CRISIS INTERVENTION CENTERS

Bismarck
Abused Adult Resource Center
Crisis Line: 800-341-7009
Office: 701-222-8370
abusedadultresourcecenter.com

Bottineau
Family Crisis Center
Crisis Line: 800-338-3089
Office: 701-228-2146
E-mail: femcc@fair.com
femcc@bottineau.com

Devils Lake
Safe Alternatives for Abused Families
Crisis Line: 888-662-7378
Office: 701-662-7378
E-mail: saaf@gondtc.com

Dickinson
Domestic Violence & Rape Crisis Center
Crisis Line: 888-225-4506
Office: 701-225-4506
dvrccnd.com

Ellendale
Kedish House
Crisis Line: 877-349-4729
Office: 701-349-4729
kedishhouse.com

Fargo
Rape & Abuse Crisis Center
Crisis Line: 800-344-7273
Office: 701-293-7273
raccfm.com

Fort Berthold/New Town
Three Affiliated Tribes Victim Services
Crisis Line: 701-683-5061
E-mail: ransomarn@nd.gov
abuseresourcenetwork.org

Grafton
Domestic Violence & Abuse Center Inc.
Crisis Line: 888-435-7490
Office: 701-331-0466
dvacnd.org

Jamestown
Safe Shelter
Crisis Line: 888-353-7233
Office: 701-251-2300
safeshelterjamestown.org

McLean Co.
McLean Family Resource Center
Crisis Line: 701-435-7490
mcleanfrc.weebly.com

Mercer Co.
Women's Action & Resource Center
Crisis Line: 701-873-2434
merwarc.com

Minn.
Domestic Violence Crisis Center
Crisis Line: 701-852-2468
courage4change.org

Ransom Co.
Abuse Resource Network
Crisis Line: 701-683-5061
E-mail: ransomarn@nd.gov
abuseresourcenetwork.org

Spirit Lake
Spirit Lake Victim Assistance
Crisis Line: 701-295-8196
E-mail: vam-dir@gondtc.com
spiritlakevictimassistance.com

Stanley
Domestic Violence Program NW ND
Crisis Line: 701-845-3215
dvpm.nwnd.org

Turtle Mountain Reservation
Hearts of Hope
Crisis Line: 701-477-0002
E-mail: gourneau@utma.com

Valley City
Abused Persons Outreach Center
Crisis Line: 701-845-0029
valleycityabusedpersons.org

Williston
Family Crisis Shelter
Crisis Line: 701-520-5151
familycriscenter.org

CAWS NORTH DAKOTA
521 E Main Avenue
Suite 201
Bismarck, ND 58501
Phone 701.255.5240
Toll Free 888.255.5240
Fax 701.555.5904
cawnorthdakota.org
contact@cawnorthdakota.org

If you adopt this idea of “enthusiastic consent” and teach it to those around you, soon it will become a shared value.

Rape Culture:
Being surrounded by images, language, laws, and other everyday phenomena that not only allows but justifies sexual violence. “Living in a rape culture” means that we are continually exposed to advertising, film, TV, music, video games and online content that sexualizes and trivializes violence, especially violence toward women and girls. Sexual coercion and control seem so “normal” that people don’t view rape as a shared problem to solve, but “just how things are.”

Victim Blaming:
A cornerstone of rape culture, this common tendency relies on society’s inclination to find excuses for the offender’s behavior, usually by blaming the victim. Through comments about the victim being dressed that way” or “how much they had to drink, attitudes of victim blaming tend to reinforce faulty beliefs. One example of such beliefs is most rapes are false accusations made by someone like a revengeful ex.

Understanding Sexual Violence

View this directory and map online: cawnorthdakota.org/get-help/advocacycenterdirectory

This project was supported by Grant Number 2019-DN-AX-0004, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

©CAWS North Dakota
09/2021
WAYS TO HELP END SEXUAL VIOLENCE

1. Assess your own actions
   Do your own actions, attitudes, or beliefs help support the objectification and devaluing of women and girls? Don’t join in on behavior that makes light of sexual violence — and other children know that sexist jokes and language aren’t acceptable.

2. Speak up and speak often
   Sharing how you feel is important because silence affirms and supports sexual violence. Being open about sexual violence isn’t OK — so stand up and say no.

3. Ask how you can help
   It’s not easy or even popular to stand against violent actions or behavior. Ask how you can help if you suspect abuse, harassment, or an assault. And if you are helping other people in any way, stop immediately and seek professional help.

4. Help create a culture shift
   Listen to and learn from women — don’t be afraid to help create a culture shift that doesn’t tolerate disrespect or devaluing of women. Don’t objectify women or act in ways that make them feel uncomfortable. If you’re unsure, ask.

