

What Should I Do If I Was Sexually Assaulted?

- Find a safe environment — anywhere away from the attacker.
- Know that what happened was not your fault and that now you should do what is best for you.
- Report the attack to police by calling 911. An Advocate at the Crisis Center can accompany you to the hospital and help you understand the process.
- Preserve evidence of the attack - don't bathe or brush your teeth.
- Write down all the details you can recall about the attack & the attacker.
- Ask the hospital to conduct a rape kit exam to preserve forensic evidence.
- If you suspect you were drugged, ask that a urine sample be collected. The sample will need to be analyzed later on by a forensic lab.

If you know that you will never report, still consider:

- Getting medical attention. Even with no physical injuries, it is important to determine the risks of STDs and pregnancy.
- Call the Calaveras Crisis Center 24-hour hotline for free, confidential counseling, 24 hours a day:
(209) 736-4011/(209) 754-4011

Recognize that healing from rape takes time. Give yourself the time you need. Know that it's never too late to call, even if the attack happened years ago. Many victims do not realize they need help until months or years later.

Victims of sexual assault have legal rights to:

- Report the attack to law enforcement and expect that all legal avenues will be pursued to apprehend the offender;
- Request a female law enforcement officer;
- Make a report, and later decide not to proceed with prosecution;
- Get restitution through the Victims of Violent Crime Program; and,
- **Choose to do nothing at all** - if the victim is over the age of 18.