

Information for Teens & Young Adults



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



@staralaska

Sexual assault is any sexual contact gained through force, threats, trickery, manipulation or coercion.

About Consent



Is the consent being given voluntarily?

If there are force or threats used or if someone is being tricked, manipulated or coerced into sexual contact or any sexual activity (including sending photos, videos or messages of a sexual nature) it's not voluntary and there can be no consent.

Is the consent active?

Consent is an ongoing process that happens every single time, every step of the way. Consent can never be implied or assumed, even if you are dating that person or have consented in the past.

Is everyone aware?

If a person is asleep, unconscious or highly intoxicated they are not aware and cannot give consent. There are additional instances where cognitive impairment may prevent someone from being able to give consent. Call the STAR crisis line for more information.

Is everyone of age?

Under Alaska state law, the age of consent is 16. If one teen is under the age of 16 and there is more than four years age difference between partners OR if one partner holds a position of authority over the other partner, who is not yet 18 years old, consent cannot be legally given or received.

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GENDER-BASED VIOLENCE OR HARRASSMENT

Gender-based violence or harassment is unwanted and unwelcome sexual attention that prevents a person from feeling safe at school or in the workplace. It can include things like rumors, demands for sexual favors, following you around, always wanting to know where you are and who you are with, or stalking you, touching you sexually against your will, verbally abusing you using anti-gay or sex-based insults. It is your school's responsibility to keep you safe, learn more at <http://knowyourix.org/high-school/>

Preventing Sexual Violence: Bystander Intervention

- Preventing sexual harassment and is everybody's responsibility. An engaged bystander is someone who lives up to that responsibility by intervening before, during, or after a situation when they see or hear behaviors that threaten, harass, or otherwise encourage sexual violence.
- If you think something seems wrong, find a SAFE way to do or say something, directly or indirectly.
- Be proactive. Practice with friends and family what you would say and how you would say it if you're ever put in the situation where you need to confront a harasser. Think of how you would like others to take action on your behalf, or reflect on a situation where you wish you had acted differently.

Additional Resources

Anchorage Police Department

(907) 786-8900

Alaska State Troopers (907) 269-5511

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

Identity Inc. <https://identityalaska.org>

RAINN (800) 656-4673

www.LovelsRespect.org



PREVENTION & RESPONSE

Staying Safe Online

We cannot assume anything we post online, text, message or email will stay private. But it is never okay for anyone to pressure or guilt you into sending or doing something that makes you feel uncomfortable. It is also not okay for someone to send you repeated and unwanted texts, online messages, and/or phone calls (this is called harassment and can lead to stalking behavior), make repeated sexual comments about you to other people, or share private conversations or photos without permission. If something like this has happened to you or someone you know, talk to a trusted adult or call the STAR crisis line.

What if someone I know has already experienced an act of sexual violence?

- **Believe the person** and let them know what someone did to them is not their fault.
- **Listen patiently** and be supportive
- **Respect the person's privacy**. Everyone deals with trauma differently. It is important for the survivor to feel in control of their healing process. You can support the survivor's healing by honoring the trust they have given you and not sharing their personal details with others. If you are concerned about someone hurting themselves or others, get help from a trusted adult or call 911 immediately.
- **Take care of yourself** as a supporter of a survivor. Seek information from a confidential source, such as the STAR crisis line, to share any challenges or questions you might have. You can call 24/7 and you never have to give your name.

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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.

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