

DV/SA Victim Advocacy Centers

**Belcourt - Turtle Mountain Band of Chippewa
Hearts of Hope**
Crisis Line: 701.477.0002
Office: 701.477.0002
E-mail: gourneau@utma.com

**Beulah
Women's Action & Resource Center**
Crisis Line: 701.873.2274
Office: 701.873.2274
mercerwar.com

**Bismarck
Abused Adult Resource Center**
Crisis Line: 866.341.7009
Office: 701.222.8370
abusedadultresourcecenter.com

**Bottineau
Family Crisis Center**
Crisis Line: 800.398.1098
Office: 701.228.2028
famcrisiscenternd.org

**Dickinson
Domestic Violence & Rape Crisis Center**
Crisis Line: 888.225.4506
Office: 701.225.4506
dvrcnd.com

**Ellendale
Kedish House**
Crisis Line: 877.349.5118
Office: 701.349.4729
kedish-house.com

**Fargo
Sollera**
Crisis Line: 800.344.7273
Office: 701.293.7273
sollera.org

**Fort Totten - Spirit Lake Nation
Spirit Lake Victim Assistance**
Crisis Line: 701.766.1816
Office: 701.766.1816
spiritlakenation.com/programs/spirit-lake-victim-assistance/

**Grafton
Domestic Violence & Abuse Center Inc.**
Crisis Line: 866.435.7490
Office: 701.331.0466
dvacnd.org

**Grand Forks
Community Violence Intervention Center**
Crisis Line: 866.746.8900
Office: 701.746.0405
cviconline.org

**Jamestown
Safe Shelter**
Crisis Line: 888.353.7233
Office: 701.251.2300
safeshelterjamestown.org

**Lisbon
Abuse Resource Network**
Crisis Line: 701.683.5061
Office: 701.683.5061
abuseresourcenetwork.org

**Minot
Domestic Violence Crisis Center**
Crisis Line: 701.852.2258
Office: 701.852.2258
courage4change.org

**Stanley
Domestic Violence Program NW ND**
Crisis Line: 800.273.8232
Office: 701.628.3233
dvprnwnd.weebly.com

**Valley City
Abused Persons Outreach Center**
Crisis Line: 701.845.0072
Office: 701.845.0078
apocnd.org

**Wahpeton
Three Rivers Crisis Center**
Crisis Line: 701.642.2115
Office: 701.642.2115
threeriverscrisiscenter.com

**Washburn
McLean Family Resource Center**
Crisis Line: 701.462.8643
Office: 701.462.8643
mcleanfrc.weebly.com

**Williston
Family Crisis Shelter**
Crisis Line: 701.770.5180
Office: 701.572.0757
familycrisisshelter.com

5 Ways to Help End Sexual Violence

1. Learn more about sexual violence and how abuse impacts victims. When you understand the complex situations and feelings that victims face, you can provide better support to someone who experienced abuse.
2. Talking about sexual violence isn't easy, and it may make you uncomfortable. We encourage you to talk about it anyway. By having informed conversations about sexual violence, we can put an end to the harmful attitudes and beliefs that cause sexual violence, create a better support system for victims, and build safer communities for everyone.
3. Challenge offensive or harmful language regarding women, girls, and other marginalized groups, like sexist jokes or stereotypical or demeaning comments. While not everyone who makes a sexist joke is abusive, it's important to call out harmful attitudes and beliefs that can lead to violent actions.
4. Be a role model for healthy relationships by demonstrating respect, equality, and always seeking enthusiastic consent.
5. Volunteer with or donate to your local DV/SA advocacy center.



Phone: 701.255.6240
Toll Free: 888.255.6240

nddsvc.org
contact@nddsvc.org



NDD SVC does not provide direct services to victims and survivors. Contact a DV/SA advocacy center near you if you are looking for support. If you are in immediate danger, call 911.

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Understanding Sexual Violence

What is Sexual Violence?

