

## **What To Do if You are Sexually Assaulted**

Every year, there are an estimated 35,000 sexual assaults committed in the United States. Of these 35,000, over half will go unreported. 50% of sexual assaults occur in the victims home and 65% of them involve drugs or alcohol. Over 75% of these assaults will be committed by someone known to the victim. If you are ever attacked, and a sexual assault is imminent, try to keep a strong and focused mind. Below is a list of things that you should at least try to do if you are ever in this situation.

1.) Try talking to your attacker. Speak in a calm but firm voice. If the assailant is persistent, then try convincing the attacker to wear a condom.

2.) Get a good description of the attacker. Try to note any scars, marks, tattoos or any other distinguishing marks on the body. Look closely at the clothing and remember the colors and types of garments worn.

3) Be alert to any phrases or out of the ordinary language used by your attacker.

4.) Once the attacker has left you, immediately get to a safe place and dial "911". Call your best friend or family members for support.

5.) It is vitally important that you don NOT clean up yourself or the scene. You may have a strong urge to shower, bathe, douche, change clothes or straighten up the area. DO NOT do any of these as you will destroy needed evidence. Even if you don't want to prosecute now, you may very well change your mind days after the incident.

6.) Try to make a mental note of anything that the attacker touched. If there was a glass of water, a candy wrapper or even a cigarette butt left in the ashtray, tell the Police.

7.) Consider contacting a Rape Crisis Center or Counselor. The Wayne County Crisis Intervention Center can be contacted at (919)736-1313, 24 hours a day.