

**MY MIND, BODY,
AND SPIRIT
ARE SACRED**

**SEXUAL ASSAULT
IS NOT OKAY**

**FOR 24/7 SEXUAL VIOLENCE SUPPORT
STRONGHEARTS NATIVE HELPLINE
1-844-7NATIVE
WWW.STRONGHEARTSHELPLINE.ORG**



IF YOU FEEL UNSAFE OR HAVE BEEN ASSAULTED, HELP IS AVAILABLE.

- If you are in immediate danger, go to a safe place and call 911 or your local law enforcement.
- If you have been sexually assaulted, a Sexual Assault NURSE Examiner (SANE) can provide a sexual assault exam and offer medication to prevent sexually transmitted diseases and pregnancy. They are sensitive to survivors and use their expertise to provide medical care, collect evidence and provide effective courtroom testimony.
- Sexual violence is never the victim's fault.

**FOR 24/7 SEXUAL VIOLENCE SUPPORT
CALL, TEXT OR CHAT ONLINE**

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