

## What is a Support Group?

It's a group of people with a common bond, sharing their experiences, understanding and wisdom.

We listen, explore options and express our feelings. We do not prescribe, diagnose, judge or give advice; we suggest.

We encourage each other to share their strengths, skills, insight, successes and their hopes.

We know what we share is confidential and that we have the right to remain anonymous if we choose.

We have the right to take part in any discussion or not. We respect our fellow group members and actively listen and avoid having side conversations.

We encourage "I" statements, so that we own our feelings and speak in first person.

We recognize the need for offering our help to others after having benefited from the help of others.

Our goal is to accept each other and avoid making judgments.

We each share responsibility for making this group work.



Mental Health Association in Orange  
County, Inc.

Rape Crisis Program

73 County Highway 108

Middletown, NY 10940

24 Hour Helpline/Rapeline:

(800) 832-1200

Office Phone: (845) 342-2400

[www.mhaorangeny.com](http://www.mhaorangeny.com)

The MHA family shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups.



# In Safe Hands

## A Peer Support Group for Youth Survivors of Sexual Assault

A Service of the Orange County Rape  
Crisis Program



## Session Topics

- Confidentiality
- Keeping Safe
- Post Traumatic Stress Disorder (PTSD)
- Date Rape
- How to Deal
- Relationships
- Dating
- Self-Esteem

## Goals

- To educate on new coping strategies or elaborate on current strategies
- To meet new people and bond over similar experiences
- To empower our group members
- To provide members with valuable resources in the community
- To provide support to survivors of sexual assault

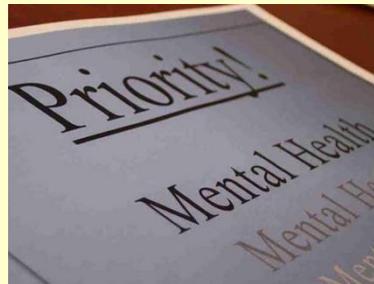
## Location:

Mental Health Association in  
Orange County, Inc.  
73 County Highway 108  
Middletown, NY 10940

(Or wherever is convenient for  
the group)



For additional information or questions,  
please call the Victim Services  
Coordinator at (845) 342-2400 ext. 224



## Facts about Sexual Assault

- 1 in 4 American women will be sexually assaulted in their lifetime. (National Institute of Justice, 2000.)
- In the U.S., 7 in 10 women who had sex before age 14, and 6 in 10 of those who had sex before age 15 report having had sex involuntarily. (Facts in Brief: Teen Sex and Pregnancy, The Alan Guttmacher Institute, New York, 1996).
- Women between the ages of 16-24 experience rape at rates four times higher than the rate for all women. (U.S Department of Justice, Office of Violence Against Women, Questions and Answers: Domestic Violence, Sexual Assault, Teen Dating Violence, and Stalking, 2009)
- Of women who report sexual assault, 40% are under the age of 18 and 15% are under the age of 12. (Bureau of Justice Statistics, 1994).