You may have seen headlines touting a dramatic increase in sexual assault reporting in the U.S. military. For some, this might be seen as cause for alarm. However, given the high rates of non-reporting for sexual assault, it is likely to be a positive sign that more victims feel comfortable coming forward as a result of the reforms and outreach being conducted by the military.

**You Are Not Alone**

There may be no better example of this outreach than the video created by members of the Naval Station Norfolk Sexual Assault Prevention and Response team, entitled **You Are Not Alone**. This week, we are delighted to shine the spotlight on these creative, compassionate, and inspiring members of the U.S. Navy. The team created the video in honor of Sexual Assault Awareness Month (SAAM), to remind victims - and potential victims - that they are not alone. Many Sailors experience the trauma of sexual assault victimization without ever speaking a word about it to anyone. They may not know where to turn, who will believe them, or how to get help. This video was designed to change that reality.
Naval Station Norfolk SAAM Video:
You Are Not Alone

Faces of Norfolk Response Team

The video was also created to highlight the human face of the U.S. Navy, particularly those Norfolk personnel tasked with responding to the needs of sexual assault victims.

As with many professions and "systems," it is all too easy to see people with authority or power as unapproachable: prosecutors, judges, police officers, investigators. We may even fail to see them as "regular people" like ourselves.

Part of the problem is that we typically do not meet these professionals until we need them - often in a time of tragedy or crisis. By showing their human faces in this warm and engaging video, the viewer gets a more realistic sense of military personnel in their different roles and assignments.
The producers created the video to introduce the many people involved in the Norfolk prevention and response program who are willing and able to help military and military-affiliated survivors. To help demystify the process associated with an unrestricted report, the video is filmed in a variety of locations, including the hospital and a regional courtroom. Scenes include various members of the prevention and response team.

The video addresses this serious subject in a way that is uplifting and enthusiastic - guaranteed to bring a smile to your face.

**Congratulations to Naval Station Norfolk**

We encourage you to take a few minutes to watch this video, and share it with friends and colleagues. Feel free to use it in your own education and outreach efforts. Remember, even as professionals working in this field: *You Are Not Alone!*