

IMPACT OF SEXUAL ASSAULT

People with disabilities are more vulnerable to sexual assault. According to the NPR series, "Abused and Betrayed" 2018, individuals with intellectual disabilities experience sexual assault more than seven times as frequently as people without disabilities. Sexual assault is a crime and you are never to blame. Survivors of sexual violence may have many different responses including post traumatic stress disorder. These symptoms may appear months or even years following the assault and may include:

- Feelings of helplessness
- Fear / Panic attacks
- Guilt, shame or self blame
- Anger & frustration
- Anxiety / Depression
- Trouble sleeping or concentrating
- Recurring dreams or nightmares
- Confusion / Disorientation
- Difficulty trusting people
- Difficulty with their sexual relationships



HOW CAN I HELP?

- Understand, listen and believe them
- Don't judge their actions or decision making
- Consistently remind them that the assault is not their fault
- Encourage them to report the crime, but respect their decision not to report
- Encourage them to access medical care
- Urge them to seek emotional support through counseling and other similar resources for survivors
- Offer to go with them to the police department, hospital or counseling center

TO REPORT OR NOT REPORT?

REPORTING TO POLICE

It's normal to be reluctant to make a report to the police. An advocate from your local sexual violence agency can discuss the pros and cons of reporting and what to expect from an exam if you choose to have one conducted by a trained sexual assault nurse. It is your decision to report and you will not be judged.

CHOOSING 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 amount of time depends on the state in which you live. The federal Survivors' Bill of Rights Act of 2016 allows victims of sexual assault certain rights and services. Visit ag.nv.gov for more information.

In Nevada, a victim may report at any time during the 20 years as long as they file a written report with law enforcement (NRS 171.083).

For more information about preventing sexual violence for people with disabilities, resources for parents and supporters, peer-advocates and service providers, visit the Resources section at www.ncedsv.org

For more information about the crime of sexual assault in Nevada, review the Nevada Revised Statutes NRS 200.366-NRS 200.3788 at leg.state.nv.us



PREPARING FOR AN EXAM

Some victims may want to wash after being assaulted, but important evidence remains on the body, clothing and items at the scene of the assault. If you have washed, a report can still be made and an evidence collection exam can be conducted. **Evidence collection exams can be performed up to 7 days after an assault has occurred.**

Until the exam is completed, avoid:

- Bathing or showering
- Changing or washing clothing
- Using the restroom or douching
- Eating, drinking or chewing gum
- Smoking
- Taking medication



If you have blankets, sheets or other items that might be used as evidence, put them in a paper bag (not plastic) to store them and take them with you to the exam location. Whether or not you choose to report the crime, please think about:

- Seeking medical care for any injuries
- Consider asking for emergency contraception to prevent pregnancy. Emergency contraception can be used up to five (5) days after unprotected sex.
- Getting information about sexually transmitted infections and treatment
- Calling Crisis Support Services of Nevada and their Sexual Assault Response Advocate Program at 775.883.7654 or Text Line: 20121, or contacting the Rape Crisis Center at 702.366.1640 or the local sexual assault/domestic violence advocacy program
- Contacting the National Sexual Assault Hotline or other national hotlines listed in this brochure

IF YOU NEED HELP, PLEASE CALL:

National Domestic Violence Hotline

1.800.799.SAFE or 1.800.799.7233

1.800.787.3224 (TTY)

www.thehotline.org

National Sexual Assault Hotline

1.800.656.4673

www.rainn.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

www.stoprelationshipabuse.org

www.preventchildabuse.org

www.loveisrespect.org (chat or text)

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Nevada Coalition to End Domestic and Sexual Violence (NCEDSV) 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.

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



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**UNDERSTAND ME
BELIEVE ME
I NEED YOUR SUPPORT**



**STOP SEXUAL VIOLENCE
AGAINST PEOPLE WITH
DEVELOPMENTAL DISABILITIES**