

IF YOU'VE BEEN ASSAULTED...

The psychological trauma caused by sexual assault can be severe and long lasting, or may temporarily affect your mood, concentration, academics, relationships, or physiology. Many KSU students have found it useful to speak with the Women's Center advocate. The advocate provides information and referrals, and will confidentially explore options and possibilities that are right for you. [The K-State Women's Center](#) is located in Holton 206 and is a SAFEZONE for female and male students. We are open from 8 to 5, but in an emergency the advocate can be reached by calling the **emergency cell phone** (785.313.6344) or calling the KSU police (2-6412) and asking for the Women's Center advocate.

What To Do After a Sexual Assault

It's best to get medical attention immediately. After an assault it is vitally important to receive a medical exam and to consult a nurse or doctor about health-related issues, even if there are no visible physical wounds. **If you feel you may have been drugged, urine should be COLLECTED IMMEDIATELY. Date rape drugs disappear quickly from the body.**

Call the police: If there is any chance you will want to give the police information, help prevent further assaults, take the perpetrator to court, seek justice, or at any time press charges or go on record with your assault, the sooner you talk to the police, the better. Evidence is lost as time goes by. You may have an advocate with you; ask the police to call the K-State Women's Center.

Are you assisting a K-State student?

REFER TO THE WOMEN'S CENTER. Call the Women's Center Advocate directly (office: 532.6444; emergency or after hours cell 785.313.6344). The crime victim may wish to discuss the incident with the Advocate in person or on the telephone. Tell the victim that the conversation will be confidential and that the Advocate is specially trained to assist victims of sexual assault. The Advocate will cover a variety of issues with the victim including the formal judicial process on campus, the options available to them, and assistance available for academic issues that arise from the victimization.

Go to the emergency room. The victim may wish to go directly to the local medical center for medical help and/or a forensics analysis. The medical center is the only place where evidence necessary for medical and/or forensic evaluation and court testimony can be collected. Advise the victim not to shower, bathe, urinate, or change clothing prior to going to the emergency room as this will destroy important physical evidence. **The Women's Center Advocate will accompany the victim to the emergency room, if desired. We have SANE SART nurses—specially trained to deal with sexual assault. YOU DO NOT NEED TO REPORT TO THE POLICE IN ORDER TO GET ASSISTANCE FROM SANE SART NURSES. (SANE SART: Mercy Regional Health Center 785.323.6880)**

Get support from other people: Some rape victims feel that if they avoid talking about the assault, they will be able to forget about what happened to them. Most survivors who try this approach eventually realize that they need to deal with the assault. Their unresolved feelings and fears hold them back from enjoying their lives and participating fully in relationships. Talking about the assault can help relieve some of the control it has over you and help you begin the process of recovery. Therapy provides a safe, private place to deal with your feelings and concerns. It also can be helpful to talk about your reactions with friends and family members who are supportive and understanding.

Talk with a counselor. *"Therapy saved my life." "I'm stronger than he is." "I wasn't going to be his victim forever."* Many sexual assault victims find that therapy is a healing and empowering experience. A person trained to assist sexual assault victims will understand the unique concerns you have and know ways to help you cope with the physical and emotional effects of the assault. The right counselor can also help you deal with the reactions of family members and friends. The advocate at the KSU Women's Center can help you locate a therapist. You can also find a therapist by contacting the KSU Counseling Services (532-6927), or by looking in the yellow pages under rape or women's services. You can also call RAINN, a national victim assistance organization, at 1-800-656-HOPE. RAINN will connect you to a rape crisis center in your area. Most rape crisis centers offer free services to sexual assault victims.

Report the Crime—Even if only **confidentially** to the Women's Center.

Consider legal action. You can discuss the possibilities of the legal process with the Women's Center Advocate, and obtain referrals to experienced attorneys.

Help make campus acquaintance-rape visible. Consider using the University Policy Prohibiting Sexual Violence. (<http://www.ksu.edu/studentlife/SexPolicy.html>). We will help.

Tell your story—confidentially, anonymously, or publicly—through writing, voice-taping, or art. We will assist you.

EACH PERSON IS DIFFERENT....IT TAKES TIME TO FEEL BETTER-- *"One minute I feel okay and I think I can deal with what happened, and then the next minute I feel overwhelmed and weak. Sometimes it seems like it will never go away." "It's been 8 months since my rape. It's still always there, but I don't think about it every day anymore."* Each person is unique. Although many victims experience similar reactions, there are still individual differences in how they respond to the trauma of rape. You may experience a few or many symptoms, either immediately or weeks or even months later.

For physical evidence to be useful, it is best collected within 12-24 hours and no later than 5 days after the assault. The collection of medical evidence does not presume that charges will be pressed against the assailant. As part of evidence collection, the emergency room protocol involves testing for pregnancy and sexually transmitted diseases.

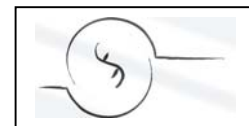
Remember—**It is the healthy, competent, wise individual who seeks assistance!**

Getting help after being assaulted is a sign that a real and lasting healing process has begun.

Medical Assistance—Rape Kit: Mercy ER, 1823 College Ave., 776-3322 Lafene Health Center
Women's Clinic, 532-6554; Mental Health—Well-Being—Counseling: KSU Counseling Services, 532-6927, web site: <http://www.ksu.edu/counseling>

Academic: Office of Student Life, 532-6432

KSU Police: 532-6412; Riley County Police: 537-2112



***Drugs: Rape facilitated by drugs is increasing.** These drugs can be fatal. Please refer to webpage or handouts for more information. <http://www.k-state.edu/womenscenter/PartySmart.htm>