



Just for

Young People—

An Aftercare Guide
for Victims of
Sexual Violence

Safe Places Sexual Violence Support Center



1609 Broadway
Little Rock, AR 72206

501-374-SAFE (7233)

Sexual Violence Crisis Line:
501-801-2700 (*Pulaski County*)

Statewide, Toll-Free Crisis Line: 1-877-432-5368

www.safeplacesLR.org



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Portions of this guide may be used by victim service providers for offering assistance to victims of crime.

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Introduction



Did you know that one in three girls and one in six boys are sexually abused before their eighteenth birthday?

Being abused can make you feel different from other people or make you feel unsafe and alone. It can cause trouble in your relationships, affect your ability to concentrate, and make you feel depressed.

Talking about all of these feelings you have can be very scary, and going through it can be even scarier.

This booklet was written for people like you – people who were victims of rape or sexual abuse, but want to get past what happened and feel safe again. You do not ever have to think of yourself as a victim; you can think of yourself as a survivor – someone who has really been hurt, but who will survive and have a good future.

Whether what happened to you was incest, stranger rape, or acquaintance rape, you can get past the trauma of it.

Safe Places staff knows that it is a scary place to be where you are right now. We also know that – with help – you can live through this fearful time and get to a better place in your life.

We hope that you will gain some helpful knowledge and information from this booklet, and know that you are not alone. There is help for you if you need it.

Safe Places offers free counseling and support groups to help you through this difficult time in your life.

We honor your courage for making the first step by taking time out to read this booklet. You are a survivor – well on your way to brighter days!

Call Safe Places if you need to talk. Our number is 501-374-SAFE (7233).

Or you may call our Sexual Violence Crisis Line at 501-801-2700 (*in Pulaski County*) or our statewide, toll-free line at 1-877-432-5368.

You Are Not Alone

Although you may feel completely alone right now, the purpose of this booklet is to help you become a part of the group of thousands of kids in this country who are also healing from abuse.

Some might think that it is impossible to heal after something so horrible has happened to them, but it **is** possible.

First, you have to accept the fact that you were hurt by this victimization, that you *were* a victim of a crime.

Then, in your own time, you will begin to believe that you will survive. You are still standing after being a victim of a horrible crime. This may be a long journey of healing for you, but we believe you can do it.

You are **not** alone!

Your mind may be filled with tons of questions right now, such as:

Why did this happen to me?

Could this have been my fault?

Why did someone abuse you? No one knows. No one asks to be raped.

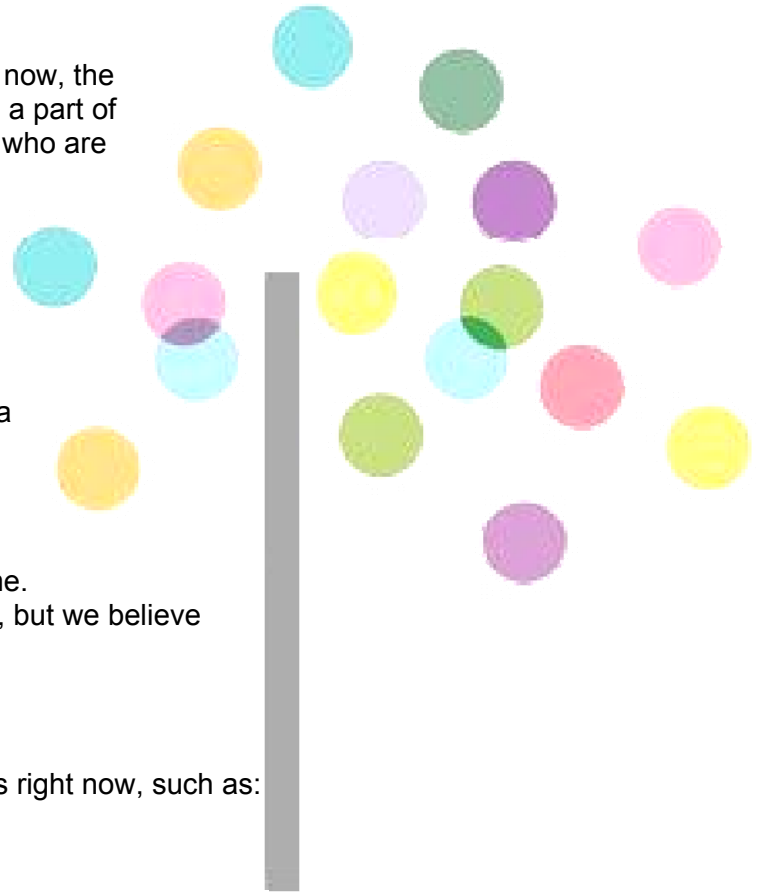
A victim of this kind of violence can be male or female, tall or short, young or old, poor or rich. A perpetrator of sexual abuse does not discriminate in choosing his victims. This kind of abuse is not a sex crime; it is a crime of violence, power, and control.

If you were a victim of sexual abuse, always remember that it was not your fault!

Abuse is never the victim's fault; it is always the abuser's fault.

No one has the right to abuse you.

Sexual abuse is a crime that can – and does – happen.



Stranger Rape

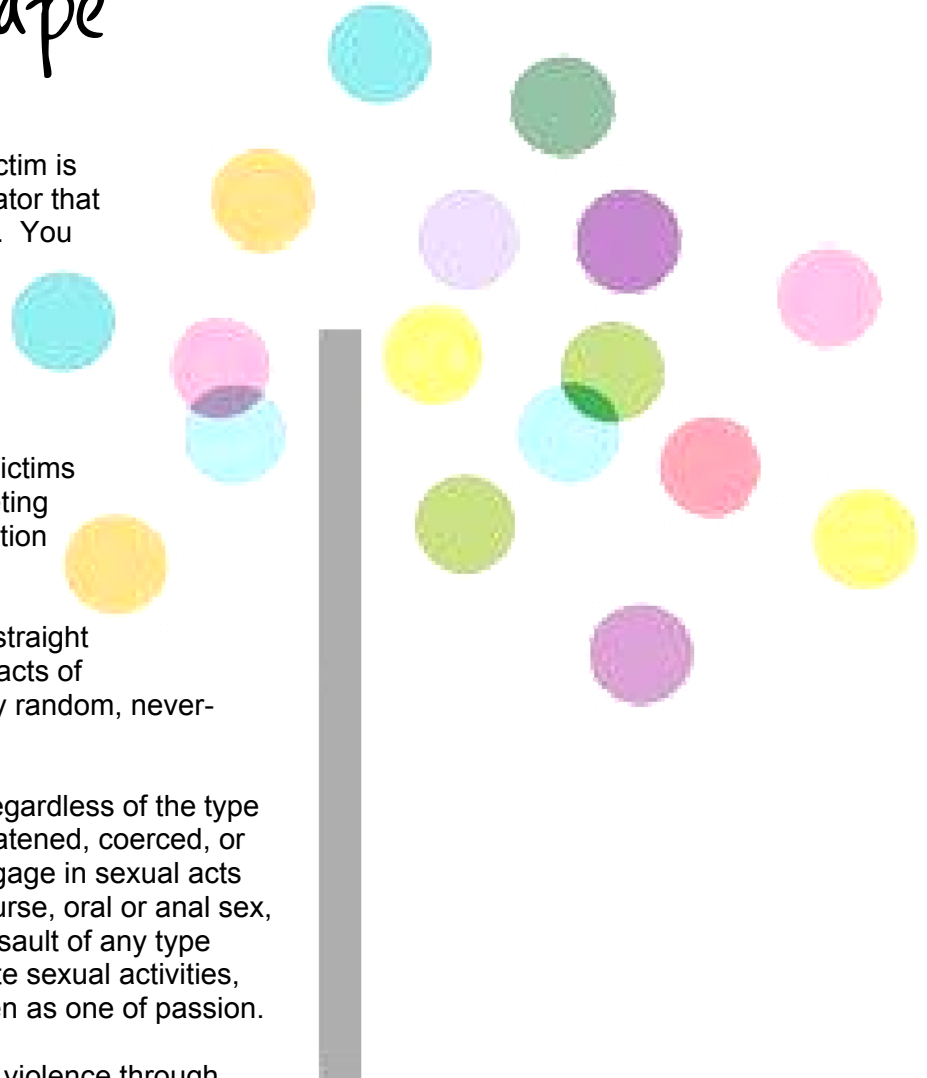
Stranger rape occurs when a victim is sexually assaulted by a perpetrator that he or she has never met before. You may imagine such a crime taking place in a dark alley or an unlit parking lot where a victim is attacked by an unknown perpetrator.

