



SEXUAL TRAUMA PREVENTION & RESPONSE



## Information for LGBTQ+ & Supportive Allies



1057 W. Fireweed Lane  
Suite 230  
Anchorage, AK 99503

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

Business Line  
(907) 276-7279

Crisis Line  
(907) 276-7273  
(800) 478-8999

@staralaska



# ALL ADVOCACY SERVICES ARE FREE AND CONFIDENTIAL

---



(907) 276-7273  
(800) 478-8999  
staralaska.com  
star@staralaska.org

It was not your fault.  
You are not alone.  
You have rights.  
You deserve support.



## SUPPORT SERVICES AVAILABLE

- 24-hour crisis line support and information
- Immediate crisis support, reporting options and knowledge of victim rights.
- Medical and law enforcement accompaniment
- 1-on-1 advocacy sessions
- Support groups
- Legal Advocacy including court accompaniment
- Information and referral to community resources

---

STAR Staff and Volunteers are committed to providing the best services for everyone including those who identify as a member of the LGBTQ+ spectrum community. STAR firmly believes that an assault is never the Survivor's fault, regardless of identity, and anyone who requests services or information through our organization can do so with confidence.

If you or someone you know was hurt yesterday or years ago, STAR can help.  
Call anytime.

(800) 478-8999

# SOME COMMON TERMINOLOGY

---

This is not an exhaustive list, but an ever-improving list of terms relating to LGBTQ+ identities & people.  
(Source: [thesafezoneproject.com](http://thesafezoneproject.com))

**Ally** /“al-lie”/ – noun : a (typically straight and/or cisgender) person who supports and respects members of the LGBTQ community. We consider people to be active allies who take action on in support and respect.

**Asexual** – adj. : experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions.

**Bisexual** – 1 noun & adj. : a person who experiences attraction to some men and women. 2 adj. : a person who experiences attraction to some people of their gender and another gender. Bisexual attraction does not have to be equally split, or indicate a level of interest that is the same across the genders an individual may be attracted to. Often used interchangeably with “pansexual”.

**Cisgender** /“siss-jendur”/ – adj. : a gender description for when someone’s sex assigned at birth and gender identity correspond in the expected way (e.g., someone who was assigned male at birth, and identifies as a man). A simple way to think about it is if a person is not transgender, they are cisgender. The word cisgender can also be shortened to “cis.”

**Gay** – 1 adj. : experiencing attraction solely (or primarily) to some members of the same gender. Can be used to refer to men who are attracted to other men and women who are attracted to women. 2 adj. : an umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who is not straight.

**Gender expression** – noun : the external display of one’s gender, through a combination of clothing, grooming, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as “gender presentation.”



# COMMON TERMINOLOGY, CONT'D

**Gender Identity** – noun: the internal perception of an one's gender, and how they label themselves, based on how much they align or don't align with what they understand their options for gender to be. Often conflated with biological sex, or sex assigned at birth.

**Intersex** – adj. : term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female.

**Lesbian - noun & adj.** : A woman who is emotionally, romantically or sexually attracted to other women.

**LGBTQ** – abbr. : shorthand or umbrella terms for people who have a non-normative (or queer) gender or sexuality, there are many different initialisms people prefer. LGBTQ is Lesbian Gay Bisexual Transgender and Queer and/or Questioning (sometimes people at a + at the end in an effort to be more inclusive).

**Queer** – 1 adj. : an umbrella term to describe individuals who don't identify as straight and/or cisgender. 2 noun : a slur used to refer to someone who isn't straight and/or cisgender. Due to its historical use as a derogatory term, and how it is still used as a slur many communities, it is not embraced or used by all LGBTQ people. The term "queer" can often be use interchangeably with LGBTQ (e.g., "queer people" instead of "LGBTQ people").

**Questioning** – verb, adj. : an individual who or time when someone is unsure about or exploring their own sexual orientation or gender identity.

**Transgender** – 1 adj. : a gender description for someone who has transitioned (or is transitioning) from living as one gender to another. 2 adj. : an umbrella term for anyone whose sex assigned at birth and gender identity do not correspond in the expected way (e.g., someone who was assigned male at birth, but does not identify as a man).

**Two Spirit** - Although this word varies based on community, it refers to the notion held by many indigenous peoples that there is both a male and female spirit with LGBTQ+ individuals.



**Violence does not discriminate, and neither do we.**

**Everyone is welcome at STAR.**

**Call anytime. (907) 276-7273 or (800) 478-8999.**

# STAR SERVICES

---



## What is sexual assault?

Sexual Assault is ANY unwanted sexual contact gained through force, threats, trickery, manipulation or coercion.

Sexual Assault is a crime of power & control; it is **not** about sex.

Sexual Assault is a felony and you have the right to report the crime to law enforcement, seek medical treatment and speak with other professionals if and when you choose.

