims experience what is referred to as Rape-Related **Post Traumatic Stress Disorder** (also called Rape Trauma Syndrome). The four major symptoms of this are:

- Re-experiencing the trauma
- Social withdrawal
- Avoidance behaviors and actions
- Increased Physiological Arousal Characteristics

One in five female high school students report being physically or sexually abused by a dating partner--Massachusetts Youth Risk Behavior Study

It is estimated that 503,485 women are stalked by an intimate partner each year in the United States--National Institute of Justice

In the **Rape in American study**, 60% of the women who reported being raped were under 18 years old: 29.3% were less than 11 years old, 32.3% were between 11 and 17, 22.2% were between 18 and 24, 7.1% were between 25 and 29, 6.1% were older than 29, 3.0% age was not available.





In order to control their victims, abusers intentionally drive family and friends away. Sometimes this is accomplished through threats or physical attacks.

Hence, taking away her support system and rendering her more helpless to the abuser.

Help and Support

RAINN: Rape Abuse & Incest National Network

The Nations largest anti-sexual assault organization and operates The National Sexual Assault Hotline at 1-800-656-HOPE.

<http://www.rainn.org/>

The National Center for Victims of Crime

The National Center for Victims of Crime works to make sure all crime victims get the assistance and information they need. We are committed to doing our best to help you.

<http://www.ncvc.org>

National Domestic Violence Hotline

We believe that every caller deserves to be treated with dignity and respect. We believe that every family deserves

to live in a world free from violence. We believe that safe homes and safe families are the foundation of a safe society.

<http://www.ndvh.org/>

National Coalition Against Domestic Violence

The Mission of the National Coalition Against Domestic Violence is to organize for collective power by advancing transformative work, thinking and leadership of communities and individuals working to end the violence in our lives.

<http://www.ncadv.org/>

The Women's Institute for Incorporation Therapy

WIIT offers a safe environment where women can experience the support and assistance they need to regain their lives. WIIT offers inpatient and intensive outpatient programs.

<http://wiit.com/>

The National Center on Domestic and Sexual Violence

The National Center on Domestic and Sexual Violence (NCDSV) designs, provides, and customizes training and consultation, influences policy, promotes collaboration and enhances diversity with the goal of ending domestic and sexual violence. They can help.

<http://www.ncdsv.org/>

Family Violence Prevention Fund

The Family Violence Prevention Fund works to prevent violence within the home, and in the community, to help those whose lives are devastated by violence because everyone has the right to live free of violence.

<http://endabuse.org/about/>

V-Day

V-Day is a global movement to stop violence against women and girls. V-Day is a catalyst that promotes creative events to increase awareness, raise money and revitalize the spirit of existing anti-violence organizations.

<http://www.vday.org/main.html>



Abusers commonly force their partner to account for every minute of their time. They demand that they speak to no one, and enforce this by accusing them of infidelity. Once an abuser succeeds in severing family ties and friendships, the victim then becomes financially, emotionally and psychologically dependant on the abusive partner.

Hotlines

Domestic Violence Hotlines and Resources

<http://www.feminist.org/911/crisis.html>

National Domestic
Violence Hotline
1-800-799-SAFE
1-800-787-3224(TTY)

Safe Horizon

Safe Horizon is the largest provider of domestic violence services in the country. Collaborating with the criminal justice system, Safe Horizon offers innovative programs that provide women with support throughout the complex process of leaving violent relationships and building safe futures. For survivors of domestic violence, stalking, rape, and sexual assault, Safe Horizon offers services that help them and their children move toward safe and independent violence-free lives.
<http://www.safehorizon.org>

Stop Family Violence

Stop Family Violence's mission is to organize and amplify our nation's collective voice against family violence.
<http://www.stopfamilyviolence.org>

Stalkingvictims.com

Once you've been a victim, you'll know how life-destroying this can be. The purpose of this site is to educate people about this insidious crime, and most importantly, to offer sanctuary to those exposed to its ugly face.
<http://www.stalkingvictims.com/>

The number one reason for not leaving is fear. The basis for this fear is grounded in a severe reality.

The Voices and Faces Project

The Voices and Faces Project is a non-profit national survivor network created to give voice and face to survivors of sexual violence, offering a sense of solidarity and possibility to those who have lived through abuse, while raising awareness of how this human rights and public health issue impacts victims, families and communities.
<http://www.voicesandfaces.org>

Rape Treatment Center of Santa Monica

The RTC provides comprehensive, free treatment for sexual assault victims, including 24-hour emergency medical care and forensic services, counseling and psychotherapy, advocacy, and accompaniment services; training for police, prosecutors, judges, medical and mental health personnel, and other providers of rape victim services; prevention/education programs for children, adolescents, and college students; community education; consultation for schools, the media, government agencies, and other organizations; and educational films and publications that are distributed nationwide. <http://www.911rape.org/>