However, around 80% of rape victims know their assailant from a meeting prior to the attack. This information is by no means included to downplay the significance of stranger rape, but rather to set straight the widespread myth that most acts of sexual assault are committed by random, never-before-met individuals.

In any form of sexual assault, regardless of the type of perpetrator, the victim is threatened, coerced, or forced against his/her will to engage in sexual acts that may include sexual intercourse, oral or anal sex, or fondling. Although sexual assault of any type represents, by definition, intimate sexual activities, the crime should not be mistaken as one of passion.

Sexual assault/rape is an act of violence through which the perpetrator attempts to use control and power over the victim. Such aggressive attacks ultimately violate not only the victim's body, but also his/her sense of personal integrity and basic sense of safety and control.

The rape survivor may understandably experience a variety of emotions ranging from guilt to fear to uncontrollable anger. While it is important that a victim recognizes and works through his or her individual reaction to the rape experience, it is crucial for the victim to remember that no matter the circumstances under which the sexual assault occurred, it is NEVER the victim's fault.



Acquaintance Rape

A large majority of sexual assaults involving young people fall under the category of acquaintance rape.

Acquaintance rape is defined as non-consensual sexual activity between two or more people who know each other.

“Sexual activity” includes:

- Putting a finger, tongue, mouth, penis, or any object into or onto the victim’s vagina, penis, or anus
- Touching, fondling, kissing, or making any other unwanted bodily contact
- Forcing the victim to give or receive oral sex
- Forcing the victim to look at any sexually explicit material or forcing the victim to pose for pornographic photos
- Forcing the victim to masturbate or to masturbate the perpetrator

Perpetrators of acquaintance rape may include co-workers, classmates, neighbors, casual acquaintances, or friends.

If the perpetrator is someone you are dating, then an incident of sexual assault would be considered date rape or dating violence. Perpetrators of date rape may include boyfriends, girlfriends, or anyone else the victim considers a dating partner.

Victims of acquaintance rape/date rape are forced, coerced, or manipulated into engaging in sexual activities against their will. Coercive tactics used by perpetrators may include threatening the victim with physical harm, warning the victim that “If you don’t, I will hurt myself,” and not take no for an answer.



Date Rape Drugs

Another form of force used by perpetrators of sexual assault is the use of drugs and or/alcohol to disarm the victim. Alcohol diminishes both the victim’s and the attacker’s decision-making capacity and also increases the likelihood of aggressive behavior.

Two common date rape drugs used by perpetrators of sexual assault include Rohypnol (“roofies,” “R-Z”) and gammahydroxybutyrate (GHB, “liquid E”).

Both drugs are powerful, odorless, tasteless substances that can be easily slipped into a victim's beverage.

GHB is an illegal, homemade substance that is sold either as a clear, odorless liquid or a white powder. Ingestion of GHB leads to coma-like sleep, shallow breathing, decreased blood pressure, short-term memory loss, tremors, and even death.

Rohypnol is a prescription strength drug that has been used as pre-surgical muscle relaxant and as a treatment for insomnia. However, Rohypnol is not sold legally in the United States because the FDA has not approved of the drug due to its harmful side effects. Ingestion of rohypnol causes sedation and intoxication, decreased blood pressure, visual disturbances, and difficulty in speaking and walking.

Use of Rohypnol can result in the inability to remember events that occur while the user is under the drug's influence. Rohypnol is usually in the form of a white tablet that may be dissolved easily in beverages or ground up to snort.

Always watch your drink!



In order to avoid being exposed to any type of date rape drug, do not accept drinks from strangers or people you don't fully trust. Always watch your drink!

Remember, you always have the right to say "no" to any type of sexual activity at any time. It does not matter if you have been making out, been drinking, or have said "yes" but then changed your mind.

Also, even if you have been going out with someone for a long time, have had sex with the person before, have been treated to an expensive date or given a nice gift, you can say "no."

Even if you agreed to go to an isolated place, your date or acquaintance should ALWAYS respect your decision to say "no" to any type of sexual contact.

Your body is your property!

Incest

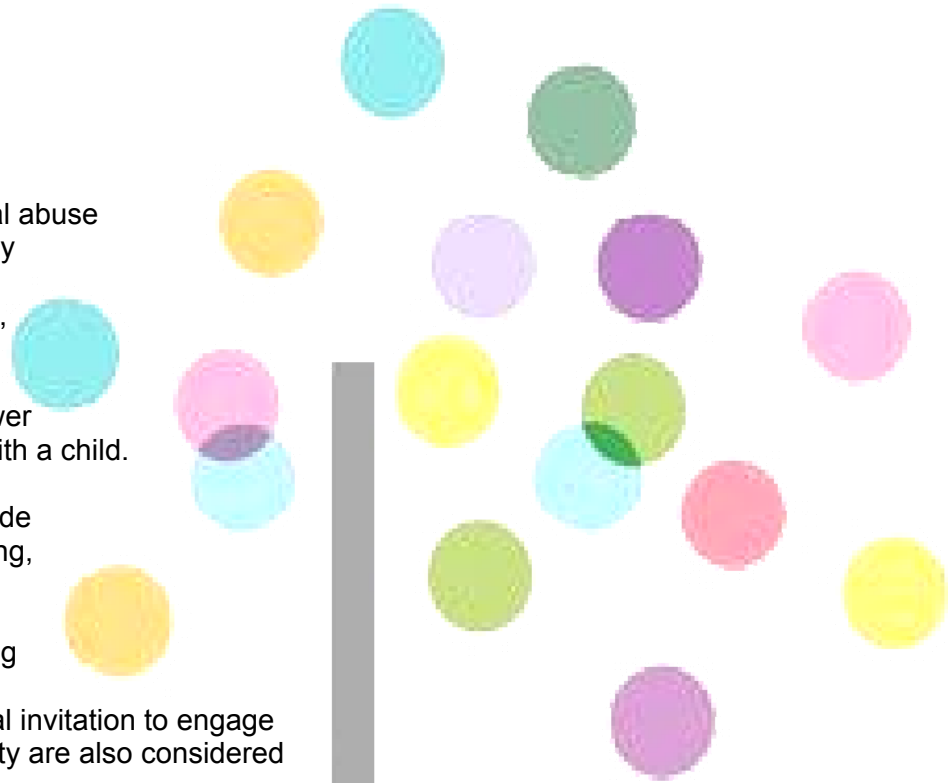
Incest refers to child sexual abuse that occurs within the family setting. Generally, in the case of child sexual abuse, an individual takes advantage of his or her position of authority or power to initiate sexual contact with a child.

“Sexual contact” may include inappropriate touch, fondling, anal or oral sex, and intercourse. Other sexual behaviors such as exposing a child to pornographic material or offering a verbal invitation to engage in any type of sexual activity are also considered acts of child sexual abuse.

Perpetrators of incest are related to the victim, though not always by blood. Examples include, but are not limited to, a parent, a sibling, a step-parent, a step-sibling, a relative such as an aunt or uncle, or the partner of a parent.

Perpetrators of incest often use threats or bribes to ensure a child’s silence. Such behavior causes children to often feel too ashamed or too frightened to tell anyone of the abuse, and as a result, incest is the most underreported and least discussed crimes in the United States.

It is every child’s right to live in a home where he or she feels safe. No act of incest is ever okay, and reporting such behavior is ALWAYS the right thing to do.





Let's talk about dating violence.

Dating violence is the physical, emotional and/or verbal abuse of one partner by the other partner in a current or former dating relationship. Abusive behavior is any act carried out by one partner aimed at hurting or controlling the other. Dating violence happens in male/female relationships as well as in lesbian and gay relationships.

A violent relationship means more than being hit by the person who claims to love or care about you. Violence is about power and control. When someone uses abuse and violence against you, it is always part of a larger pattern to try and control you.

