

April Sexual Assault Awareness Month

MON TUE WED THU FRI SAT SUN

How I stay safe:

I say "NO" when I feel uncomfortable

I use my phone or tablet to talk to someone I trust about what makes me feel uncomfortable

I have a safety person I can talk to (my best friend, parent, caregiver, DSP, staff, therapist, case manager)

How do you stay safe?

I can talk to a nurse or a doctor (gynecologist, psychiatrist) if something made me feel uncomfortable

I know I can reach out to someone I work with



Important Notes

consent is an everyday practice

Connecticut Alliance to End Sexual Violence's 24 hour hotline:
1-888-999-5545
available to call or text

ask me if I am comfortable

National Sexual Assault Hotline
1-800-656-4673