



[RockfordSexualAssaultCounseling.org](http://RockfordSexualAssaultCounseling.org)

# Dispelling the Darkness



Please join us for "Dispelling the Darkness" on Thursday, August 27th at 7pm on Facebook Live.

We invite you to light a candle for survivors to help shine a light of hope for a community that is safe, healthy and united against sexual violence.

More on page 3.



Winnebago County

4990 E. State Street

Rockford, IL 61108

24 Hours: 815-636-9811

Boone County

860 Biester Drive, Suite 205

Belvidere, IL 61008

Ogle County

412 W. Washington

Oregon, IL 61061

#### Mission Statement

Rockford Sexual Assault Counseling, Inc. (RSAC) responds to the needs of victims of sexual assault/ abuse and their families/ significant others through emergency services, emotional support, counseling, referral, advocacy, and education, and promotes awareness and understanding of sexual assault. The focus of RSAC is to provide services to survivors of sexual assault/abuse and to educate the community to reduce the risk of sexual violence.



# Executive Director's Note

## Rape: A Men's Issue

While on the Internet I was pleasantly surprised to see a growing number of men's groups dedicated to stopping rape. For years, rape and sexual assault had been considered a women's issue and a women's problem. Something has always felt unfair and unbalanced in this approach. Rape is also a men's issue, and here are the many reasons why.



Maureen Mostacci  
Executive Director

**Men rape and are raped.** Males perpetrate the vast majority of the sexual assaults against women. Even when men are sexually victimized, other men are most often the perpetrator. Male victims of sexual assault, like female victims, are often not believed, blamed and stigmatized by society. Only in recent years have men begun to step forward and seek assistance for their trauma.

**Men know survivors.** With one of four women and one of six men being a survivor of sexual violence, men's lives are also impacted. It could be anyone in his life: wife or husband, girlfriend or boyfriend, sister or brother, niece or nephew, grandmother or grandfather, or daughter or son who may disclose and men must be prepared to respond non-judgmentally and with understanding and compassion. A supportive male can positively impact the survivors healing process.

**Rape is a choice.** Some men make the choice to use sex as a weapon for power and control. For sexual violence to end men must be empowered to make different choices. All men can be a part of this process by challenging rape myths, speaking out against violence toward women and raising awareness about the impact of sexual violence. Men can step up and challenge other men who exhibit behaviors and talk that perpetuates sexual violence. Adult modeling of behavior has a significant impact on children's attitudes and behaviors. Men who model attitudes and behaviors that show respect for women go a long way in educating young men that masculinity is not about power and control.

"Every time a man's voice joins those of women in speaking out against rape,  
the world becomes safer for all of us;"

# Dispelling the Darkness

- \$5 One candle
- \$10 Two candles
- \$15 Three Candles
- \$20 Four Candles
- \$100 Vigil Sponsorship  
(1 Box of Candles, Donation & Event Recognition)
- \$200 Vigil Sponsorship  
(2 Boxes of Candles, Donation & Event Recognition)
- \$ OR Enter a Custom Amount

We also accept cash or check for candle purchases or donations  
Please mail to:  
Rockford Sexual Assault Counseling  
4990 E. State Street

Each candle can be picked up or dropped off within our 3 county service area OR shipped to you for a minimum shipping fee. Once your purchase is submitted, an RSAC staff member will be in touch to discuss options for candle exchange. \*You can opt out of recognition if you so choose.

When RSAC is live at the event, there will a designated post for you to share your pictures of your lite candles. We hope you can all join us in posting your picture. After the event, pictures that are posted will be put into a video and shared on social media.

If you have any questions or would like to purchase candles to provide to clients or customers at restaurants, stores or businesses, please contact us!

We are also looking for businesses, agencies and places of worship to help spread the word.  
If you are able, please go to our Facebook or website and share the materials.

[Click here for more information or to purchase your candles!](#)



# ERINS LAW

Erin's Law, or Illinois Public Act 097-1147, requires public schools to provide child sexual abuse prevention education for children in pre-kindergarten through twelfth grades.

Age appropriate instruction helps students learn to recognize unsafe situations, ways to increase their safety and how to respond.

Presentations include:

1. Safe vs. unsafe touch and unwanted touching
2. The difference between good and bad secrets
3. How to tell a trusted adult if any situation makes them uncomfortable.



For more information check out the website at [RockfordSex-](http://RockfordSex-)



Have you visited our new coping skills section on our website?

[Click here!](#)



# Volunteer!

Rockford Sexual Assault Counseling, Inc. recruits volunteers to provide advocacy for victims of sexual assault or abuse and their families. Volunteers play an important role in helping victims feel they are not alone and not to blame for the assault or abuse.

Our agency provides a 40 hour training session for all volunteers. The topics discussed will include, but are not limited to: basic advocacy techniques, the Illinois Criminal Sexual Assault Law, medical care of the victim, crisis intervention, child sexual abuse, and community resources. Volunteers providing advocacy play a crucial role in providing crisis intervention services to victims of assault or abuse.

Requirements for becoming an RSAC volunteer:

- At least 18 years old
- Background check
- Available for on call two weekday evenings a month or one weekend day a month
- Have reliable transportation with insurance
- Have a phone

Fee for training class is \$40 to cover materials.

Scholarships are available.

Contact Sam Thomas, our Volunteer Coordinator, to learn more!

[SThomas@rsacil.com](mailto:SThomas@rsacil.com)

OR

[Click Here!](#)



Follow us on  
Social Media!