Even though most people think that violence in relationships happens only between married persons, the same kind of violence also happens between people who are dating regardless of their sexual orientation. Even if you are not being hurt physically, verbal and emotional abuse are just as painful and often lead to physical violence.

Types of Dating Violence

Emotional Abuse - harms the person's self esteem or causes shame.

Examples:

- repeated lies, broken promises, withholding affection
- jealousy so extreme that it keeps a partner away from friends or interests
- insults and put-downs
- threats against a person's safety
- controlling a person's every move, including how to dress, what to eat, where to go

Physical Abuse - causes physical pain or injury.

Examples:

- punching, kicking, or slapping
- shaking, pushing or grabbing hard enough to cause discomfort
- attacking with a knife, gun or other weapon
- any physical act that is unwanted or hurtful - even tickling or hugging if it is unwanted

Sexual Abuse - is any kind of unwanted sexual advance or contact. It can include everything from unwelcome sexual comments to kissing to intercourse. Forced sexual intercourse between two people who know each other is called "date rape."

Effects of Dating Violence

Dating violence can range from broken bones and bruised self-esteem to permanent injury and even death. Victims may also come to view abuse as a normal part of their relationships. Dating violence can prevent a young person from growing and learning from healthy relationships.

Some of the effects are:

loss of appetite

shame

mistrust of self and others

depression

fear

terror

anxiety

self-blame

sadness

confusion

guilt

suicide

death



How to Build Healthy Relationships

Communicate clearly

Avoid dangerous situations

Be in control

Be selective

Trust your instincts

Are you in an unhealthy relationship?

If you're involved in an unhealthy relationship

believe in yourself

get help

get out

Dating someone is never worth being hurt or feeling afraid.

Still Breaking Up Is Hard to Do

No matter what type of relationship you are in, breaking up can be a difficult task. We are often being tugged in different directions by our emotions. Here's some of the reasons why it's hard to break-up:

Love - Abusers are not always hurtful. Many abusers have a likable and loving side that makes their victims with only that the abuse would stop. Many victims think they can change the abuser's behavior.

Fear - Many times a date/partner will threaten to hurt him or herself if the other decides to leave. Many times the abuser will threaten to hurt the victim if s/he decides to leave. Abusers often threaten that the violence will get worse if the partner decides to leave.

Doubt - It's not always easy to admit that the relationship you are in is abusive. If your date is popular at school (athletics, academics, etc.) you may be concerned about losing social status with your peers.

Embarrassment - Teens who ask for help (especially from parents) may perceive themselves to be failures. Some teenagers believe that their parents will react violently if they are aware of the abuse.



If You Know a Victim of Dating Violence

If you know a victim of dating violence:

 believe the person

 support the person

 suggest options

Need Someone to Talk to?

| | |
|--|---|
| Safe Places | 501-374-SAFE (7233) |
| Safe Places <i>(en español)</i> | 501-519-2352 |
| Safe Places Sexual Violence Support Center | 501-801-2700 <i>(Pulaski County)</i> 1-877-432-5368 <i>(Statewide Toll-Free)</i> |
| National Youth Crisis Line | 1-800-448-4663 |
| Arkansas Child Abuse Hotline | 1-800-482-5964 |
| Child Hel p USA, National Hotline | 1-800-4-A-CHILD (1-800-422-4453) |



In response to the alarming rates of teen dating abuse through technology and the severe knowledge gap between parents and their teens, the National Domestic



Violence Hotline (NDVH) and Liz Claiborne Inc. joined together to launch **loveisrespect.org, The National Teen Dating Abuse Helpline.**

This 24-hour national web-based and telephone resource was created to help teens (ages 13-18) experiencing dating abuse and is the only helpline in the country serving all 50 states, Puerto Rico and the Virgin Islands.

Although there are national hotlines for adults, teens have special needs and require specific expertise, information and communication mechanisms for overcoming dating violence. Cumulative research from the NDVH indicates that 10 percent of the 17,000 calls answered monthly at the Hotline are from teenagers and young adults.

The first of its kind, NTDAAH will operate via telephone and Web **24 hours a day** and will be staffed by both teen and adult advocates. Teens (and parents) anywhere in the country can call toll free, 866-331-9474 or log on to the interactive Web site, loveisrespect.org, and receive

immediate, confidential assistance. The site will offer secure, live interactive chat to teens, which will present them with a familiar technology and an accessible means for communication. While online or on the phone, teens will be given support as well as referrals to local resources in their hometown to provide them with the help they need.

- Hours of Operation: NTDAH will be staffed by trained volunteer and professional advocates **24 hours a day**. Teenage peer advocates will staff the helpline and Web site during a block of time each day.
- Web site: NTDAH offers a live, interactive Web site -- loveisrespect.org - to provide a safe, confidential online resource for teens to ask questions, share experiences or express their feelings. The site features live interactive, instant chat with advocates.

There will also be message boards, blogs as well as other valuable information to help teens cope with and understand healthy dating behavior and relationships.

- Phone number: 866-331-9474
(866-331-8453 for the Deaf, Deaf-Blind and Hard of Hearing)
- Staffing: Trained peer volunteers between the ages of 16-24 will provide advocacy during the peak hours of noon-2:00 a.m. (4:00 p.m. to midnight from February-May 2007). Trained adult advocates will provide assistance to peer advocates as well as overflow assistance and staffing during off-peak hours.
- Training: All volunteers have received more than 40 hours of training from current NDVH supervisory staff, survivors of teen violence and other experts in the field. Additionally, advocates will receive ongoing advanced training for issues related to violence to further assist teens in dealing with relationships.
- Confidentiality: NTDAH will not collect or maintain data that will compromise confidentiality such as IP addresses or caller ID. NTDAH will make all efforts to ensure that information is anonymous and confidential including training of staff to assure that privacy is of utmost concern.

Statistics on Abuse and Teens



1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by their partner.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend had threatened violence or self-harm if presented with a break-up.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

13% of teenage girls who said they have been in a relationship report being physically hurt or hit.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

1 in 4 teenage girls who have been in relationships reveal they have been pressured to perform oral sex or engage in intercourse.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

More than 1 in 4 teenage girls in a relationship (26%) report enduring repeated verbal abuse.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

80% of teens regard verbal abuse as a “serious issue” for their age group.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

If trapped in an abusive relationship, 73% of teens said they would turn to a friend for help; but only 33% who have been in or known about an abusive relationship said they have told anyone about it.

(Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.)

Twenty-four percent of 14 to 17-year-olds know at least one student who has been the victim of dating violence, yet 81% of parents either believe teen dating violence is not an issue or admit they don't know if it is an issue.

(Survey commissioned by the Empower Program, sponsored by Liz Claiborne Inc. and conducted by Knowledge Networks, Social Control, Verbal Abuse, and Violence Among Teenagers, December 2000)

Less than 25% of teens say they have discussed dating violence with their parents.

(Liz Claiborne Inc. study of teens 13-17 conducted by Applied Research and Consulting LLC, Spring 2000)

89% of teens between the ages of 13 and 18 say they have been in dating relationships; forty percent of teenage girls age 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend.

(Children Now/Kaiser Permanente poll, December 1995)

Nearly 80% of girls who have been physically abused in their intimate relationships continue to date their abuser.

(City of New York, Teen Relationship Abuse Fact Sheet, March 1998)

Of the women between the ages 15-19 murdered each year, 30% are killed by their husband or boyfriend.

(City of New York, Teen Relationship Abuse Fact Sheet, March 1998)

Was It Really Abuse?

Everyone wants to believe that the world is safe and the people in their world are trustworthy and loving.

Many times when kids your age experience bad things like sexual abuse, they will try to tell themselves that what is happening really isn't happening.

Some kids say that it must be love, or he didn't mean it, or "I" deserved it, among other things. No matter what anyone tells you, abuse is a crime.

But He Loves Me

A perpetrator normally starts out very slowly with a suggestive comment here or a small touch there, often in a nonviolent way.

Perpetrators try very hard not to frighten a child or adolescent. They try to show the victim "love and attention," which many kids will respond to. There is nothing wrong with a kid responding to loving attention. Children like to have people offer them special treats, spend time with them, and make them feel loved and accepted.

