

Is this normal?



SCCADVASA

South Carolina Coalition Against
Domestic Violence and Sexual Assault

5 Facts for 20-Somethings After a Sexual Assault

Sexual violence impacts people of all genders, cultures, races, religions, sexual orientations, as well as people with disabilities. If you've experienced sexual violence, you can get through this and there are people who want to help.

Contact a local rape crisis center, connect with on-campus advocacy or counseling services, or call SCCADVASA to be linked with help near you.

Ways you can help:

If someone you know has experienced sexual violence, the best thing you can do is listen, believe, and support them non-judgmentally. Ask how you can help, don't ask a lot of questions, and allow them to make their own decisions.



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For a referral to local resources, contact SCCADVASA during office hours at 803-256-2900. For 24-hour assistance, contact the Rape and Incest National Network at 1800-656-4673.

1 It can be a confusing time after an assault.

- It may feel overwhelming right now, but there will be a time when this will not consume your thoughts.
- Confide in trusted and safe people to help lighten the load.
- If you want evidence collected at the hospital, it's best not to bathe, brush teeth, comb hair, change clothes, eat or drink so evidence can be preserved .

2 Safety and trust are common concerns for victim/survivors.

- Advocates and counselors can help even if the survivor doesn't want to press charges.
- Survivors might like help to create a safety plan or to apply for a restraining order. If in school, arrangements can be made to stay safe on campus.
- Many school employees must report sexual violence to the school. Before disclosing info, ask how it may get shared.

3 Some injuries cannot be seen.

- Emergency rooms can collect evidence and also provide free, confidential medical exams to assess and treat injury related to sexual assault.
- Depending on the time-line, medical providers can test for and treat STIs and can offer medicine to prevent pregnancy.
- Some people find counseling helpful even years after the assault happened.

4 Alcohol is the #1 drug used in sexual assault.

- Sexual assault is never the victim's fault, regardless of if they were drinking.
- Some people use alcohol or drugs as an opportunity to take advantage of a person when their defenses are low.
- No one has the right to do anything sexual to you without you being fully aware of what is happening and you giving the OK.

5 The options don't have to feel overwhelming.

- Local rape crisis centers offer free, confidential support and counseling regardless of when the violence occurred.
- On campus counseling or advocacy services can help navigate academic and housing accommodations, campus and community resources, and the Title IX process.
- If you want an investigation, you can report to police; students can also report to Title IX or campus police.