

# PREVENT SEXUAL ASSAULT.

## MY MIND, BODY, AND SPIRIT ARE SACRED.

### WHAT TO KNOW...

If the victim-survivor is in immediate danger, call 911 or the local police department.

Reporting the assault is the victim-survivor's choice, however, minors or elders may be subject to mandatory reporting requirements.

A victim-survivor does not have to report to law enforcement to have a sexual assault exam done.

Victim-survivors can request an advocate to be present during the exam.

Showering before the exam is not recommended however an exam can still be completed after a shower. The survivor should bring the same clothing that was worn during or immediately after the assault to the exam.

A Sexual Assault NURSE Examiner (SANE) can provide a sexual assault exam. They are sensitive to survivors and use their expertise to provide medical care, collect evidence and provide effective courtroom testimony.

During the exam, medication may be available to prevent sexually transmitted diseases (STDs) or pregnancy (if taken within 72 hours of unprotected sexual contact).

# HOW TO HELP SOMEONE AFFECTED BY SEXUAL ASSAULT



You may be the first person that a victim confides in after a sexual assault. Oftentimes, victims blame themselves for the assault or are afraid they won't be believed. It is important to let the person know they are not alone on their healing journey and help is available whether the assault was recent or in the past.

If someone you know tells you that they have been sexually assaulted consider one of the following responses:

- *I believe you.*
- *You are not alone.*
- *It is not your fault.*
- *You do not deserve to be abused.*
- *Help is available.*

## RESOURCES

**StrongHearts Native Helpline**

1-844-7NATIVE

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

**We Are Native**

[www.wernative.org](http://www.wernative.org)

**National Sexual Violence Resource Center**

[www.nsvrc.org](http://www.nsvrc.org)

**Men Can Stop Rape**

[www.mencanstoprape.org](http://www.mencanstoprape.org)



[WWW.NPAIHB.ORG](http://WWW.NPAIHB.ORG)

