

# PREVENT SEXUAL ASSAULT.

## MY MIND, BODY, AND SPIRIT ARE SACRED.

### WHAT TO KNOW...

Some people may not be ready to press charges against their perpetrator. Reporting the assault should be the victim's choice.

It is important to know that a sexual assault exam is available to get checked for injuries, and if the person chooses, to have evidence collected at no cost to the victim. A person does not have to report to law enforcement to have a sexual assault exam or to have evidence collected.

During the exam, medication is available to prevent sexually transmitted diseases (STDs) or pregnancy (if taken within 72 hours of unprotected sexual contact).

A person should not shower before the exam. However, an exam can still be completed if a person has showered. The person should bring the same clothing that was worn during or immediately after the assault to the exam.

If the person is in immediate danger, call 911 or your local police department.

# HOW TO HELP SOMEONE AFFECTED BY SEXUAL ASSAULT



You may be the first person that a victim confides in after a sexual assault. Often times, victims blame themselves for the assault or are afraid they won't be believed. It is important to let the person know they are not alone on their journey to recovery and help is available whether the assault was recent or in the past.

If someone you know tells you that they have been sexually assaulted consider one of the following responses:

- *I believe you.*
- *You are not alone.*
- *It is not your fault.*
- *You do not deserve to be abused.*
- *Help is available.*

## RESOURCES

### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

### **National Sexual Violence Resource Center**

[www.nsvrc.org](http://www.nsvrc.org)

### **Men Can Stop Rape**

[www.mencanstoprape.org](http://www.mencanstoprape.org)

### **Engaging Bystanders in Sexual Violence Prevention**

[www.wcsap.org/prevention-review-engaging-bystanders](http://www.wcsap.org/prevention-review-engaging-bystanders)



[WWW.NPAIHB.ORG](http://WWW.NPAIHB.ORG)