But sometimes it is hard to decide if what is happening is okay or not okay. Sometimes kids that have been abused from an early age do not know what is normal love and affection and what is not. How are they to know what "normal love" looks like?

This is true especially if that person who is abusing is a person who the child or adolescent trusts and loves, and who has authority or power over the child or adolescent.

It Must Have Been An Accident.

Many kids believe that the abuse that is happening to them is an accident.

“Grandpa would never touch me there” or “he loves me, but his hand just slipped.”

Some even say things like “maybe that is how all moms act with their kids.”

When things start to feel weird, many kids start to think there is something wrong with them because they are having a strange reaction to what the abuser is doing. Cuddling, attention, and affection are all wonderful things to experience with a person who you love, but when it makes a child or an adolescent feel weird, or it makes their stomachs turn because it just doesn't feel right, that is when it is no longer a wonderful thing.

It is then called abuse, and it is time to tell someone you trust.

I Guess I Deserve It.

What about the kids who feel that what is happening to them is happening because they have been bad and this is their punishment. Some feel as if they are supposed to be abused because they are not good and they are not deserving of being treated nicely or with respect.

NO ONE deserves this!

Sexual abuse is an invasion of YOUR body, no matter how young or how old you are.

But I Love Him. We Have Been Talking for a Long Time.

No matter if you have been dating someone for a week or three years, rape is NEVER acceptable. Even if you have been making out or drinking or have said yes and then changed your mind, rape is never OK.

What about if you and this other person have had sexual relations before, and the one time you say no they don't take you seriously and still try to have sex with you?

That is rape! Your date (or acquaintance) should always respect your wishes when you say no to any type of sexual activity.

Always remember your body is YOUR property and no one else's.

Taking Control and Telling

There are many different reasons why you may not want to tell anyone that you are being abused or you have been abused in the past. Here is a list of just a few of the most common reasons.

The abuser will hurt me or hurt someone I love.

I'm afraid the abuser will be sent to jail.

My friends won't be my friends anymore.

My family will be disappointed in me.

Will anyone actually believe me?

The truth is that if you tell, the abuse can stop, and you can actually keep other kids your age or younger from getting abused by this person.

You have to get yourself to a safe place, and telling will give you the life free of abuse that you deserve. So — who are you going to tell?

Some people that you could tell are your mother, your father, a school counselor, a teacher, a pastor, your best friend, a doctor, a police officer, or a counselor at an agency, such as Safe Places.

When you do decide to tell, it is important to confide in someone you trust. This should be a person(s) who you feel is capable of helping you end the abuse. This should also be a person who you feel would listen to you and believe you.

If someone does not believe you and/or calls you names or says you are just trying to cause trouble, move on to someone else that you can trust. There are people who will believe you and listen to you with love and compassion.

You know what you have been going through, and you need to be safe.

You deserve nothing less than a safe place and a life free of violence and abuse.

So What about Reporting It to Police?

That question sounds a little scary, doesn't it?

But authorities (including victim advocates, social workers, police officers, etc.) are trained to help you.

They know how to make the abuse stop, and even see to it that the abuser gets the help that he/she needs to stop hurting children and young people like you.

Authorities also know how to get you and your family the help you need to get through what has happened or has been happening to you. They can help you begin the healing process.

There are people called "mandated reporters" who have to report any disclosures of abuse. If you are under eighteen and you tell any one of the following people, then by law, they must report it.

They are also bound by law to report even if they just suspect abuse is going on. Mandated reporters may include, but are not limited to:

- Victim Advocates
- Teachers
- Principals
- Counselors
- Doctors
- Nurses
- Therapists
- Police Officers
- Attorneys
- Judges
- Social Workers

Every one of the people mentioned above have one goal in mind – to get you to a safe place and help the abuse stop. They want to know exactly what happened, and they want to help make sure it doesn't happen again.

Hopefully, if you or a person you trust reports your abuse, things will run smoothly so that you don't have to tell your story 119 times to 119 people. Some cities have everyone work together as a team to make it easier. But just in case it doesn't run as smoothly for your situation, try to remain calm, in focus, and stay cooperative.

It might seem like a long process, and you will probably get tired of telling your story over and over, but unfortunately, it may just be the way things are done in your town.

Someone along the way will contact the Arkansas State Police Crimes Against Children Division or the police department in your town. The police or a State Police Investigator may want to interview you by yourself, since sometimes it seems to be easier to tell your story without a family member in the room.

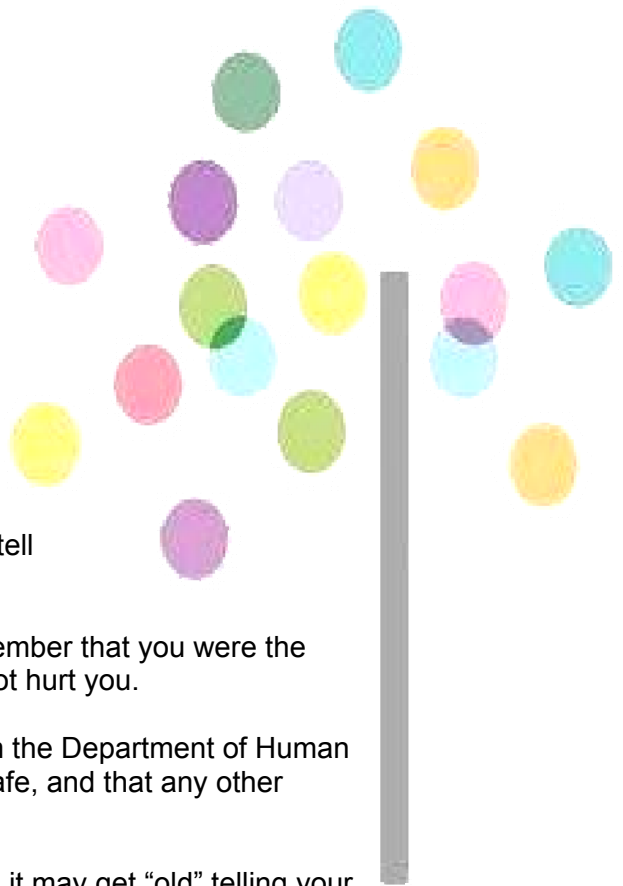
A lot of adolescents are scared of police, but just remember that you were the *victim* of a crime, and the police's job is to help you, not hurt you.

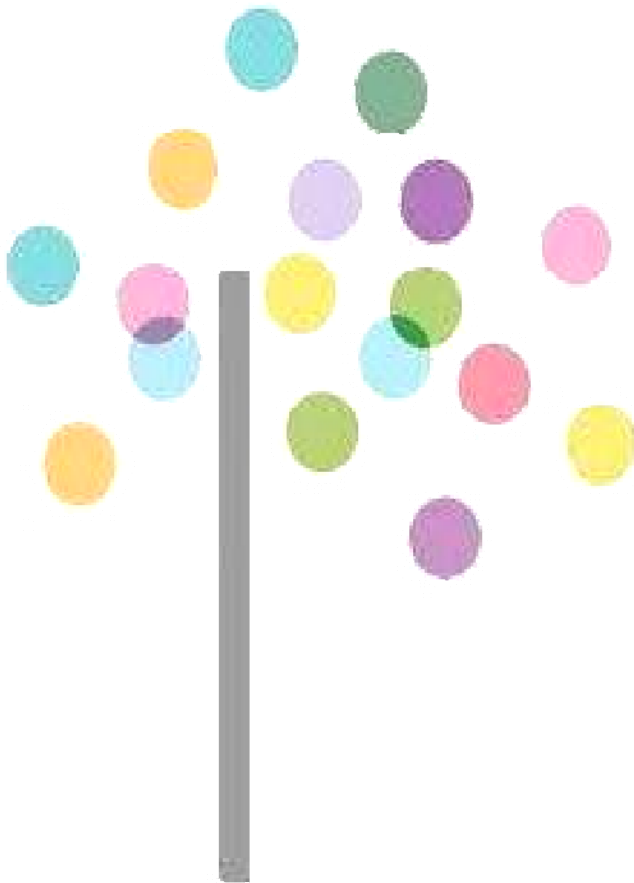
Later the same day, or a few days later, a person from the Department of Human Services will come talk to you to make sure you are safe, and that any other children or young people who live with you are safe.

