

Services

RVAP

RVAP supports all affected by sexual violence. Services are free & confidential.

24/7 CRISIS LINE

800.228.1625

Advocacy

We can help ensure that your voice is heard throughout forensic medical exams, police investigations, academic sanctioning process and/or working with other 3rd party services & agencies

Support

We are here as a trauma-informed resource & advocate in healing.

- 24-hour crisis lines
- Counseling, support groups & referrals
- Review options & resources

Prevention

We provide trainings & educational programs necessary to promote positive social change and end sexual violence (e.g., bystander intervention).



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24-Hour Crisis Lines
319.335.6000 | 800.228.1625

Local County Business Lines
Cedar, Iowa & Johnson: 319.335.6001
Des Moines: 319.541.9554
Henry: 319.541.9809
Lee: 319.541.0963
Washington & Van Buren: 319.541.2059



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Teens & Sexual Violence



What's Sexual Violence?

A continuum of non-consensual or non-wanted behaviors including intimate partner abuse, stalking, sexual harassment, and those behaviors commonly called "rape" or "sexual assault."

Sexually violent behavior can be digital, emotional, verbal, physical or a combination of them all.



Keep in Mind

- Perpetrators of sexual violence can be of any gender and people we care for, love, and trust.
- Sexual violence can occur between people that have been sexual with each other in the past.
- A person of any gender or sexual orientation can be sexually victimized.
- If you feel unsafe or need support there is help.



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teens experience some kind of abuse in their dating relationship

What to Do

You may be scared, angry and confused, but the abuse was in no way your fault. You have options.

- Get to a safe place away from the perpetrator (e.g., non-offending friend's house).
- **Call us (RVAP—800.228.1625)! We are not mandatory reporters. We can help you process through what happened and go over options.**
- Contact someone you trust.
- Go to an Emergency Room or Health Clinic.
- Talk to the school or police.
- Do nothing. Your healing process is your own journey and you get to define it.