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***April is Sexual Assault Awareness Month – Center for Community Solutions Shares Six Tips to Help Prevent Assault and Support Survivors***

SAN DIEGO, CA – April is Sexual Assault Awareness Month, and Center for Community Solutions reminds the community that everyone can do their part to help survivors and prevent sexual assault by starting conversations.

“A sexual assault happens every 68 seconds in the United States<sup>1</sup>, so it is likely that you know someone who has witnessed an assault or been assaulted.” said CEO Verna Griffin-Tabor. “Simply starting a conversation can be the key to healing.”

Sexual Assault Awareness Month creates a safe space for loved ones, friends, and coworkers to reach out or at least know they are not alone. Sharing awareness posts on social media is one of many ways you can help someone.

Tabor and the experts at CCS also suggest that San Diegans can also work together to prevent violence by starting conversations and helping to shift blame away from survivors:

- Ask for consent in everyday interactions and respect when someone says no.
- Teach children they are allowed to say no.
- Engage teens in safety conversations and teach them to stand up for others when they witness warning signs for sexual violence.
- Talk to your friends and family about healthy relationships.
- Challenge comments that place blame on the victim.
- Believe survivors when they share their experiences and tell them they did not deserve the abuse.

Center for Community Solutions is available to provide information and support. If you are seeking help related to sexual assault for yourself or someone you know, please call the 24-hour, country-wide crisis hotline at 1-888-385-4657.

*Source:*

1. *Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey, 2019 (2020).*

**About Center for Community Solutions**

Center for Community Solutions is a San Diego-based nonprofit organization dedicated to ending relationship and sexual violence. Since 1969, CCS has been providing trauma-informed, wrap-around services to empower survivors as they heal and recover from trauma. CCS' free services include a 24/7 confidential crisis hotline, four domestic violence shelters, counseling, legal services, safety planning, prevention education and more. For more information, please visit [ccssd.org](http://ccssd.org).