

GET THE FACTS

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

VICTIM-SURVIVORS OF SEXUAL ASSAULT MAY EXPERIENCE THE FOLLOWING:

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

IF YOU WANT TO HELP SOMEONE WHO'S BEEN ASSAULTED:

- Listen to the victim-survivor and let them know you believe them
- Don't judge their actions or decision making
- Remind them it is NOT their fault—the person who committed the crime is to blame
- Encourage the victim-survivor to talk with a sexual assault advocate
- Support them in their choice about reporting the crime to law enforcement
- Encourage the victim-survivor to get medical care
- Support the victim-survivor in their choice of emotional support
- Offer to accompany them to the police department, hospital or counseling center

WHAT SHOULD I DO?

REPORTING TO THE 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, contact your local sexual assault agency to discuss your concerns with an advocate. You won't 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 victim-survivors in obtaining an exam administered by a trained sexual assault nurse, in order to collect evidence and provide treatment for injuries.



WHETHER OR NOT YOU CHOOSE TO REPORT THE CRIME PLEASE CONSIDER THE FOLLOWING:

- Seek medical care for any injuries
- If applicable, consider asking for emergency contraceptives to prevent pregnancy and/or getting tested for STI's
- Contact the National Sexual Assault Hotline or your local advocacy program for support.

YOU CAN HELP BY...

PRESERVING EVIDENCE:

- Don't bathe, shower or douche
- Don't change or wash clothing
- Don't change or wash bedding
- Don't use the bathroom if at all possible
- 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 the scene. However, 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 however evidence collection varies by county.***

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. The Sexual Assault Survivors Bill of Rights (NRS § 178A) allows victim-survivors to have a sexual assault forensic evidence kit collected and then stored at least 20 years without a police report. This way you preserve evidence but still have time to consider your options.

A sexual assault kit will only be tested when a report is made to law enforcement, once a report is made and the kit is tested, there is no statute of limitations in effect (NRS § 171.082).

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 help you plan for your safety (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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SEXUAL ASSAULT INFORMATION



SEXUAL ASSAULT IS A CRIME.

**THE PERPETRATOR, NOT THE VICTIM,
IS TO BLAME.**