5. Be a positive example for young people
   Aside from being a healthy role model, teach youth that “no means no” and “stop” means “stop.” Help boys understand that “being strong” means treating others with respect. Help young people understand that they have the right to make decisions about their body and those decisions should be respected.

6. Always hold the offender accountable
   Avoid making excuses for the perpetrator’s behavior or buying into the argument that sexual violence is caused by substance abuse, mental illness, lack of anger management skills, or stress. By making excuses, you diminish a person’s responsibility for their actions andהיסטוריה for the victim for the sexual assault.

7. Remember no one “wants” to be sexually assaulted
   Never voice, believe, or support the idea that the victim “wanted” it. Sexual assault is a violent crime that no one asks for — one with an extensive recovery and healing process.

KNOW WHAT CONSENT IS

Defining consent is easy. Without active consent, a sex act is a sexual assault. "Enthusiastic" consent is the idea that both parties are actively into and agree to sex acts. Consent can be granted (and removed) at any time — it’s everyone’s responsibility to seek a definite “yes” rather than looking for a “no.”

There’s no such thing as "legitimate rape" and expecting victims to physically resist in order for the sexual assault to be valid is another form of victim blaming. Often victims appear to “go along” with the assault or don’t “fight back” as a survival mechanism. Everyone reacts to trauma in different ways. A victim may succumb to the violence because of fear, confusion, or an inability to resist. They know they must do whatever is necessary to survive or to lessen the potential for greater violence.

Aside from being 18 or older, remember that under the law your potential partner must be mentally competent to understand what is happening. If your partner is substantially impaired, you can’t get consent.

CONSENT & MINORS IN NORTH DAKOTA

In North Dakota, a person can be charged with a serious crime if they engage in a sexual act or sexual contact with a minor (anyone under 18). The seriousness of the crime and the penalties are even greater if the minor is under the age of 15. Even if a minor has consensual sexual contact with someone younger than 15, they can be charged with gross sexual imposition (the legal term for rape in North Dakota) in juvenile court. If the case is transferred to adult court, the defendant will be treated as an adult sex offender and will be subject to the same penalties as an adult. (Adapted from “What Teenagers Need to Know About Sex Offenses” by North Dakota Office of Attorney General)

SEXUAL VIOLENCE DEFINED

Sexual violence is unwanted, forced, coerced sexual contact. It is also sexual violence when a person is unable or unwilling to give consent. It can be in the form of:

- Rape (stranger or non-stranger)
- Incest
- Statutory Rape
- Sexual exploitation
- Sex trafficking
- Sexual and street harassment
- Alcohol and drug-facilitated sexual assault
- Unwanted touching (i.e. fondling or molestation)
- Voyeurism ("peeping tom")

Sexual violence includes:

- Sexual assault — unwanted sexual contact
- Rape — sexual contact against an incapacitated person
- Statutory rape — sexual penetration of a child or youth
- Sexual exploitation
- Sex trafficking
- Sexual and street harassment
- Alcohol and drug-facilitated sexual assault
- Unwanted touching (i.e. fondling or molestation)
- Voyeurism ("peeping tom")

Sexual violence is any act of sexual violence, even if the victim is over 18 years old. Sexual violence against someone younger than 18 is also a sexual assault.

TRUTHS ABOUT SEXUAL VIOLENCE

Sexual violence can happen to anyone, anywhere, anytime.

People can be victims of sexual violence regardless of age, income, race, or social standing. By the time they turn 18 in 4 girls and 1 in 6 boys will be the victim of sexual violence. Although statistically, women are more likely to be victimized, men are also victims. It’s also important to be aware that although the majority of offenders are men, that doesn’t mean the majority of men are offenders.

Most people who are raped or sexually assaulted DO NOT report to law enforcement.

One of the most common fears victims have is that no one will believe them. Victims often experience many different emotions that directly impact if they decide to tell someone about the assault and who they decide to tell. It may be through sharing their experience with another person that they decide to report to law enforcement. Victims with past negative experiences with law enforcement or other agencies face additional barriers to reporting.

Despite common stereotypes, most acts of sexual violence are committed by someone the victim knows or trusts in a location known to the victim.

Sexual violence is not a crime of lust or uncontrollable sexual urges. It is a crime of power and control. The truth is that anyone can be an offender: family, friends, a dating partner or spouse, or someone you met last weekend. More than 90% of sexual assaults in North Dakota involve someone the victim knows. When the victim is under 18 years of age, the percentage is more than 95%. Many sexual assaults occur in the home of either the victim or the offender.

Sexual violence IS your business.

Sexual violence isn’t just a “women’s issue” or something people start caring about after someone close to them is directly affected. Sexual violence is a human issue — one that hurts victims, their families, friends, and communities. Through increasing awareness, practicing bystander intervention, and calling out victim-blaming attitudes sexual violence can be prevented.