

Understanding Good Touch & Bad Touch

- Knowing that you get to decide who touches you and that you can say no
- Boundaries (your own personal rules you make that others should respect and you respect others' boundaries/rules)
- Consent (asking others if you can do something before you do it and stopping if they say so)

Consent

- Is a clear "yes" not the just the absence of "no"
- Cannot be given if someone doesn't understand what you're asking them to do
- Cannot be given if someone is under 16 years old
- Is not just one question asked once, but must be asked for each activity each time you do it (example: hugging and kissing are two separate activities so you should ask each time before doing so)

Sexual Abuse

- Includes taking and sharing sexual images without consent, any coerced or unwanted sexual acts, or showing private body parts in public
- If you have been abused, it is not your fault. Help is available and you can call 509-326-2255 if you have questions about your intimate partner relationship or if you think your partner may be abusive
- People like social workers, doctors, nurses, and caregivers are mandated reporters, which means they must let the authorities know if you are being hurt so that you can get help
- You can reach out to LCSNW for questions by calling or texting their Sexual Assault hotline at 509-624-7273 and can remain anonymous if you don't want to make a report

For more information please contact advocacy@arc-spokane.org



Sexual Abuse Response Resource List

Community Sexual Assault Program (CSAP)

This is a community-based social service agency that is qualified to provide and provides core services to victims of sexual abuse/assault.

LCS Northwest Spokane

Spokane's local CSAP and Sexual Abuse Family Trauma Center which includes behavioral health counseling as well as crime victim advocacy to support during the initial police or APS report or meet you at the hospital to know your options for a Sexual Assault exam.

- Address: 210 W Sprague, Spokane, WA 99201
- Main Office: 509-747-8224
- 24/7 Support Line: 509-624-7273
- Website: lcsnw.org/office/spokane

Area Hospitals

These are where folks can go to get a Sexual Assault Forensic Exam (SAFE) for evidence collection, medical examination & treatment, and disease prophylaxis at the Emergency Room (ER).

- Valley Hospital – Address: 12606 E Mission Ave, Spokane Valley, WA 99216 | Phone: 509-473-5177
- Sacred Heart Hospital – Address: 101 W 8th Ave Lower Level 1, East Tower, Spokane, WA 99204 | Phone: 509-474-3131
- Deaconess Hospital – Address: 800 W 5th Ave, Spokane, WA 99204 | Phone: 509-473-5800
- Holy Family Hospital – Address: 5633 N Lidgerwood St, Spokane, WA 99208 | Phone: 509-482-0111
- Deaconess North Hospital – Address: 8202 N Division St, Spokane, WA 99208 | Phone: 509-473-3333