## Adult Reporting Options in Anchorage include:

- Access medical care through an ER or your primary care provider
- Report to law enforcement
- Call STAR for anonymous reporting eligibility
- Speak only with a STAR Advocate and/or Crisis Line\*
- Speak with a private counselor
- Speak with trusted friends or family members



\*A STAR Advocate provides confidential support regardless of which option(s) you choose. Your options vary based on your age and where the crime occurred.

**Not sure where to start? Call the STAR Crisis Line 24/7 at (907) 276-7273 or (800) 478-8999.**



# SUPPORTING OTHERS



## **BELIEVE THEM.**

There may be some confusion surrounding the details of an assault, but that does not mean the person isn't telling the truth. Sexual assault is a traumatic event for anyone, so assault that is sexual in nature can cause individuals to also struggle with feelings of questioning their already often marginalized identity.

## **SAY "IT'S NOT YOUR FAULT."**

No one asks or deserves to be sexually assaulted. Regardless of a person's behaviors, rape is never a punishment and is not what a LGBTQ+ person "deserves" or "has coming" because of their identity.

## **LISTEN.**

Don't let your feelings get in the way of listening to the Survivor's feelings. This may include concerns that include the survivor's identity and being outed, which may result in an undue increase in the level of stress the survivor is experiencing; it is important to hear all of the survivors concerns.

## **RESPECT THE SURVIVOR'S CONFIDENTIALITY.**

The story of the sexual assault belongs to the survivor alone; they may choose whom to tell and when, but you never should. Telling the story of a LGBTQ+ survivor has the potential to be damaging to many facets of their life, particularly if the survivor is outed in the process. The ONLY exception to this is if the survivor is a child or vulnerable adult; call STAR to get help.

## **DON'T PRY OR ASK QUESTIONS.**

Allow time and space for the survivor to share information with you; respect this boundary and don't take it personally. This trauma belongs to the survivor, not you.

## **RESPECT THE SURVIVOR'S DECISIONS.**

Surviving a sexual assault means learning to reclaim power over one's physical and mental self. Choices that are made by a Survivor, even initially, have the ability to effect everything else they may encounter down the road. Restricting the options available for a Survivor or making choices for them may be more harmful than helpful.

---

Regardless of your values, denying an LGBTQ+ survivor a safe space to share their experiences and identities by ridiculing or questioning their gender identity, gender expression or sexual orientation, can be extremely harmful. Not only believing them regarding their assault is important, but also affirming their identities.



# SUPPORTING YOURSELF

## SELF CARE

Self care is just that - learning how to care for yourself. For some victims of sexual assault, this is the most valuable method of healing. Since so many victims choose not to report or ever tell anyone, their only source of support must come from within.

NOTE: This model assumes individuals will take steps forward and backwards in their healing process and while there are phases, it is not a linear progression and will be different for every person.

*This information was provided by RAINN*

## FACING THE FEAR OF FLASHBACKS

- Tell yourself you are having a flashback.
- Remind yourself the worst is over.
- Take deep and slow breaths.
- Use your senses and become aware of your surroundings.
- Speak to the part of yourself that is hurting.
- Get in touch with your need for boundaries.
- Get support.
- Give yourself time to recover.
- Honor your experience.
- Be patient.
- Find a reputable therapist
- Join a Support Group.
- Remember, you are not losing your mind, you are healing.

Help is available to all victims of sexual violence, without regard to gender or sexual identity. Your physical, emotional and mental health and safety are top priorities for agencies that respond after an assault occurs, as well as throughout your healing process.



**Everyone responds differently to stress and trauma.**

Allow yourself time to heal and acknowledge the accomplishments that you have made.

# LGBTQ+ RESOURCES

## ACLU Alaska

Civil liberties protection  
(907) 276-2258  
acluak.org

## Alaskan AIDS Assistance

### Association (4 As)

FREE HIV Testing  
1057 W Fireweed Ln, Ste 102  
(907) 263-2050 or  
(800)478-AIDS  
alaskanids.org

## Anchorage Unitarian

### Universalist Fellowship

Inclusive faith services  
(907) 248-3737  
anchorageuuf.org

## Choosing Our Roots

Safely Housing Queer Youth  
(907) 764-6233  
choosingourroots.org/

## Full Spectrum Health, LLC

Gender Affirming Care and  
LGBTQ+ specific care  
(907) 865-3247  
fullspectrumhealthak.com

## Identity, Inc.

Advancing Alaska's LGBTQ+  
community through advocacy,  
education and connection.  
(907) 929-4528  
identityalaska.org

## Native Movement

Gender and racial justice,  
opportunities, trainings, events  
for queer and indigenous folks  
and all community members  
www.nativemovement.org

## PFLAG Anchorage

Parents, Families & Friends of  
Lesbians & Gays  
@PFLAGAnchorage  
pflag-anchorage@gci.net

## Standing Together

### Against Rape (STAR)

star@staralaska.org  
Office: (907) 276-7279

## The Trevor Project

Suicide prevention and crisis  
intervention organization for  
lesbian, gay, bisexual,  
transgender, queer, and  
questioning (LGBTQ) young  
people.  
(866) 488-7346  
www.thetrevorproject.org

