

## HOW TO HELP A FRIEND

- ✓ **Believe** your friend. Don't judge or question the victim's choices.
- ✓ **Expect a range of emotions**, including lack of emotion & shock.
- ✓ **Be patient.** Allow your friend to move through the recovery process at his/her own pace.
- ✓ **Encourage** him/her to call the National Sexual Assault Hotline at 800.656.HOPE, but realize that only your friend can make the decision to get help.
- ✓ **Be a friend,** not a bystander. Get involved if you see someone at risk. You might save a friend from becoming a victim of sexual assault.

To reach local services directly, call:

Or call the National Sexual Assault Hotline at 800.656.HOPE (4673).

**COLLEGE-AGE WOMEN ARE 4 TIMES  
MORE LIKELY TO BE SEXUALLY ASSAULTED.**

**National Sexual Assault Hotline**

**800.656.HOPE (4673)**

*FREE. CONFIDENTIAL. 24/7.*

**RAINN**  
RAPE,  
ABUSE &  
INCEST  
NATIONAL  
NETWORK



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## HOW TO REDUCE YOUR RISK OF SEXUAL ASSAULT

- ✓ **Travel in packs.** When you go out, go in a group. Check in with each other & leave together. Don't be isolated with someone you don't know or trust.
- ✓ **Trust your instincts.** If a situation feels unsafe or uncomfortable, it probably is.
- ✓ **Don't feel obligated** to do anything you don't want to. "I don't want to" is *always* a good enough reason.
- ✓ **Watch your drink.** Pay attention while your drink is being prepared, don't set it down, & don't take drinks from someone you don't know or trust.
- ✓ **Keep your cell phone with you** & only wear one earphone when listening to your iPod. Walk in well-lit, crowded areas. Stay alert & carry cash money or take a campus shuttle at night.

## WHAT TO DO IF YOU ARE SEXUALLY ASSAULTED

- ✓ **Know the assault is *not your fault*** & you are *not alone*.
- ✓ **Seek medical attention** to test for STD's and pregnancy. Ask the hospital to conduct a rape exam & tell them if you think you have been drugged.
- ✓ **Report the assault** to the police. A counselor can help you through the process.
- ✓ **Preserve evidence** of the attack. Do not bathe or wash your clothes. Put your clothes in a *paper bag*.
- ✓ **Call the National Sexual Assault Hotline** at 800.656.HOPE for support from your local rape crisis center.
- ✓ **Find a safe place** away from your attacker. Ask a trusted friend to stay with you.