

# BUILDING COHESIVE TEAMS THROUGH CHARACTER TRUST RESILIENCE

**Protecting Our People  
Protects Our Mission.**

## Who Can Help?

Civilians serving overseas and adult Family members have access to the same treatment and services available to Soldiers. Sexual Assault Response Coordinators or Victim Advocates provide confidential response services and help strive to protect survivors and treat them with dignity and respect. The Employee Assistance Program can also help with counseling, advocacy, coordinating resources in the local community, and other support needed.

Adult Family members are eligible for limited military medical services in the form of emergency care when stationed with or accompanying U.S. Forces outside of the continental United States. They can also receive help from a Special Victims' Counsel, health care provider, chaplain, Victim Witness Liaison, or the DoD Safe Helpline, <https://safehelpline.org/>.

## Support for DA Civilians and Families\*

Department of the Army Civilians and Family members are a part of the Total Army team. Their safety and well-being is paramount to the Army's efforts to prevent sexual harassment and sexual assault.

### Consent Matters

Consent is a mutual agreement between participants to engage in sexual activity while establishing and understanding boundaries. It is both verbally and physically clear, voluntary, coherent, and ongoing. It can be withdrawn at any time during sexual activity; you have the right to change your mind. Feeling pressured, harassed, coerced, shamed, guilty, intimidated or forced into engaging in sexual activity with your partner does not constitute consent. To report domestic abuse contact the Family Advocacy Program. To find your local installation's FAP program visit: [www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/the-family-advocacy-program/](http://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/the-family-advocacy-program/).

### Practicing Self-Care

After experiencing a sexual assault, a survivor may face the long-term effects of trauma. They may feel many emotions— ranging from anger to sadness and depression. Self-care after a sexual assault is an important step in the healing process and can help you cope with trauma in a healthy way.

Try the following:

- When feelings get overwhelming, practice deep breathing or meditation
- If you're ready to talk, seek professional help from a therapist
- Build your tribe of people who support you and make you feel safe
- When things get overwhelming, make plans to go out with friends
- Attend church or nonreligious services in-person or virtually
- Get moving! Go for a walk, jog, or bike ride
- Commit to 7-9 hours of sleep per night

**"I want to make sure that we have an environment where everyone is treated with dignity and respect, and everyone takes care of each other. We expect our leaders to do that and that's what we're going to do."**

**- Army Chief of Staff,  
General James C. McConville**

\*Military dependents 18+

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)  
DoD Safe Helpline: 877-995-5247



**SAAPM**

Sexual Assault Awareness and Prevention Month