

1202
Rape Crisis Hotline for Women

1203
Rape Crisis Hotline for Men



The Association of Rape Crisis Centers in Israel



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The Association

Rape Crisis Centers

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Greetings for the New Year 2006

What is Sexual Assault

Media Highlights

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Breaking the Silence – A Ride to Heal the Past

"A One Woman Mission – Is a Community Effort"



Aliza Amar's formative years were plagued by various struggles, not the least of which was sexual assault. Upon completing her army service, she left the Kibbutz in which she grew up to start a life in the big city. Responding to an ad in the Tel-Aviv newspaper, Aliza went to a job interview not knowing what awaited her. There, she was lured into a room where she was raped on videotape, which she later discovered was to be distributed as pornography. Due to denial, guilt, shame, humiliation, and most of all fear of being ostracized, not only by her community, but by her family as well, Aliza remained silent about her suffering for twenty years. This year, as she was turning 45, Aliza's life was consumed with change, and she decided to capture the opportunity to reclaim control of her past by freeing herself from the fear and the shame she had held inside for so long. With the psychological, emotional, and logistical support of the Association of Rape Crisis Centres in Israel, Aliza's bike ride not only offered her a voice, but it spoke volumes for all Israeli survivors of sexual violence.

"I have lived many years in the dark and distant cave of safety and denial, holding tightly to my sexual abuse secret. After endless counseling sessions...I am now ready emotionally and physically to confront the issue. I am doing so not just to liberate myself, but rather to encourage other women to come out of their hiding, to heal together in a community of support for one another."

Following twenty years of struggling to suppress the sexual degradation she suffered, Aliza Amar, a former Israeli, chose to heal and to gain control of her future. Facing her fears head-on, Aliza, now living in the United States, initiated a 500km bicycle ride across Israel, the country where her abuse took place, both from a personal desire to be free from her past, and to represent women everywhere, encouraging them to break their silence as well. The bike ride began on November 19 from Rosh Hanikra in the north and was completed in Eilat in the south on November 25, the International Day Against Violence Against Women. Along her passionate ride to raise awareness and to bring attention to problem of sexual violence, Aliza rode the major Israeli freeways where Israeli society was forced to face the issues directly. The event was heavily endorsed and publicized by the ARCCI, and as a result, numerous supporters joined in her ride including political officials and media personnel. Following the ride, Aliza's courage, together with our support, was well worth the effort as the hotlines soon flooded with call from many who found their voices and resolved to embark on their own journeys to heal.

The Association

Background

Goals and Objectives

ARCCI Staff

Activities in 2004

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Annual Reports

- [NIFarticle](#) - Rape Victim Cycles Across Israel To Lay Childhood Ghosts to Rest - November 29, 2005

- [Jerusalem Post article](#) - A Ride to Heal Past Wounds, Prevent Future Harm - November 17, 2005

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