Other agencies may also interview you. This is where it may get "old" telling your story over and over. You have the right to ask for a victim advocate or a counselor to help you handle everything that's going on. They will help you get through the rough spots and will be able to have a helping relationship with you for as long as you need help.

Safe Places has these victim advocates and counselors on our staff. All of them have been trained to help you, and you can call on them whenever you need to at 501-374-SAFE (7233).

Our victim advocates and counselors have one goal in mind for you: to help you end the abuse and be safe.





Next Up -

Going to the Hospital

When you report sexual abuse to a trusted friend or family member, it is a very good idea to suggest they take you to the hospital for a medical exam.

If the sexual abuse occurred within 72 hours of the time you told, go to the hospital immediately! Even if you don't want to report this to the police, you may have some injuries that you are not aware of.

The doctors and nurses at the hospital can help prevent you from pregnancy or sexually transmitted diseases. Medical care is extremely important to your emotional and physical recovery.

After your assault or abuse, it is very important that you not use the bathroom (if you must, try not to wipe), douche, or take a shower. If you do, much of the evidence you may still have on you can be washed off or wiped off. Don't change

clothes, because your clothes may also have evidence on them. The hospital will arrange for you to have something to wear after your exam.

We know that you may really feel like you need to shower or bathe. Some people even feel dirty, and that is totally understandable. But once you are in safe surroundings again, you will be able to wash your hair, soak in a bubble bath, and get some rest.

This Is What Will Happen.

When you go for a medical exam after an attack or episode of abuse, physical evidence will be collected from you and recorded. The evidence can be used to help identify the abuser and prove his guilt through the court proceedings that you will read about next.

Now, let's go over what the medical exam (forensic exam) consists of.

First off, the doctor or nurse will ask you basic questions about your past medical history, and then they will give you a general physical exam (blood pressure, weight, temperature, etc.). The doctor or nurse will then ask questions about the sexual assault or abuse itself. It is very important to tell them all that you can remember of what happened so they can treat you properly.

Next, if you have any bruises, bites, or scratches, then pictures will be taken of you. This is all for evidence and nothing else.

There will also be a pelvic examination done (similar to an annual Pap smear at your gynecologist) to check for tearing, cuts, or bruises to show that force was used. Swabs of the vaginal and/or anal area will be taken depending on the nature of the assault. Sometimes the your clothes, saliva, blood, pubic hair, and head hair samples will be taken for evidence. Remember that even though this exam may be long and uncomfortable, the evidence being taken is very critical to the court case.

This is a brave thing you are doing, and you are a very strong person!

You might have many different symptoms after sexual abuse. Some of those symptoms are: headaches, soreness, nausea, stomach pains, itching, vaginal discharge, bleeding, bruising, and general pain. Tell your doctor or nurse if you have any of these symptoms. They are there to help you feel better.

Some Things to Remember about the Hospital:


You have the right to request that your examination be done by a female physician or sexual assault nurse examiner.

You have the right to be accompanied by someone. (Central Arkansas hospitals will usually call an advocate for you if that will make you feel more comfortable. Feel free to ask for an advocate. The advocate will help you, and if you wish, can be with you during your exam to help make you more relaxed.

You have the right to request that the physician examine all possible areas where you feel you have been hurt.

You have the right to ask the medical team to exclude anyone that makes you feel uncomfortable from the exam room.

Remember that you have been violated, and your privacy is now more important than ever. The doctors and nurses are trained to treat all of your injuries and perform a forensic examination to collect evidence. But other people do not have the right to be in the room during your examination if you are uncomfortable or modest. On the other hand, if you need someone with you for support, you have the right to request that the support person be allowed in the exam room.



Legal Concerns and Your Safety

Once you have left the hospital, the next thing you might think about is the court process, and whether you and your family plan to prosecute, or press charges, against your abuser.

Reporting your sexual assault to the police does not mean that you have to prosecute now. You can make that decision later.

Your medical examination at the hospital can be paid for by **the Arkansas Crime Victims Reparations fund**. For more info on assistance, you or your parents can contact the Program at the following address:

Arkansas Crime Victims Reparations Program
Office of the Attorney General
323 Center Street, Suite 200
Little Rock, Arkansas 72201

Phone: 501-682-1020 or 1-800-448-3014

Or you may contact a Safe Places Sexual Violence Advocate at 501-801-2700.

What is the Arkansas Crime Victims Reparations Program?

The Arkansas Legislature created the "Arkansas Crime Victims Reparations Act" when they passed Act 817 in 1987. The legislation provides a method of compensating and assisting victims and their dependents that have suffered personal injury or death as the result of a violent crime, including DWI and hit and run incidents that are a violation of A.C.A 27-53-10.

Where does the money come from?

The Crime Victims Revolving Fund

One of the most positive aspects of the Arkansas Crime Victims Reparations Program is that a portion of the funding comes from individuals who commit crimes. A major source of revenue for the program is the assessment of court costs and fees.

The program also receives money through the federal Victims of Crime Act as well as the court-ordered restitution collected from criminals.

Who qualifies as a claimant?

- A victim
- A dependent of a homicide victim

- An authorized person acting on behalf of one of the above

Is there anyone excluded from acting as a claimant?

Yes. A service provider cannot act as a claimant for the purpose of filing for compensation.

Who qualifies as a victim?

- A person suffering personal injury or death as the result of a criminal act
- Any Arkansas resident suffering personal injury or death as an act of terrorism committed outside the United States
- A minor child of an eligible victim
- An immediate family member of a deceased victim, a sexual assault victim, or a child victim
- A person who resided, at the time of the crime, in the same permanent household as a deceased victim
- A person who discovers the body of a homicide victim

Who is an immediate family member?

- Parents
- Siblings
- Grandparents
- Spouse
- Children of the person suffering personal injury or death as the result of a criminal act

What are the eligibility criteria?

- Victimization must have occurred in Arkansas on or after July 1, 1988
- Claim must be filed within one (1) year of incident (and may be waived for good cause)
- Victimization was reported to the proper authorities within 72 hours (minors excluded, may be waived for good cause)
- Victim must have suffered personal injury or death due to criminal act of another person
- Victim/claimant must be cooperating with the investigation and/or prosecution
- Victim must not have been covered by a collateral source
- Victim/claimant must not have been convicted of a criminally injurious felony
- Victim's conduct must not have contributed to the victimization
- Victim must not have been involved in illegal activity at the time of the incident
- Victim must not have been incarcerated at the time of the incident
- The injury cannot be the result of a motor vehicle accident unless the act was

1. In violation of Omnibus DWI, A.C.A. §5-65-101 et. seq., Intent
2. In violation of A.C.A. §27-53-101 – leaving the scene of an accident involving serious injury or death
3. Intentional

- Compensation must not unjustly benefit the offender or accomplice

What types of assistance are available to eligible victims?

- Medical, including rehabilitation and dental
- Repair and/or replacement, such as eyeglasses, dentures or hearing aids
- Mental health
- Work loss
- Funeral
- Loss of support for dependents of a homicide victim
- Crime scene clean-up

What does crime scene clean-up involve?

This expense is available to survivors or dependents of homicide victims only. There is a maximum limit of \$3,000 to cover reasonable expenses involved with removing, or attempting to remove, from the crime scene, blood, dirt, stains, or other debris caused by the crime or the processing of the crime scene. Reasonable expenses include, but are not limited to, cleaning supplies, equipment rental, labor, and hazardous waste removal. The location of a crime scene may include a structure or automobile; however, a distinction exists between cleaning and property replacement. Property replacement is prohibited. Additionally, the approval of assistance with this type expense is contingent upon all other eligibility criteria having been met.

What expenses are not covered by the program?

- Pain and suffering
- Property damage or loss
- Attorney fees

What are the maximum limits?

