



HELP FOR SEXUAL ASSAULT VICTIMS

ONE IN 5 WOMEN & ONE IN 7 MEN
 in the U.S. will suffer sexual assault¹. If you or someone you know suffers a sexual assault, here's how you can HELP.

Of nearly **300,000 USA** victims reported from 2005-2010, only about **12% ended in arrest.**

CRIME SCENES must be processed immediately.

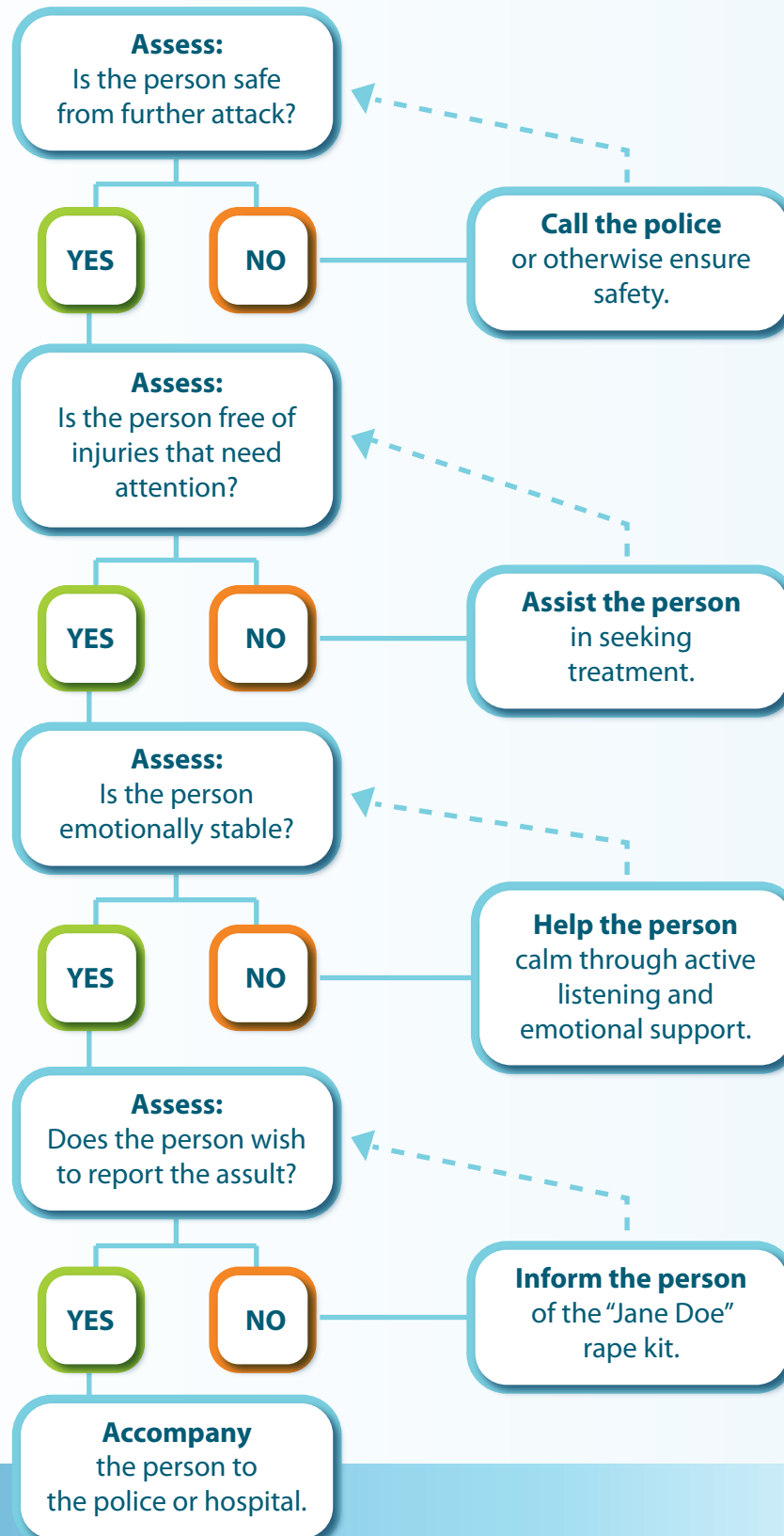
If the survivor is a **MINOR**, reporting the assault is **MANDATORY**.

In most states, survivors of sexual assault incur **NO COST** for a forensic exam.

Inform the survivor of the **"JANE DOE RAPE KIT"**.

USE THIS DECISION TREE TO GUIDE YOU THROUGH THE INITIAL PROCESS.

With each **NO** resolve the situation, then return to the last **YES** to proceed.



HEALTH AND SAFETY

Immediate needs come first. Make sure the person is safe from the perpetrator and any physical injuries are treated. Escort them to the hospital if there are any injuries that need medical attention.



EMOTIONAL

Assess the person's emotional state. Listen empathically. Use PIEs: paraphrasing, "I" statements, emotional labeling, and summarizing, like this:

- Paraphrasing** is simply repeating a thought back to the person in your own words.
 - I statements** are subjective responses, such as, "I'm so angry at the person who did this to you. I want to help you in any way I can."
 - Emotional labeling** involves identifying something for what it is. If the person says, "I feel so ugly and stupid," you can say, "It's normal to feel badly when someone violates your dignity."
 - Summarizing** is also repeating back, but generally after the person has told the entire story.
- Assure the person that the sexual assault was not their fault and that they can, and will, feel better in time.



LEGAL

Share their legal options. If the survivor is a minor, reporting the assault is mandatory. If the survivor is over 18, they may choose. Does the survivor want to report the assault? If so, they must collaborate with legal services, local police, and forensic services. Crime scenes must be processed immediately while evidence remains viable. The survivor should avoid showering or bathing, and even urinating if possible. Do not clean the room, change clothes, or comb their hair.

In some states, individuals can access treatment and counseling free of charge when they report an assault. Reporting can contribute to a survivor's regaining of a sense of agency; but it doesn't guarantee prosecution of the perpetrator. A 2016 CNN report states that of nearly 300,000 USA victims reported from 2005-2010, only about 12% ended in arrest.²

In most states, survivors of sexual assault incur no cost for a forensic exam, but check to be sure. If they will be charged, tell the survivor so they can make an informed decision. A sexual assault exam is performed by a trained professional. Go to <https://www.rainn.org/articles/rape-kit> for details on what to expect.

Some survivors don't want to report. Fear of retaliation, social condemnation, fear of getting the perpetrator in trouble, fear of illegal activity being discovered in the reporting process, cultural beliefs, religious beliefs, and financial dependency upon the perpetrator are just some possible reasons. The survivor may need time to consider his or her options. Never pressure or force a survivor into reporting (after all, they've already been forced once).

But make sure the survivor knows that she may be able to obtain a "Jane Doe rape kit," meaning she can anonymously undergo a forensic exam, receive a code, and report later if she chooses. Accompany her to the hospital and request this if she chooses it.



PSYCHOLOGICAL

Depending upon the person's support group, natural resilience, and other factors, long-term psychological help may be needed. Assure the survivor this is not weakness on his or her part. Encourage the survivor to take advantage of free counseling that may be available through state funding. The RAINN website has a database of trained professionals at <https://centers.rainn.org>.

¹ The National Sexual Violence Resource Center- <https://www.nsvrc.org/statistics>
² <https://www.cnn.com/2016/11/17/health/parental-rights-rapists-explainer/index.html>