

If you need help, please call...

**National Sexual
Assault Hotline**

1.800.656.HOPE(4673)

**National Domestic
Violence Hotline**

1.800.799.SAFE or 1.800.799.7233

1.800.787.3224 (TTY)

www.thehotline.org

Hotlines provide crisis intervention, information, referrals and safety planning. Both hotlines are toll-free, confidential, anonymous and operate 24 hours a day, 365 days a year.

Se habla Español

This publication was supported by Sub-Grant No. 2013-VAWA-55 awarded by the state administering office for the STOP Formula Grant Program. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the US Department of Justice, Office on Violence Against Women.



**The Nevada Network Against
Domestic Violence (NNADV)...**

...is a statewide organization that was formed in 1980 to work toward the elimination of domestic and sexual violence against all persons and the empowerment of women and children.

NNADV helps Nevada's communities respond creatively and effectively to the needs of domestic violence victims by providing information to service providers in the fields of domestic and sexual violence. In addition, NNADV provides education and advocacy to the general public and actively educates legislators on issues of concern to Nevada families.

A program in your area:

**Nevada Network Against
Domestic Violence**

250 South Rock Blvd. Suite 116
Reno, Nevada 89502

Phone: 775.828.1115 or

Fax: 775.828.9911

Website: www.nnadv.org



NNADV

Advocating change.
Educating our community.
Supporting services.

**Sexual
Assault
Information
and
Resources**



*Sexual Assault is a
crime—the perpetrator,
not the victim, is to
blame.*

If You or Someone You Know has been Sexually Assaulted...

Sexual assault is a traumatic event—victims often experience symptoms of post traumatic stress disorder, sometimes months or years following the assault. Getting the necessary support is critical to your emotional and physical health.

Victims of Sexual Assault Often Exhibit the following:

- Fear
- Anger & Frustration
- Anxiety Attacks
- Depression
- Trouble Sleeping
- Eating Problems
- Feelings of Helplessness
- Panic Attacks
- Distraction—Trouble Concentrating
- Recurring Dreams or Nightmares
- Confusion/Disorientation
- Relationship Problem
- Difficulty Trusting People
- Difficulty Establishing or Re-establishing Normal Sexual Relationships
- Guilt, Shame or Self Blame
- Problems with Personal Boundaries
- Reckless or Risky Behavior



If You Want to Help Someone Who's Been Assaulted

- Listen to and believe the victim
- Don't judge the victim's actions or decision making

- Remind the victim it is NOT her or his fault—the person who committed the crime is to blame
- Encourage the victim to report the crime to police, but respect his or her decision if they choose not to
- Encourage the victim to get medical care
- Encourage the victim to seek emotional support through counseling and other available resources
- Offer to go with your friend to the police department, hospital or counseling center

Whether or not you choose to report the crime please consider the following:

- Seek medical care for any injuries
- Consider asking for the “morning after” pill to prevent pregnancy
- Contact the National Sexual Assault Hotline or your local program for support

Reporting to Police

It is normal to be hesitant about making a report to the police. If you'd like to talk with someone about the pros and cons of reporting and what to expect from an exam, contact your local sexual assault agency to discuss your concerns with an advocate. You will not be judged and it is your decision whether to or not to report.

If you choose to report the crime, you can help officers in investigating the case by preserving valuable evidence. Officers are trained to assist victims in obtaining an exam administered by trained sexual assault nurse.



For best exam results:

- Don't bathe, shower or douche
- Don't change or wash clothing
- Don't change or wash bedding
- Don't use the bathroom
- Don't eat or drink anything
- Don't apply medication
- Don't disturb or clean the crime scene

It's natural to want to wash after being assaulted, but remember that important evidence remains on your body, clothing and items at the scene.

Even if you do wash, you can still report the crime. Evidence collection exams can be conducted up to 7 days after an assault has occurred.

Victims are encouraged to report all crimes, including sexual assault, to the police. Reporting the crime can provide victims with access to immediate services such as medical care, advocacy and counseling.

If You Choose Not to Report

If you choose not to report the crime to police, you can still have a sexual assault exam and evidence will be preserved for a period of time. The Jane Doe Act allows sexual assault victims certain rights and services even if they choose not to report the crime. In the State of Nevada, a victim may report a sexual assault for up to 4 years after the event.

Brochure developed 10/2014

Sources: University of Nevada Reno Police Services Dept. and Crisis Call Center