- Overall maximum is \$10,000 per victim, but this can be raised to \$25,000 if the victim suffered catastrophic injury that resulted in total and permanent disability;
- Medical expenses are paid at 65% of balance submitted, but if the provider accepts payment they are agreeing to accept as payment in full;



- Mental health expenses are paid up to \$3,500 for out-patient treatment and \$3,500 for in-patient treatment
- Funeral expenses are paid up to \$7,500;
- Crime scene clean-up expenses are paid up to \$3,000.
- Up to one week of work loss directly related to participation in criminal justice activities
- Mileage directly related to participation in criminal justice activities can be paid up to \$300
- Lodging directly related to participation in criminal justice activities can be paid up to \$300 (reimbursement basis only)
- Lodging that is medically necessary for the victim who suffered personal injury can be paid up to \$300 (reimbursement basis only)
- Up to \$500 can be paid for installation of locks and windows for victims of sexual assault and domestic violence who are victimized in their primary residence (reimbursement basis only)

Who makes the decisions?

The administrative staff is responsible for conducting an investigation on all claims submitted. This involves gathering information regarding the victimization and reviewing all aspects of the case to determine whether the eligibility criteria have been met. The administrative staff will then prepare a synopsis of each claim submitted and forward it to the Board for review during one of its meetings or conference calls. A staff recommendation will accompany the synopsis; however, the Board will make the final decision on each claim.

Can a victim whose claim is awarded file additional expenses?

Yes. These additional expenses are considered supplemental expenses, regardless of whether they are for treatment rendered at the time of the incident or for ongoing treatment related to the victimization. It should be noted that the expenses for any treatment rendered after the decision date of the claim must be submitted in compliance with ACVRB Rule No. 24. This rule stipulates that all supplemental expenses be submitted within one year of treatment or payment by a collateral source in order for them to be considered for compensation.

What recourse do victims have if a claim is denied or diminished?

A victim or claimant can appeal the decision within forty-five (45) days of receipt of the certified notice. The claim will be scheduled for the next available board meeting. The victim or claimant or a representative is required to be present at the appeal hearing.

How often does the Board meet to review the claims or appeals?

The Board holds six annual meetings at the Attorney General's Office to hear appeals. These meetings take place on the third Thursday of January, March, May, July, September and November. In addition, the Board meets via conference call during the months of February, April, June, August, October and December.

Who are the members of the Arkansas Crime Victims Reparations Board?

The Board consists of five (5) members who are appointed by the Governor of the State of Arkansas.

What is the recourse for the victims who are denied or diminished by the Board after an appeal hearing?

The victim or claimant may file an appeal in Circuit Court within thirty (30) days of receipt of the Board's decision. The petition may be filed in the Circuit Court in Pulaski County or the county in which the victim or claimant resides.

Do I need an attorney to file a claim?

No. Assistance in filing a claim is available from the Arkansas Crime Victims Reparations Program. In addition, the law does not provide for attorney's fees to be paid by the program.

Do I have to prove financial need in order to be eligible for compensation?

No.

Does there have to be an arrest or conviction of the assailant before compensation will be paid?

No.

How do I file a claim?

A claim form may be obtained from your nearest prosecuting attorney's office, law enforcement agency or the Arkansas Crime Victims Reparations Program. You may also download and print the form by [clicking here](#) (downloadable claim form requires the free [Adobe Acrobat Reader](#)). It is necessary for the claim form to be completed in its entirety and accompanied by the following:

- Documentation verifying that the incident was reported to the proper authorities within 72 hours (minors excluded); and
- At least one itemized statement



The Arkansas Crime Information Center

addresses your need and your family's need for safety and peace of mind by providing a service called the Arkansas VINE Program-*Victim Information and Notification Everyday*.

VINE General Information

VINE is a free and anonymous telephone service that provides victims of crime two important features: information and notification. The VINE service is provided by the Arkansas Crime Information Center. VINE will monitor the custody status of offenders in county jails, the Department of Correction and Probationers/Parolees as well as court information from the Prosecuting Attorney's Offices. Information is available to callers 24 hours a day, 365 days a year.

The Arkansas VINE service is available in **English and Spanish**. A **Live Operator** is available to anyone calling the toll-free number for any reason.

Data Transfer Schedule

County Jail: Every 15 minutes, 24 hours a day, 7 days a week.
DOC: Every hour, 24 hours a day, 7 days a week

Court information: Once per day
Probation/Parole Information: Once per day

Information

To search for information, callers will need to provide one or more of the following items:

- Name
- Offender/Booking Number
- Case Number
- ADC Number
- Probation/Parole PID Number

Information provided when calling the VINE service:

- Name of Offender
- Offender Number
- Date of Birth
- Current Offender Custody Status
- Location of Offender
- Scheduled Release Date
- Parole Eligibility Date – DOC
- Court event type
- Date, time and location of next court event
- Probation/Parole Information:
- Supervision Type – Parole or Probation
- Supervising Office Name
- Supervision Case Status

Registration

Crime victims and concerned citizens may register for notification by calling the VINE toll-free number. Callers will need to provide VINE with the following information:

- A telephone number, including area code, where they can be reached for notification.
- A 4-digit Personal Identification Number (PIN)

Notification Calls

Notification calls to registered persons will be made when one or more of the following occur:

Notification Event Calling Pattern
General Release Normal
Release on Bond Normal
Release on Court Order Normal
Paroled Normal
Pardoned Normal
Escape Normal
Death Non-Emergency
Transfer Non-Emergency
Emergency Furlough Non-Emergency
Meritorious Furlough Non-Emergency
Work Release Non-Emergency
Parole Hearing Advanced
Upcoming Court Hearings Non-Emergency
Case Disposition Non-Emergency

Calling Patterns

Normal: Calls will be made every 30 minutes for 24 hours or until the call is confirmed. Calls are confirmed and stopped by entering your PIN. Notification messages will be left on an answering machine, but calls will continue every 2 hours for 24 hours.

Non-Emergency: Calls will be made every 30 minutes between 7:00 am – 10:00 pm until the call is confirmed. Calls are confirmed and stopped by entering your PIN. Notification messages will be left on an answering machine, but calls will continue every 2 hours between 7:00 am – 10:00 pm.

Non-Emergency Delay Transfer: Calls will be made every 30 minutes between 7:00 am – 10:00 pm for 48 hours or until the call is confirmed. Calls are confirmed and stopped by entering your PIN. Notification messages will be left on an answering machine, but calls will continue every 2 hours for 48 hours between 7:00 am – 10:00 pm.

Notification calls are delayed for 2 hours after the transfer record is received by VINE.

Advanced: Calls will start 30 days prior to the expected date of event. Calls will be made every 30 minutes between 7:00 am – 10:00 pm until the call is confirmed. Calls are confirmed and stopped by entering your PIN. Notification messages will be left on an answering machine, but calls will continue every 2 hours between 7:00 am – 10:00 pm.

Probation/Parole Notifications

- Change of residence - when an offender moves outside the area he currently reports in. This would mean the offender could potentially receive a new officer and/or office for supervision. This notification will use the normal calling pattern.
- Abscond - when an offender under supervision stops reporting to his officer and that officer can no longer locate the offender. This notification will use the normal calling pattern.
- Return from Abscond - when an offender who had previously stopped reporting to their officer is relocated and will either be sent to prison, the technical violator program, or will just have to begin reporting to their officer again on a regular basis. This notification will use the normal calling pattern.
- Technical violator - an in-house 60 day program in Malvern, AR that probationers/parolees could potentially be sent to if they commit a crime. This notification will use the normal calling pattern.
- End of Supervision - when an offender on probation/parole no longer has to report to an officer because their time has been served. This notification will use the normal calling pattern.
- Death - when an offender dies while under supervision of probation/parole. This notification will use the non-emergency calling pattern.
- Escape - when an offender escapes from the in-house technical violator program in Malvern. This notification will use the normal calling pattern.
- Interstate compact parole - Arkansas has agreements with other states to exchange offenders between states when necessary. If an offender is paroled to another state for supervision it will be through the interstate compact office. The offender will still have a locally assigned officer that will receive reports on the offender but will be directly supervised by an officer in the state they are paroling to. This notification will use the non-emergency delayed calling pattern.
- Revoked - when an offender under supervision commits a new crime or breaks a rule and is sent back to prison to serve more of his/her sentence. The offender could remain there until the end of sentence date but more than likely will be paroled. This notification will use the normal calling pattern.

You can also access county jail and Department of Correction offenders on the Internet at www.vinelink.com.

