

Project: SAFE

FREE & CONFIDENTIAL

Compassionate and respectful supportive services available. Personalized safety planning and crisis intervention.

SERVICES OFFERED:

- Trauma-informed crisis intervention
- Assistance accessing a Sexual Assault Nurse Exam (SANE)
- Accompaniment to SANE
- Advocacy during interaction with law enforcement and court proceedings
- Safety planning
- Follow up support for victims and family
- Support groups and individual advocacy services for survivors and family
- Assistance with Victims' Compensation

24/7 CRISIS HOTLINE
800.821.9953

Project: SAFE

POTTAWATOMIE COUNTY

313 N Union Ave
Shawnee, OK 74801
Office: 405.273.9953
Fax: 405.273.8890

LINCOLN COUNTY

Services Available
Call: 405.273.9953

 projectsafeok.com

 ProjectSafe

 ProjectSafeShawnee

Project: SAFE does not discriminate on the basis of race, sex, color, age, sexual orientation or gender identity, national origin, genetic information, religion, disability or legal immigration status.

Project: SAFE is a member of the Pottawatomie/Lincoln County SART (Sexual Assault Response Team.) Other partner agencies include: Child Advocacy Center of Central OK, District Attorney #23's Office and the Pottawatomie Co. and Lincoln Co. Sheriffs' Offices.

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OUR MISSION IS TO
PROVIDE ADVOCACY FOR

*Safety, Empowerment,
Healing & Freedom*

FROM ABUSE.



SERVING SURVIVORS SINCE 1985



What is Sexual Assault?

Sexual assault is legally defined as “any physical act of a sexual nature that is accomplished toward another person without their consent.”

What is Consent?

Consent is defined as “positive cooperation, it must be freely and voluntarily given, and all participants must have knowledge and understanding of the act.”

Lack of consent includes, but is not limited to, the use of a weapon, physical violence or restraint, verbal threats, intimidation, and threats of retaliation or harm.

**IF YOU HAVE BEEN
SEXUALLY ASSAULTED,
WE ARE HERE TO HELP.**

SERVICES FOR INDIVIDUALS

24/7 access to a confidential Sexual Assault Nurse Exam (SANE). Compassionate care and advocacy given during exam.

*Law enforcement DOES NOT have to be involved with an adult victim.

Our Advocates also accompany survivors to court proceedings, and can be present during any additional contact with law enforcement as needed.

We have trauma-informed advocacy services available as well as support sessions for individuals by appointment. Reaching out for help can alleviate feelings of isolation, loneliness, shame and guilt associated with the trauma of sexual assault and abuse.

SERVICES FOR VICTIMS OF SECONDARY TRAUMA

Many times family members suffer the effects of secondary trauma related to the incident.

Symptoms may appear as anxiety, anger, fear, helplessness, etc. Project: SAFE offers trauma-informed individual and group support services and other referrals and resources to assist the survivor's family.

SERVICES FOR GROUPS

Support Groups are extremely helpful to survivors and family members suffering with the effects of secondary trauma. Group meetings empower survivors by offering a safe, confidential environment to share their personal truth. The bond that forms between survivors in a group setting can become a springboard for the courage to heal.

Not Typical

- There is no such thing as a “typical” sexual assault.
- There is no such thing as a “typical” reaction to such a horrific event.
- In the moments that come after the initial shock of the trauma, you could feel:

ALONE: “I can't tell anyone.”

ANGRY: “He had no right!”

ANXIOUS: “I can't eat or sleep.”

CONFUSED: “How did this happen?”

DEPRESSED: “I just don't care anymore.”

DIRTY: “I feel like I need to scrub them off.”

FEARFUL: “He might come after me.”

GUILTY: “This is my fault. I deserved it.”

HELPLESS: “I'll never be the same.”

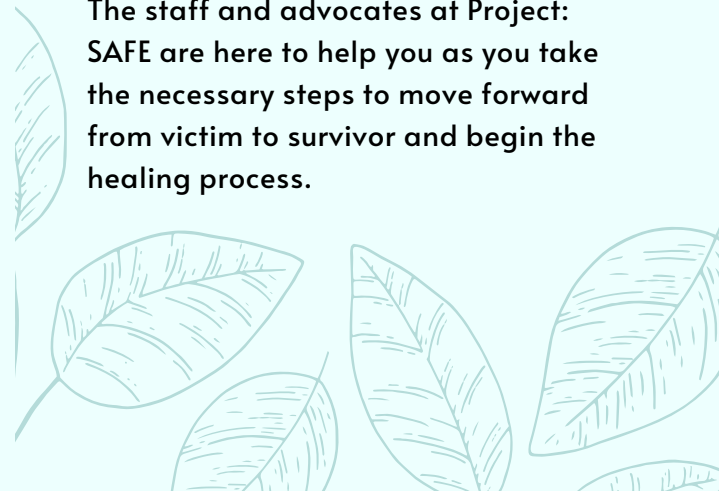
NUMB: “I haven't even cried yet.”

PANICKED: “My heart is always racing.”

SINGLED OUT: “Why me?”

WEAK: “I feel so small.”

VINDICTIVE: “I want them to pay for this!”



The staff and advocates at Project: SAFE are here to help you as you take the necessary steps to move forward from victim to survivor and begin the healing process.