



STOP
SEXUAL
ASSAULT

THINKING AHEAD.

WHAT SHOULD SOMEONE DO IF THEY'VE BEEN SEXUALLY ASSAULTED?

Immediately after an assault, an individual should:

- Get away from the attacker and to a safe place as quickly as possible. Then, call 911 or the police.
- Call a friend or family member s/he trusts. S/he can also call a crisis center or hotline to speak with a counselor. Feelings of shame, guilt, fear, and shock are normal; so it is important to get counseling from a trusted professional.
- Do not wash, comb, or clean any part of his/her body. S/he should not change clothes if possible, so the hospital staff can collect evidence. S/he should not touch or change anything at the scene of the assault.
- Go to his/her nearest hospital emergency room as soon as possible. S/he needs to be examined, treated for injuries, and screened for possible sexually transmitted infections (STIs) or pregnancy. The medical professional will collect evidence using a rape kit for fibers, hair, saliva, semen, or clothing the attacker may have left behind.

While at the hospital, s/he should:

- Decide if s/he wants to file a police report. If so, the hospital staff can call the police from the emergency room.
- Ask the hospital staff to connect him/her with a local rape crisis center. The center staff can help the individual make choices about reporting the attack and getting help through counseling and support groups.

HOW CAN I HELP SOMEONE WHO'S BEEN SEXUALLY ASSAULTED?

You can help someone who is abused or who has been assaulted by listening and offering comfort. Go with her/him to the police, the hospital, university administrators, or to counseling. Reinforce the message that s/he is not at fault and that it is natural to feel angry and ashamed.

ADDITIONAL RESOURCES

National Domestic Violence Hotline

800-799-SAFE (800-799-7233)

National Sexual Assault Hotline

800-656-HOPE (800-656-4673)

Men Can Stop Rape

Men Can Stop Rape's mission is to mobilize men to use their strength for creating cultures free from violence, especially men's violence against women.

www.mencanstoprape.org

Rape, Abuse and Incest National Network (RAINN)

The Rape, Abuse & Incest National Network is one of the largest anti-sexual violence organizations in the country. They run an online hotline for sexual assault victims and their family and friends, and provide specific resources for children, members of the military, and for Spanish speakers.

www.rainn.org



IT'S ON US

Alpha Delta Phi is a proud partner of It's On Us. It's On Us asks everyone - students, community leaders, parents, organizations, and companies - to step up and realize that the conversation changes with us. It's a rallying cry to be a part of the solution. The campaign combines innovative creative content and grassroots organizing techniques to spark conversation on a national and local level.

www.itsonus.org

www.alphadeltaphi.org/itsonus

NO More

NO MORE is dedicated to getting domestic violence and sexual assault out of the shadows and encouraging everyone to be part of the solution.

<https://nomore.org>

Safe Horizons

Safe Horizon is the nation's leading victim assistance organization. Our mission is to provide support, prevent violence, and promote justice for victims of crime and abuse, their families and communities.

www.safehorizon.org