

FORCE: UPSETTING RAPE CULTURE

Resources

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QUILT

I need help right now:

Rape, Abuse & Incest National Network (RAINN)

National Sexual Assault Hotline 1.800.656.HOPE

rainn.org

National Sexual Assault Online Hotline

Provides live, secure, anonymous crisis support for victims of sexual assault, their friends, and families over RAINN's website.

ohl.rainn.org/online

Arte Sana

A directory of Spanish-language and Latino/a-focused abuse recovery programs.

arte-sana.com/recursos.htm

FORGE

Transgender Sexual Violence Project (TSVP) to begin bringing resources and hope for healing to the transgender community, partners of trans survivors and professionals who serve the community.

forge-forward.org/anti-violence/for-survivors

Male Survivor

Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

Survivor Self-Management and Coping Skills

Excellent guide to recovery strategies and techniques survivors can use immediately.

malesurvivor.org

The Courage to Heal & The Courage to Heal Workbook

by Ellen Bass and Laura Davis

noeticus.org/uploads/Handout-Coping___Containment_Skills.pdf

Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life

by Jasmin Lee Cori

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse

Mike Lew and Ellen Bass



More

I want to know more:

Trauma and Recovery: From Domestic Abuse to Political Terror

Judith Lewis Herman

Abused Boys: The Neglected Victims of Sexual Abuse

Mic Hunter

Healing Sex: A Mind-Body Approach to Healing Sexual Trauma

Staci Haines

Tips for Friends and Family of Rape & Sexual Abuse Survivors

pandys.org/articles/tipsforfriends.html

What NOT to Say to a Survivor

hopeforhealing.org/not.html

Tips for Helping a Partner Heal Sexually

pandys.org/articles/helpingsurvivorheal.html

The Line

whereisyourline.org

Yes Means Yes

whereisyourline.org

I want to help end rape, incest, and sexual violence:

Slut Walk

slutwalktoronto.com

Hollaback!

Students Active for Ending Rape

ihollaback.org

Students Active for Ending Rape

safercampus.org

generation FIVE

Seeks to end the sexual abuse of children within five generations through bystander training, support and technical assistance for local groups working toward Transformative Justice. Transformative justice provides safety, healing, and agency for survivors, accountability and transformation for people who harm, community action, healing, and accountability, and transformation of the social conditions that perpetuate violence -- systems of oppression, and exploitation, domination, and state violence.

generationfive.org

Survivor Project

Dedicated to addressing the needs of intersex and trans survivors of domestic and sexual violence through caring action, education and expanding access to resources.

survivorproject.org

Men Can Stop Rape

Through training, support, and technical assistance for local chapters mobilizes male youth to prevent men's violence against women.

mencanstoprape.org

Are we missing an important resource? Let us know about it at upsettingrapeculture@gmail.com!