



Taking action against sexual assault, child abuse and family violence

If You Are Sexually Assaulted

Rape is any forcible sexual activity against a person's will. No one "asks for" or "deserves" to be sexually assaulted. Rape is a crime.

Prevention

BE PROACTIVE. Know your destination and share your plans. Lock your doors. Carry a cell phone. Don't let alcohol or drugs cloud your judgement.

BE ON YOUR GUARD. Be alert. Hold on to your drink at social functions. Don't let people get close or stay close if you don't feel comfortable. Trust your instincts.

BE ASSERTIVE. Communicate clearly in words and body language. Don't send mixed messages. Don't worry about hurting someone's feelings. Believe in your own ability to handle the situation.

Do YOU KNOW WHAT TO DO?

1. Go to a safe place.
2. Preserve all evidence. Do not shower, bathe, or douche. Save the clothing you were wearing at the time of the assault in a paper bag (not plastic; plastic destroys evidence). Do not disturb anything where the crime occurred. Do not eat, drink, or smoke.
3. Call the Police or Sheriff's Department immediately. It is your decision to file a complaint, but have law enforcement or an advocate from Safelight explain your legal options before you make such an important decision.
4. Go to a hospital emergency department for medical care and evidence collection.
5. Seek the free confidential counseling and information services of Safelight. We can help you, your family, and friends deal with immediate and long-term consequences of the assault.
6. Safelight assists individuals in applying for NC Crime Victim's Compensation, which provides financial assistance for medical and counseling expenses incurred as the result of the victimization.

Crisis Line: (828) 693-3840

www.safelightfamily.org

