

WAYS YOU CAN HELP

If someone you know has experienced sexual violence, the best thing you can do is listen, believe, and support them without judgement. Ask how you can help, don't ask a lot of questions, and allow them to make their own decisions.



For a referral to local resources, go to [**sccadvasa.org/get-help**](https://sccadvasa.org/get-help) for an interactive map and listing of SCCADVASA members. You can also call the National Sexual Assault Hotline 24/7 at 800.656.4673 for assistance or visit [**rainn.org**](https://rainn.org) to access support using live chat.



5 FACTS FOR YOUNG ADULTS AFTER SEXUAL ASSAULT

Sexual violence can happen to people of all genders, cultures, races, religions, sexual orientations, and abilities. If you've been impacted by sexual violence, you will get through this.

Contact a local rape crisis center, connect with on-campus advocacy or counseling services, or visit the "Get Help" page at [**sccadvasa.org**](https://sccadvasa.org) to find additional resources.

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It's OK to Feel Confused

It's OK to feel overwhelmed, but there will be a time when this is not all you can think about. Confide in trusted and safe people for support. If you want evidence collected, be mindful to not bathe, brush teeth, change clothes, etc.

Safety & Trust Concerns Are Common

Advocates and counselors want to help. They can help survivors access resources and create a safety plan. Before disclosing any information, ask how it may be shared.

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Not All Injuries Are Visible

Emergency rooms can collect evidence and provide free, confidential medical exams. They can test and treat STIs and discuss options to prevent pregnancy. Counseling is helpful for treating non-physical injuries and trauma.

Alcohol is the #1 Drug Used in Sexual Assault

Sexual assault is never the victim's fault, regardless of if they were drinking or using drugs. Clear consent is required every step of the way when it comes to physical intimacy and sex.

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You Have Options

Local rape crisis centers offer free, confidential support and counseling regardless of when or where the violence occurred. On campus counseling or advocacy services can help you navigate different accommodations and resources.