Sexual violence is an all-encompassing term used to describe any type of unwanted, forced, or coerced sexual contact or behavior that happens without consent. Sexual violence includes any kind of sexual assault, abuse, or harassment.

Many people believe harmful stereotypes about sexual violence that blame the victim instead of the abuser, but sexual violence is not about what a victim wore, how they acted, or how much they had to drink. Sexual violence is never a victim’s fault. The only people that cause sexual violence are the abusers, because sexual violence is about power and control. Abusers commit acts of sexual violence to gain power and control over the person they are abusing. These actions come from attitudes and beliefs they have about the victim or certain marginalized groups. Abusers often feel a sense of entitlement, superiority, or male privilege over the victim, and they may use those feelings to justify their actions. For example, a man may wrongly believe that he is superior to women and entitled to women’s bodies, which he may use to justify groping a woman in public or threatening his partner into performing sex acts. These kinds of beliefs are wrong and are the cause of sexual violence.

Statistically, women are more likely to be victims of sexual violence, but men are also victims. It’s important to note that although the majority of abusers are men, that doesn’t mean the majority of men are abusers.

Forms of Sexual Violence

- Sexual assault or rape
- Child sexual abuse
- Incest
- Unwanted touching (groping, fondling, forced kissing, etc.)
- Sexual harassment or threats
- Sex trafficking or sexual exploitation
- Alcohol or drug-facilitated sexual assault
- Voyeurism (watching someone engage in sexual acts without their knowledge or consent)
- Nonconsensual intimate image sharing
- Possession or distribution of child sexual abuse materials
- Using technology to generate intimate images of someone without their consent

Impacts of Sexual Violence on Victims

The majority of sexual violence is committed by someone known to the victim. It can be anyone from a brief acquaintance to a spouse or partner. Sexual violence is never the victim’s fault, but because the victim often knows the abuser, they may feel somehow responsible for the violence. This can cause feelings of confusion, guilt, shame, or fear of retaliation from the abuser if they speak out about the violence. As a result, many victims of sexual violence do not report the crime to law enforcement.

After experiencing sexual violence, a victim may go through a wide range of reactions and emotions. There is no one pattern or order of responses, but many victims of sexual violence experience:

- Denial or shock
- Anger
- Guilt, shame, self-blame, or feeling like they somehow caused the abuse
- Depression
- Anxiety or panic attacks
- Dissociation or flashbacks
- Dislike of sex
- Promiscuity or hyper-sexuality
- Fear for their safety
- Numbness or social withdrawal
- Difficulty with intimacy
- Difficulty trusting themselves or others
- Impaired memory
- Nightmares or insomnia
- Eating problems or disorders
- Thoughts of suicide or self-harm

What is Consent?

Consent is an ongoing agreement between participants to engage in a sexual activity. We say that consent is ongoing because it is more than just a one time “yes” or “no.” It’s a continuous conversation between partners about boundaries, desires, and comfort levels with different sexual activities. Without consent, a sex act is sexual violence.

Consent is always a clear, enthusiastic “yes” rather than the absence of a “no.” Silence is not consent, “I’m not sure” is not consent, and “I guess so...” is not consent.

If someone consented to a sexual activity in the past, it doesn’t mean that they consent to further sexual activity in the future. It’s important to check in with your partner periodically to make sure that you’re both comfortable with an activity. One way to do this is by asking, “Is this OK?” or “Do you want to ____?” You can also change your mind and withdraw consent at any time by communicating to your partner that you want to stop.

Consent cannot be given by anyone who is underage or unable to understand what’s happening due to being asleep, unconscious, or under the influence of drugs or alcohol. Consent is also freely-given, so consent is not valid if someone is pressuring, threatening, or intimidating you into participating in sexual activities. In other words, it’s not a true “yes” if you’re being pressured, threatened, or coerced into saying it.

If you or someone you know has experienced sexual violence, contact a domestic violence/sexual assault victim advocacy center near you for support.

A directory can be found on the back of this page or by visiting niddsvc.org/find-help

All services provided by advocacy centers are free and confidential.

