

FOR IMMEDIATE RELEASE

Contact:

Janel Hebert, RN, BSN, CLC
Public Health Nurse
715-839-4718

Janel.Hebert@co.eau-claire.wi.us

Embrace Your Voice

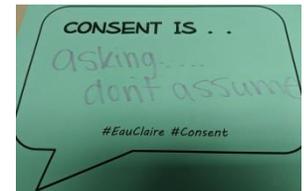
April is Sexual Assault Awareness Month

EAU CLAIRE, Wis. April 17th, 2018– Sexual violence happens every day. **In our community**, the Family Support Center-Eau Claire sexual assault outreach program provided services to over 200 people affected by sexual violence in 2017. Sexual violence can happen to anyone and impacts all groups of people. In the United States, one in three women and one in six men experienced some form of sexual violence in their lifetime.

Sexual violence is a sexual act committed against someone without that person's freely given consent. Freely given

consent is a choice made without pressure, manipulation, or under the influence of alcohol or other drugs.

To encourage a better understanding of what consent is throughout Eau Claire, we promoted a "Consent Is..." campaign in some of the local high schools. The campaign includes an activity where "Consent Is..." word bubbles that are filled in by students. "This activity helps students recognize what consent is to them and to others. We also provide local sexual violence resources to the students," says Janel Hebert, Public Health Nurse.



Our words shape the world around us. Here are a few tips to show how we can use our voice to prevent sexual violence and support healthy relationships:

- **Consider Influence.** What is shown on TV, movies, and social media can affect how we think about sexual violence. Yet, most of what we see portrayed in these places, does not represent reality.
- **Choose Words Carefully.** With how common sexual violence is, it is very possible you know someone who has experienced sexual violence. Support those who are silent by not saying comments or jokes that would shame a sexual violence survivor.
- **Speak Up.** What you say and do not say, impacts those around you. If you choose not to say comments and jokes that shame sexual violence victims, also speak up whenever you hear others say something that could make a victim feel shame.
- **Educate Yourself.** **Attend the kNOw More event on Sunday, April 22nd, 2018 6-9:00pm at The Plus to learn about local resources.** Visit www.ETR.org for a guideline on teaching Affirmative Consent.

It's time for all of us to embrace our voice to create a safer community for all. For more information about Sexual Assault Awareness month, visit <http://www.nsvrc.org/>. For additional resources, check out this new [Consent is toolkit](#). It provides a menu of options for starting or deepening a conversation about consent, including videos, lesson plans, images, web pages, and more. All resources are FREE and vetted by the team of Wisconsin youth and experts.

###