



You are not alone.

We believe in your strength and courage as a survivor. 180 offers hope and support as you overcome domestic violence and sexual assault. Our caring and experienced counselors will listen, discuss your options, and provide resources to guide you.

You can have a fresh start.

You are not to blame for your experience of abuse. You and your family deserve to live your life free of fear and full of promise. Together, we'll create your pathway to safety, healing, and independence.

We can begin together.

We are here for you when you're ready. Our comprehensive support services are free and confidential, including 24/7 hotlines, counseling, legal advocacy, emergency safe house, and art, play, drama & music therapy for children.

What reliefs will it grant?

The legal document assigns relief and forbids the following behavior by a perpetrator to the victim or parent/guardian:

- Contacting the victim in-person, phone, mail, e-mail, text, social media, or through a third party or electronic device.
- Seeing the victim by entering the home, place of employment, or school.
- Committing sexual violence.

Who can apply for one?

Anyone who is a victim of nonconsensual sexual contact or penetration, lewdness, or any attempt at such contact, and anyone who is the victim of these acts:

- Who is not eligible for a restraining order as a victim of domestic violence.
- Who's perpetrator is at least 18 years old.

Where do I apply?

A temporary protective order under SASPA can only be filed within the Family Division of the Superior Court. The Monmouth County Superior Court is open Monday - Friday 8:30am - 4:30pm.

DOMESTIC VIOLENCE:

Call (888) 843-9262

SEXUAL VIOLENCE:

Call (888) 264-7273

DEAF & HARD OF HEARING:

Text (732) 977-2832

2NDFLOOR® YOUTH HELPLINE:

Call or Text (888) 222-2228

FAMILY JUSTICE CENTER:

Call (732) 264-4360 ext. 5000



MAIN HEADQUARTERS

1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730

(732) 264-4111 | Fax: (732) 264-8655

180 Turning Lives Around, Inc. is a registered 501(c)(3) non-profit organization and receives financial support from individuals, government and civic agencies, faith-based organizations, corporations, and foundations. Gifts to 180 are tax-deductible to the full extent possible under IRS regulations. Visit www.180nj.org for more information about our funders and how you can support 180.

180 Turning Lives Around



Sexual Violence Program

180NJ.ORG



At 180 Turning Lives Around, individual counseling provides a safe space for survivors to begin talking about and working through the trauma of sexual violence. Group counseling reduces survivors' experience of isolation, which is often created by the abuser to further control and provides survivors the opportunity to realize they are not alone.

What is sexual violence?

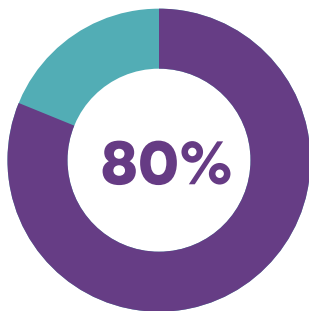
Sexual contact committed by force or without a person's consent caused solely by a perpetrator's decision to commit the offense. It is never the victim's fault or a result of their behavior or clothing. Sexual violence can include being touched, forced to touch someone else, or to watch them touch themselves. It is a crime that can affect the whole family, including the victim's spouse, partner, parents, and other close relatives or friends.

Who experiences sexual violence?

Victims can be of any gender, age, race, ethnicity, socioeconomic status, or sexual orientation.

Who commits sexual violence and why?

Both strangers and people known and trusted by the victim can commit this type of abuse.



Over 80% of sexual violence is committed by acquaintances, a current or former spouse, co-parent, dating partner, parent, sibling, or present or former household member, and the majority is planned. It is not about uncontrollable sexual urges or the desire for sexual gratification. It is a method of expressing anger and aggression motivated by the perpetrator's need to overpower, control, degrade, and humiliate another.

What should I do if I experience sexual violence?

- Find a safe place and consider notifying the police.
- To preserve evidence, do not shower, bathe, douche, eat, drink, smoke, urinate, or change your clothing, if possible. If you must change, place each piece of clothing in a separate bag. If you think you may have been drugged, try to collect a urine sample.
- Call our 24-hour Confidential Hotline for support, information, accompaniment through medical and police proceedings, and counseling services. A Confidential Sexual Violence Advocate* can accompany you for support during the forensic exam at the five area hospitals, formal police statement at all police departments in Monmouth County, and at the time of Grand Jury, if needed.
- Seek immediate medical attention for possible injuries, sexually transmitted infections, and pregnancy.

*The highly-trained Advocates at 180 are also members of the Monmouth County Sexual Assault Response Team. This coordinated multi-disciplinary response ensures timely, appropriate, and compassionate care for victims and quality evidence control, which may increase the potential for successful prosecution if desired. The team includes:

- **Sexual Assault Nurse Examiner:** A nurse certified to provide medical care and treatment for sexually transmitted infections and early unwanted pregnancy and collect forensic evidence that may be used in the prosecution of the crime. There is no fee for this service.
- **Law Enforcement:** A police officer to obtain information regarding the assault and initiate the investigation. A forensic exam and medical treatment can also be obtained without the involvement of law enforcement.

Monmouth County's Strangulation/Smothering Evaluation Team (SSET)

Strangulation is one of the most lethal forms of domestic violence: unconsciousness may occur within seconds and death within minutes. Survivors may also suffer life-threatening medical emergencies hours, days, or weeks later.

If someone has been choked or strangled, call the police or go to the nearest hospital Emergency Room for assistance. The Monmouth County SSET includes Forensic Nurses, Domestic Violence Response Advocates, and specially trained Law Enforcement Officers and offers 24/7 assistance to victims, including information, safety planning, and medical evaluations, as needed.

For more information, call (732) 264-4111.

What are the common reactions to sexual violence?

Everyone copes with trauma and crisis differently. In the aftermath of sexual violence, any reaction should be accepted as normal. Survivors may experience a variety of trauma symptoms at any point, including:

Physical: Soreness, pain, changes in eating and sleeping, and general fatigue.

Emotional: Shock, disbelief, fear, shame, self-blame, guilt, isolation, grief, depression, anger, and embarrassment.

Emotional scars may take longer to heal than physical injuries.

Cognitive Symptoms: Difficulty concentrating and intrusive thoughts and/or images of the assault.

What should I do if sexual violence happens to someone I know?

- Call our confidential hotline for support and information.
- Allow the survivor the opportunity to make their own decisions. Victims may experience feelings of vulnerability and loss of control over their body and very existence. Offering them information and options may help.
- Assure the survivor that you believe them. Remind them that the assault was not their fault and avoid showing strong emotion of any kind. Do not blame, suggest blame, judge, or criticize.
- Be supportive. Recognize that the course of action the survivor used to get through the ordeal was effective.
- Allow the survivor space and time to talk or not to talk. Survivors commonly choose to protect those close to them by not sharing details.

Sexual Violence Protective Orders

The Sexual Assault Survivor Protection Act (SASPA)

SASPA provides victims of sexual violence the ability to apply for a protective order against their perpetrator within Family Court. 180's Sexual Violence Court Advocate is available to support the victim or parent/guardian through the initial filing, proceedings, and the final protection order hearing.

What is a Sexual Violence Protective Order?

A court order signed by a judge telling the defendant (accused) to have no further contact with the plaintiff (victim) in person, by phone, by mail, or through electronic devices. A temporary order is issued ex parte, or on the plaintiff's sworn testimony only. A final hearing will be held within ten days to allow the accused to defend themself. The protection order is a civil document and may be applied for without filing criminal charges or regardless of the disposition of any charges if filed. A violation of the protection order is a criminal offense.