



April 2023 Newsletter

Sexual Assault Awareness Month

Sexual Assault Is Most Often Committed By Someone You Know

Rape is a sexual assault crime committed most often by someone who knows the victim; a spouse, an ex, a boyfriend, family member, or an acquaintance. According to the National Sexual Assault Hotline statistics only 19.5% of sexual assaults are committed by a stranger. It is called *acquaintance rape*. It is a crime and involves forced, manipulated or coerced sexual contact.

If someone forces you to have sex, that is rape - even if you know the attacker. Some facts about acquaintance rape:

- It can happen at any time and in any place
- The perpetrator may be a date, family member, neighbor, boss, colleague, delivery person, repair worker, spouse or anyone else you know
- A woman is four times more likely to be raped by an acquaintance than by a stranger
- Anyone can be a victim of rape or sexual assault including men, women, or transgender persons

- Acquaintance rape is rarely reported to law enforcement

Non-consensual sexual contact may include being pressured or forced into having sex against your will, being incapacitated due to alcohol or drugs, or changing your mind about participating in sexual activity. According to the CDC, one in five women experiences sexual violence in her lifetime. One in fourteen men experiences sexual violence in his lifetime. Young women between the ages of 18 and 24 experience the highest rates of rape and sexual assault victimizations

If you are sexually assaulted, please take action and tell someone about the assault or abuse. This is an important initial step toward recovery, and we ready to help victims at any time. Call the ***C.A.R.E. Helpline at 941-637-0404*** to speak to an advocate who is ready to help.

C.A.R.E. Hotline 941-627-6000
Englewood 941-475-6465
C.A.R.E. Helpline 941-637-0404
Text for Help 941-499-8534
www.carefl.org

**April 15th,
2023**

SEXUAL ASSAULT AWARENESS WALK

Larry Taylor Kiwanis Park
501 Donora St, Port Charlotte, FL 33948

Extra Parking: Nazarene Church
STARTS 9am

*The first
100 to sign-up
will get a free
t-shirt.*



*Please call
C.A.R.E.
to register
at
(941) 639-5499*

Prepare Teens to Respect Themselves and Others

Teen dating violence, a form of intimate partner violence, is a serious public health problem. It is a very prevalent type of youth violence, affecting youth regardless of age, gender, race, socioeconomic status, or sexual orientation. Intimate partner violence has lasting negative effects. Teens who report experiencing dating violence in high school are also likely to experience violence in their college relationships.

Also, adolescents who experience violence are at higher risk for depression, substance abuse, suicide attempts, eating disorders, poor school performance, pregnancy and sexually transmitted infections. Victims in their teens also face higher rates of school absences and antisocial behavior. Rates of dating violence victimization began to rise at 13 years of age, rise sharply between ages 15 and 17 (during high school), and continue to rise between ages 18 and 22 years (during college).

Concerned parents and guardians are in a trusted role to begin discussing healthy relationships and affirmative consent. It is never too early to bring these discussions with children and teens in language appropriate for their age groups. Resources to help prepare for these important life conversations are listed below. Be the trusted one your child comes to for guidance:

- *Become a reliable, honest source of information about relationships*
- *Teach your child about healthy relationships*
- *Raise your child to be assertive*
- *Teach your child to recognize warning signs of an unhealthy relationship.*

https://publications.aap.org/patiented/article/doi/10.1542/peo_document349/82162/Teen-Dating-Violence-Tips-for-Parents?autologincheck=redirected

<https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/content/parent-programs>

<https://turningpointnc.org/wp-content/uploads/2021/03/A-Parents-Guide-to-TDV.pdf>

<https://www.futureswithoutviolence.org/talk-teens-teen-dating-violence/>

Center for Abuse and Rape Emergencies Presents



Founder and Visionary Leader of
The Inner Truth Project
-Wife, Mother & Survivor-



Mindi Fetterman

Sexual Assault Awareness Month Luncheon

April 19, 2023

Isles Yacht Club

Limited Reservations Available

Begins at 12pm

\$20 Donation Suggested

For Questions & Reservations please call C.A.R.E. at (941)639-5499



ReUse - Port Charlotte:

941-624-3488

19765 Kenilworth Boulevard

Port Charlotte FL 33954

9:00 am to 3:30 pm Tuesday through Saturday

Donations accepted until 3:00pm



We Want to Hear from YOU!

C.A.R.E. would like to hear from you! We are looking for community needs for our outreach program. Is there a topic you would like to know more about? Did you know that C.A.R.E. offers educational presentations to local businesses? Would you like to have us at your next event? Let us know by emailing admin@carefl.org

Quote of the Month

A victim was asked what she was wearing when she was raped:
"Army ACUs and a gun. So much for that preventing anything!"

Our Funders



FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES
MYFLFAMILIES.COM



United Way
of Charlotte County



Office for Victims of Crime
Helping Crime Survivors Find Their Justice

**Our Contact Information**

Center for Abuse and Rape Emergencies

PO Box 510234

Punta Gorda, FL 33951-0234

9416395499

<http://www.carefl.org>