

# **Believing & Responding to Sexual Violence Against Kids**



# **STAR**

**SEXUAL TRAUMA PREVENTION & RESPONSE**

**Confidential 24/7 Crisis Help Line**  
**(907) 276-7273**  
**or (800) 478-8999**

## **We are here to help.**

**If you or someone you know has  
experienced sexual assault,  
we are here 24/7/365, and our  
services are free and  
confidential.**

**[www.staralaska.com](http://www.staralaska.com)**



**@staralaska**

**One in four girls, and one in six boys  
are victims of child sexual abuse.  
Healing takes time.  
STAR is here to help.**

**STAR offers a variety of free and confidential support services, including:**

- 24 Hour Crisis Line
- Immediate crisis support/ Safety planning
- Hospital and police accompaniment
- 1-on-1 advocacy sessions
- Support groups
- Information and referral to community resources
- Legal advocacy and court accompaniment
- Emergency client assistance

**Commonly requested services include:**

- Providing information on victims' rights
- Assistance completing the application for Violent Crimes Compensation (VCCB) to pay for counseling, medical expenses, loss of wages, relocation, and other crime-related costs
- Assistance connecting with a pro bono attorney for civil law matters
- Support and accompaniment for protective orders, District Attorney meetings, and court hearings
- Assistance registering for VINE– a system of automated notification in the event that an offender is released or escapes incarceration
- Case management for individualized follow-up and support

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## HOW YOU CAN HELP

### **Believe them.**

There may be some confusion about details, but that doesn't mean the child isn't telling the truth. The assault is a traumatic situation and details can become confused.

### **"It is NOT your fault."**

Reassure them that what happened is not their fault. Tell them they did the right thing by telling and that you believe them.

### **Listen carefully.**

Your reaction will set the tone for how much the child will talk with you during their healing process. Stay calm and keep listening so the child knows you can handle this tough situation.

### **Normalize their feelings.**

The shock of violence or a disclosure that ends years of abuse can be very disruptive to a child's normal behavior and personality. Survivors experience a range of emotions when healing from sexual violence. Normalize and avoid judging the reactions a survivor may experience.

### **Support them in talking about the assault.**

The key to healing is talking about the experience, but only when the child is ready. Forcing someone to talk or repeatedly asking questions about the abuse may delay the healing process.

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### **Be respectful of privacy.**

Limiting the number of people who know that a child has been hurt is ideal. Talk with the child about their concerns and how not telling others will impact their privacy. Children should be known for who they are, not for what has happened to them.

### **Don't pry or ask questions.**

Allow them to share the experience, as they are ready. They may not want to share specific information with you. Respect this boundary and don't take it personally.

### **Identify other supportive adults.**

Building a supportive net around a child is very helpful. Help the child identify safe people that are available to talk and listen.



**Your reactions and role modeling will influence a child's recovery. Remember to take care of yourself.**

### **Additional Resources**

Office of Children's Services (800) 478-4444

Anchorage Police Department  
Crimes Against Children Unit (907) 786-8500

Alaska State Troopers (907) 269-5511

RAINN (800) 656-4673  
[www.rainn.org](http://www.rainn.org)



# OUR SERVICES

- 24/7 Free & Confidential Crisis Line  
(907) 276-7273 or (800) 478-8999
- Crisis Intervention & Response
- Advocacy
- Information & Referrals
- Counseling
- Ongoing Support
- Prevention & Education  
Presentations

## OUR MISSION

STAR's mission is to prevent sexual trauma and provide comprehensive, collaborative crisis intervention, advocacy and support to victims/survivors, their families, and our communities.

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





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