Additional Assistance

For customer service, technical assistance or to report a possible problem, call the VINE Network Operation Center at 1-800-865-4314.

So what happens after you prosecute the abuser?

After the warrant is issued, the suspect (abuser) is arrested and brought before a judge to enter a plea of guilty or not guilty. In Arkansas, suspects in criminal cases (like yours) are first arraigned. If the suspect pleads guilty, he or she is charged. Then a sentencing date is set.

If the suspect pleads not guilty, a “probable cause” hearing is scheduled. If the judge determines that there is probable cause, the case goes to circuit court for trial. Because this is a new court, another plea and arraignment hearing occurs. Additional hearings may be set before a case goes to trial. Before trial, your case will be assigned to a deputy prosecuting attorney and to a victim witness representative.

The Victim Assistance Division of the prosecuting attorney’s office will be your liaison to the court. They will help prepare you and your family for the trial and answer your questions about the legal process. Safe Places Sexual Violence Support Center staff is also available to assist you in working with the criminal justice and judicial systems. Contact us if you wish at 501-801-2700 (*in Pulaski County*) or statewide, toll-free 1-877-432-5368.

During the trial, both sides will present evidence and call witnesses to testify. If it is a jury trial, the jury will decide if the defendant is innocent or guilty. If it is a non-jury trial, the judge will decide the case.

Remember that judges and juries determine innocence or guilt based upon the physical evidence presented and testimony given at the trial. If the offender is not convicted, it does not mean that no one believes your story. It may simply mean that there was not enough allowable evidence to convict “beyond a reasonable doubt.”

Your physical safety and emotional well-being should be your number one concern during the legal process. Please consider allowing us to help you in answering you and your family’s questions and concerns. This may help you feel more comfortable in letting the legal process achieve its purpose, while you focus your attention on yourself and your healing.



What Is Happening to Me?

If you have been sexually abused, you may notice some effects. You may experience feelings you never had before, or you may be fearful of things you never even thought about before your abuse. You may have symptoms, both physically and/or emotionally that you feel are making you feel uneasy. Everything may just seem different, with no clear reasoning behind it.

Right now you may feel like a total wreck, or that you have just woken up from a horrible nightmare and you wish you could just go back to sleep.

Just remember that all the things in the following lists are normal responses to sexual assault, and you are NOT going nuts. An advocate or a counselor, like the ones at Safe Places, can help guide you through this scary time of sometimes wondering, "Who am I and why am I feeling this way?"

So here are some things that may be happening to you. Don't panic if you have a fear or a symptom that you don't see on this list. Everyone is different, and no one's situation is the same.

FEARS:

- Darkness
- Rejection
- Going crazy
- Being alone
- Being touched
- Specific places or people
- Abandonment
- Change
- That something bad is going to happen


PHYSICAL SYMPTOMS:

- Ignoring body signals (hunger, pain, etc.)
- Hiding by wearing baggy clothing
- Wishing to hurt your body sometimes
- Muscle tension
- Carrying extra weight to "protect" yourself
- Numbness in your body

EMOTIONAL SYMPTOMS

- Eating disorders (bulimia, anorexia)
- Stealing, shoplifting
- Depression
- Anxiety
- Needing to be in control of yourself and/or others
- Compulsive behavior (smoking, eating, shopping, sex, drinking, etc.)
- Self-mutilation

- Feeling the need to be perfect
- Having a sense of overwhelming guilt
- Low self-esteem
- Withdrawal
- Denial
- Feeling hopeless
- Numb
- Feeling crazy or different
- Feeling envy of people with “normal” lives
- Having recurring negative thoughts about yourself and the sexual abuse



Please, if you experience any of these, call us at Safe Places or talk to a trusted friend or family member. You are not expected to go through this alone. There are people around you who want to help you through this tough time in your life. We are here for you, 24 hours a day, 7 days a week. Please do not hesitate to call!

Remember 501-801-2700 or 1-877-432-5368.

What Will Other People Say?

After you tell about the abuse you suffered, you are going to have many people who stand by you and defend you no matter what you say. They are going to be there to support you and encourage you in every way possible.

But in every situation there are probably going to be those people who turn away from you or talk about you and just be plain awful. This could be because they are just trying to be mean, or they might not want to believe something so awful could happen to someone they care about, or the subject might hit close to home, reminding them of abuse they may have suffered. No matter what other people are going to say, you have to listen to yourself and remember that you did the right thing by telling. Your abuse is going to stop and things will get better. Let's look at some things people may say to prepare you just in case.

“You’re lying!”

This could be said by anyone, even a family member or a friend. The police or your social worker could ask you to repeat your story more than once just to see if it stays the same. You may feel that they think you are a liar. Remember that kids lie to get *out* of trouble, not to get *into* trouble. Don't let what others say get you down and make you give up. Keep strong and move on!

“You led him on!”

This is the statement that is often the hardest to ignore. Many victims, as we have said before, believe that they caused it, led the abuser on, or asked for it. People often think that what you were wearing, how you were talking, and how you were acting provoked the abuse. That is not true at all! It was not your job to control the actions of the abuser.

Bottom line: You are NOT responsible for what happened to you! The abuser is responsible—always!



“Psst...did you hear what happened to?”

Sometimes when people go through this, others tend to gossip about them. This happens especially in a school setting.

If anybody snubs you, talks behind your back, or spreads rumors, then they weren't really a friend in the first place. You can survive this, and you *will* survive it. Simply ignore the rumors and gossip. You have nothing to be ashamed of.

Keep your head held high. You are a survivor!

Ease up on yourself. You deserve to be believed—not just by others, but by yourself, too.

So believe in yourself and take care of yourself.

Choosing to Heal

Healing is a choice that you have to make for yourself. It is a very important decision that says that either you are or aren't going to be a victim any longer. It is admitting the fact that someone hurt you, robbing you of things that you had a right to, such as your self-respect, self-esteem, and self-worth. To be a survivor is the healthiest option for a victim of sexual abuse.

Sure, you could turn to drugs, alcohol, prostitution, suicide, or running away, but wouldn't that show the abuser that he/she won, agreeing with what he or she thinks of you?

There are four things to remember about the healing process.

1. Healing can't start to happen if the abuse is still going on.
2. Healing takes time. It is about reminding yourself over and over that it wasn't your fault. Sometimes you forget and have to relearn what you are working on. That is okay, because it is a process that doesn't come overnight.
3. Healing happens on your own time. You do it at your own pace and in your own way. Everyone is different.
4. You are the only one who can make the choice. No one else can. You have to do it for yourself.


You may be thinking: "counseling is not for me." Many people your age feel that way. Some survivors think that the best thing to do is to forget about the abuse and get on with their lives. Many want to try to skip the pain involved with healing, and just go on. But not dealing with the pain does not get rid of it. It just puts it on hold for days, months, or even years.

Advocacy or counseling does help! It means dealing with your feelings and the impact that sexual abuse has made on your life. It gets things out in the open so you can share your feelings with yourself and/or others. It can get questions answered that you thought were unanswerable.

Safe Places staff can help you get through any part of your journey with support, compassion, counseling, advocacy, and information. We offer free individual and group counseling. If you are a survivor of acquaintance rape, stranger rape, or incest, you will find a safe place here at Safe Places.

Emotional support, counseling, and support groups are confidential and free of charge. For more information, call us at 501-801-2700 or at 501-374-SAFE (7233).





How Family and Friends Can Help

When you get to this page, read over it and then let your parents, brother, sister, and/or friends read it next. It shares a few pointers on how they can make things easier on you in this hard time in your life.

