

## Common Reactions to Sexual Assault

- Emotional shock. Feeling numb.
- Disbelief. "Did this really happen?"
- Fear.
- Embarrassment. "What will people think?"
- Shame. "I feel so dirty, like something's wrong with me."
- Guilt. "What did I do to let this happen?"
- Depression. Feeling tired and hopeless.
- Powerlessness.
- Retriggering. Having flashbacks.
- Denial. "I just want to forget it."
- Anxiety, nausea, difficulty breathing, nightmares.
- Anger. Rage.
- Feeling violated.
- Stress. Feeling on edge. Fear of going crazy.
- Feeling vulnerable, like it will happen again.

### SEXUAL ASSAULT HOTLINES Free & Confidential

**NELCWIT:**  
**(413) 772-0806** in Franklin County  
**1-888-249-0806** Toll free (V/TTY)

**Llamanos:**  
**1-800-223-5001** Spanish hotline  
**1-800-688-4889** (TTY)

**RAINN 1-800-656-HOPE (4673)**  
**www.rainn.org**  
Rape, Abuse, and Incest National Network

If someone you know is experiencing emotional, physical, or sexual abuse, there *is* someone to talk to.

#### 24-hour HOTLINE:

**413-772-0806**

**Franklin County**

—or—

**1-888-249-0806 (V/TTY)**

**Toll Free**

*Free and Confidential*  
*24 hours a day, 7 days a week*

**COME TO OUR OFFICE**  
**at 479 Main Street, Greenfield:**  
**9 a.m. to 3:00 p.m.**  
**Monday through Friday**  
**or call the hotline for a FREE,**  
**CONFIDENTIAL appointment.**



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# NELCWIT

## NEW ENGLAND LEARNING CENTER FOR WOMEN IN TRANSITION



## SEXUAL ASSAULT

NELCWIT is  
Franklin County's  
Official Rape Crisis Center

**Greenfield office**  
479 Main Street, PO Box 520  
Greenfield MA 01302  
(413) 772-0871

**North Quabbin office:**  
131 West Main Street  
Orange MA 01364  
(978) 544-9857

**www.nelcwit.org**

*All of our services are free and confidential.*

## The New England Learning Center for Women in Transition is Franklin County's Official Rape Crisis Center.

- ◆ NELCWIT offers free rape crisis services to *all* people, including women, girls, men, and boys.
- ◆ If someone reports a sexual assault to NELCWIT, either in person or by calling the hotline, an advocate will provide support and will offer her or him the option of going to the hospital. The advocate can either accompany the individual to the hospital or meet her or him there — 24 hours a day, 7 days a week.
- ◆ If a victim of sexual assault reports directly to Franklin Medical Center or Athol Memorial Hospital, hospital staff will call NELCWIT's hotline. NELCWIT will then send an advocate to the hospital to offer support and advocacy — 24 hours a day, 7 days a week.
- ◆ NELCWIT offers counseling appointments within five days of any report of sexual assault.
- ◆ NELCWIT's staff can also assist victims of sexual assault by providing support and advocacy with the police, courts, and District Attorney's office.

## What is the Difference Between Sexual Assault and Rape?

**Sexual Assault** is touching any intimate parts of someone's body against that person's will or consent. Sexual assault is an offense in itself, and may or may not include rape.

**Rape** is non-consensual intercourse, oral sex, or anal sex against a person's will, by use of force, threats, or intimidation. Penetration of the vagina, anus, or mouth by *any* object is considered rape.

**Consent:** Under Massachusetts state law, if a person is drunk, under the influence of drugs, asleep, or unconscious, that person is unable to consent. Intercourse with a person in such a condition may be considered rape.

**Statutory rape** is sexual intercourse with a person under the age of 16.

**Incest** is the crime of rape when committed by a member of the family.

**If you have been sexually assaulted, you are not alone. Help is available.**

## Did you know . . .

- ◆ In Massachusetts, the rate of rape and sexual abuse of persons over the age of 12 is **1 per hour**.
- ◆ **1 in 4** females is raped during her lifetime — over half of them before the age of 18.
- ◆ **1 in 7** males is sexually abused during his lifetime.
- ◆ **74%** of assaults are committed by a person the survivor knows, *not* a stranger in a dark alley. This includes boyfriends or ex-boyfriends, spouses and partners or ex-spouses and ex-partners, parents or guardians, other family members, and friends, neighbors, and acquaintances.

## Rape and incest are punishable crimes in Massachusetts.

If you have been raped or sexually assaulted, *it is not your fault*. Responsibility for any sexual assault lies in the hands of the abuser. No matter what you did or didn't do, you did NOT cause or deserve the abuse.

**Whether you were sexually assaulted recently or in the past, it helps to talk to someone.**

By calling a confidential hotline, you can get information, resources, or referrals. If you want, you can also set up an appointment with a trained counselor.