

Reduce The Risk of Sexual Assault

- *Always carry money for a phone, taxi, uber, or bus.*
- *Know the exact plans for a date and your expected time of return, then inform a friend, roommate, or parent. A person may be less likely to assault you if they know they will get caught.*
- *Your ability to react under the influence of alcohol or drugs is reduced.*
- *NEVER let a stranger bring you a drink, or leave your drink unattended.*

Important Information

Hospital: _____

Hospital Phone#: _____

Examiner: _____

Investigating Officer: _____

Law Enforcement#: _____

Advocate: _____

Advocate Phone#: _____

Date of Follow-up Exam: _____

Recommendations: _____

Community Services Available: _____

SAFE-T

204 Patrick Street
Mt. Pleasant, TX 75456
(903) 572-0973

Toll Free: (888) 801-HELP (4357)

Things to Remember

- *It does not matter if you were using alcohol or drugs, if you were on a date, or were married.*
- *It does not matter if you had sex with that person before.*
- *It does not matter if that person spent a lot of money on a date.*
- *It does not matter what you were wearing, or where you were.*
- *It does not matter if you said "yes" at first, then changed your mind.*
- *It does not matter if he/she "wore you down," or threatened you if you did not comply.*

Sexual Assault can happen to anyone, anywhere, anytime

It was not your fault

Someone chose to commit a violent act toward you

You are a survivor

If you did not give a clear, decisive (YES), then it was SEXUAL ASSAULT.

THERE IS HELP FOR Sexual Assault



204 Patrick Street
Mt. Pleasant, Texas 75456

Office: (903) 572-0973

Fax: (903) 572-0982

24 Hour Hotline: (903) 575-9999

Toll Free: (888) 801-HELP (4357)

E-mail: www.safe-tagency.com

**Information for Survivors
of Sexual Assault and
Attempted Sexual Assault**

Sexual Assault Is A Crime of Violence

You are a survivor of a violent crime. Your individual strength has enabled you to survive the assault. You have made the right decision to report the crime and seek treatment from your local hospital. There are several things that will take place upon your arrival at the Emergency Room:

- If you wish, an Advocate will be called from SAFE-T Crisis Center. She will stay with you throughout your hospital stay.
- A specialized nurse, called a SANE (Sexual Assault Nurse Examiner) will meet with you and conduct an interview as a means to gather critical evidence.
- The SANE nurse will perform a physical exam to collect evidence and check for injuries related to the crime.
- Once the exam is complete, you may be asked to speak with an Investigator. If necessary your Advocate will accompany you to the appropriate law enforcement agency.

The amount of time needed to complete this procedure lasts approximately 2 hours.

The Recovery Process

As a survivor, there are many different emotions that you may experience:

*Anxiety • Anger • Fear
Embarrassment • Powerlessness
Helplessness • Humiliation
Nervousness • Shame • Guilt
Hopelessness • Irritability
Decreased Self-Image
Ambivalence*

*It is important to remember that these are all **normal** emotions you will experience. You are not crazy, you are experiencing normal reactions to a very traumatic event. You may recognize some or all of these emotions at different times.*

Services SAFE-T Provides

- Accompaniment to hospital, law enforcement, and court proceedings
- Individual counseling services
- Legal assistance with Protective Orders and divorce applications
- Assistance with Crime Victims' Compensation Forms
- Support group, counseling and follow-up services
- Information and referrals

The Next Step

Usually, recovery moves through phases. Your first reaction may be shock, disbelief, and fear. You may cry a great deal, or not at all. It's okay to react however you are reacting. Each of us experiences crisis in our own unique way.

The Effects You May Feel After An Assault

- You may doubt your ability to judge character
- Blame yourself for what happened
- Distrust of other people
- Fear others will blame you
- Fear of retaliation
- Suicidal thoughts and/or attempted suicide
- Fear of loss of control over your own life
- Fear of having to face the rapist again
- Fear of being alone
- Future problems in an intimate relationship

*Again, remember what happened was **not your fault**. You did nothing to deserve it. Whether it was a stranger or someone you knew, there was a crime committed against you. Nothing that happened was your fault.*

There is help available through SAFE-T Crisis Center.