Things You Can Do To Help:

- **Listen; do not judge.** It is not your place to try and prove her story. Be supportive and accept the facts she gives you. If you somehow feel that it was somehow her fault, contact the Safe Places Sexual Violence Support Center, and we will help you deal with those feelings.
- **Offer her shelter.** This is not a time for her to be alone. Offer to stay with her the first couple of nights, or however long she feels she needs you.
- **Be available.** She will probably need to talk to someone at odd hours, or just a great deal in the beginning. You may be the one person she relies on. Be there as much as you can. Encourage her to call our crisis line or set up an appointment for counseling.
- **Give her comfort.** She needs to be nurtured now. She has been badly treated and not given any respect. Give her that comfort she needs.
- **Let her know that she is not to blame.** This is so important! Most victims of sexual abuse feel that it is their fault; they must have deserved it. Make sure they are reassured that it is always the perpetrator's fault, never theirs.
- **Be patient and understanding.** Not everyone who is a victim of sexual violence will recover in the same amount of time. Do not try to impose your own timetable on them.
- **Do not be overly protective.** Encourage her to make her decisions. The sexual abuse she went through probably made her feel as if she had no control over anything, so let her have control over her life now. Respect her decision if she decides not to press charges on the perpetrator. Accept her own choice of solution to the sexual violence.
- **Put aside your feelings and deal with them somewhere else.** It is not helpful to the sexual abuse survivor to deal with your feelings of rage or anger. If you feel that way, talk to a friend or call Safe Places. She needs your support right now, not your angry words.

Three Things to Say to a Friend/Family Member Who Has Told You He/She Was Sexually Abused:

1. I believe you.
2. It wasn't your fault.
3. You are not alone.

Some Things NOT to Say to a Friend or Family Member Who Has Told You She or He Was Sexually Abused:

1. I don't believe you.
2. Why didn't you stop him? Why did you let it happen?
3. Just forget it and move on.
4. I know how you feel.
5. I feel sorry for you.
6. He is really scum for doing that to you.
7. Maybe you misunderstood what happened.

Bottom Line:

Be there for her in her time of need. She needs you right now to stand by her and listen to her. Sometimes just having your ears available for listening is the best thing to give to her. Let her make her own decisions even if you don't agree with them. And remember, always tell her you love her and remind her that it was NOT her fault.

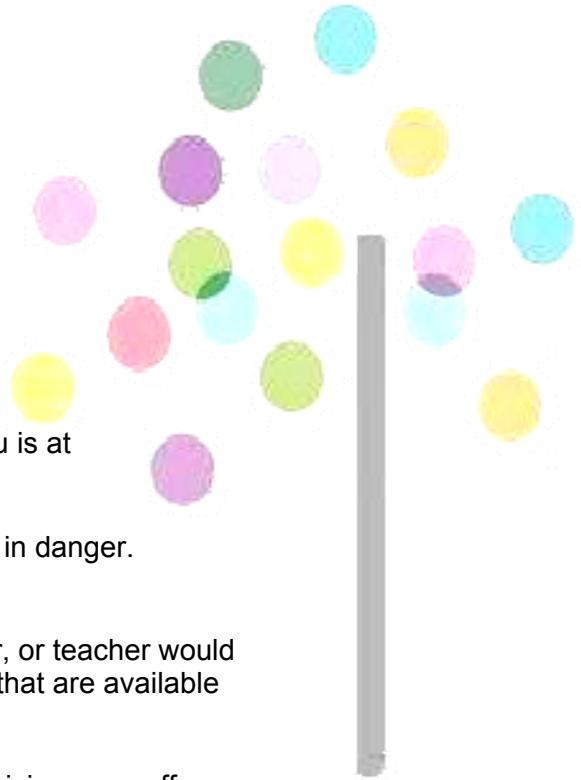
And It Happens to Guys Sometimes, Too.

If your friend is a male, he will be even more hesitant to talk about what happened to him. Encourage him to talk to you or to someone he trusts. Remind him that there is no shame in being the victim of a crime, and that statistics show that one out of every six to ten males become victims of sexual violence before they reach their eighteenth birthday.

Be there for him so that he can feel that he still has his dignity and his masculinity. Remind him that sexual violence is always about violence and never about sex, and that the victimization of males has nothing to do with homosexuality.

He needs you right now to stand by him and listen to him. Sometimes just having your ears available for listening is the best thing to give to him. Let him make his own decisions even if you don't agree with them. And remember, always tell him you love him and remind him that it was NOT his fault.

Recap — What to Remember If You Have Been Raped

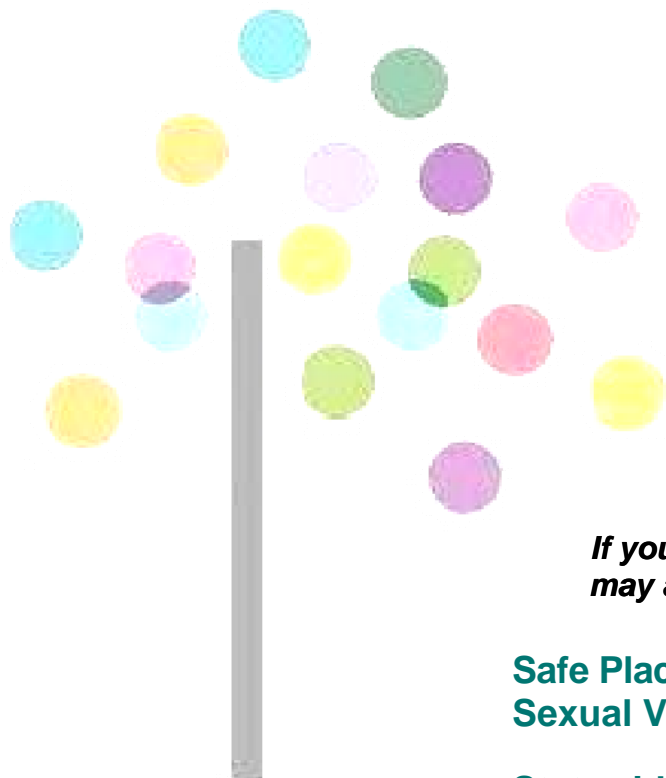


- **It is not your fault.** The person who did this to you is at fault. That person committed a criminal act.
- **Go somewhere safe.** Phone the police if you are in danger. Go to a friend or family member for help.
- **Tell someone you trust.** A friend, family member, or teacher would be a good start. The Safe Places has counselors that are available to talk to you.
- **Get medical care.** Once injuries are treated, physicians can offer medication to protect you from sexually transmitted diseases and prevent pregnancy. It is important to get treatment within 72 hours.
- **Save evidence.** To save evidence, it is best collected within the 72 hours of the assault or abuse. Remember:
 - It is natural to feel dirty after an assault.
 - It is important that you do not wash, bathe, or change your clothes until after your medical exam.
 - Save anything you think might be evidence. It may be important later.
- **Think about calling the police.** Telling the police does not mean you have to press charges or go to court. It does give them accurate information they can use if you decide to press charges in the future.
- **Remember that you are a survivor!**
You deserve a great big pat on the back for the courage you are showing. Things will get better.

The sun will continue to rise,
and the moon will continue to set.

The skies will be become bright again, and the
darkness will fade away!





Helpful Resources

If you are a victim of sexual or domestic violence, child abuse, or any form of violent crime, contact:

**Safe Places
501-374-SAFE (7233)**

If you are a victim of sexual violence, you may also contact:

**Safe Places Sexual Violence Support Center
Sexual Violence Crisis Line: 501-801-2700**

Statewide Toll Free Crisis Line: 1-877-432-5368

You may also contact any of the following resources for assistance:

LOCAL RESOURCES

| | |
|--|---------------------|
| Little Rock Police Department Victim Services | 501-918-3504 |
| North Little Rock Police Department Victim Services | 501-771-7117 |
| Dorcas House Domestic Violence Shelter | 501-374-4022 |
| Women and Children First Domestic Violence Shelter | 501-376-3219 |
| Little Rock Air Force Base Family Advocacy Program | 501-988-7377 |

NATIONAL RESOURCES

| | |
|--|---|
| National Sexual Assault Hotline | 1-800-656-HOPE |
| National Domestic Violence Hotline | 1-800-799-SAFE (7233) 1-800-787-3224 (TTY) |
| Child Abuse Hotline Numbers | |
| Arkansas Child Abuse Hotline | 1-800-482-5964 |
| Childhelp® USA National Child Abuse Hotline | 1-800-4-A-CHILD® (1-800-422-4453) TDD: 1-800-2-A-CHILD |



Safe Places Sexual Violence Support Center

**1609 Broadway
Little Rock, AR 72206**

501-374-SAFE (7233)

Sexual Violence Crisis Line: *Pulaski County* 501-801-2700

Statewide, Toll-free: 1-877-432-5368

www.safeplacesLR.org