

What To Do

If you have been sexually assaulted...

- Go to a safe place. Call someone you trust for support.
- Don't wash your body, change your clothes, brush your teeth, or eat or drink anything. This will help preserve evidence.
- Seek medical attention as soon as possible.
- Consider reporting to Abby's House, Campus Public Safety, or the Office of Student Conduct. This decision is yours and yours alone. If you decide to report the incident, you may have an advocate or friend with you to provide support.
- Contact the Student Health and Counseling Center.

If someone you know has been sexually assaulted...

- Listen without judging.
- Let them know the assault was not their fault.
- Reassure them that they are not alone.
- Encourage the survivor to seek medical attention.
- Encourage the survivor to discuss the assault with an advocate, mental health professional, or someone they trust.

Safety Tips

Though being sexually assaulted is never your fault, there are things you can do to lessen your risk. The following are general guidelines for keeping yourself safe:

- Trust your instincts. If you feel uncomfortable or threatened, leave the situation and go to a safe place.
- Have important numbers stored in your phone.
- Establish a code so that family and friends know you need help.
- At parties, come and leave with a group of people you trust.
- Only drink from unopened containers. Don't drink anything you did not watch being prepared.
- If you feel extremely tired or drunk for no apparent reason at a party, you may have been drugged. Find your friends and leave immediately.
- If you suspect you have been drugged, go to the hospital/health center and ask to be tested.

For help, contact these campus offices:

Abby's House	503-838-8219
Public Safety	503-838-8481
Student Conduct	503-838-8930
Student Health & Counseling Center	503-838-8396

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Sexual Assault



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Campus Against Sexual Assault

Abby's House

Western Oregon University

WUC 106

503-838-8219

www.wou.edu/abbyshouse

Frequently Asked Questions

Q: What is considered sexual assault?

A: Unwanted sexual contact, rape and attempted rape, or threats. Any type of sexual contact that occurs without your consent, verbal or nonverbal, is sexual assault.

Q: Who is at risk of being sexually assaulted?

A: Anyone can be sexually assaulted, regardless of their age, socioeconomic status, race, or religious beliefs. Sexual assault is not sexually motivated, but rather an attempt to gain power and control.

Q: Can men be sexually assaulted?

A: Yes. Approximately 1 in 10 men are survivors of sexual assault.

Q: Since being sexually assaulted, I feel physical pain, nausea and headaches. Is this normal?

A: Yes. Your body may react in any combination of ways, any and all of which are normal.

Q: I was recently sexually assaulted, but I am not hysterical. Is this normal?

A: Yes. You may experience a wide range of emotions. Some survivors find themselves overtly emotional, while others find themselves to be calm and subdued. These feelings may shift as time goes on.

Q: If I report the assault, what if they do not believe me?

A: Abby's House is survivor-focused. We are here to listen and get you the resources you need. We will not question the validity of your report.

Q: I thought people are only sexually assaulted in remote locations at night. I was assaulted during the day by someone I know. How can this be?

A: This is a common myth. Equal amounts of assaults occur during the day as do night, 50% of assaults occur at home, and 80% of assaults are committed by someone the survivor knows.

Q: Did I do something to cause the assault?

A: No one asks to be assaulted, and nothing you said or did justifies the attacker's actions. Sexual assault is a crime of violence, not passion. Only the attacker is responsible for the assault.

Q: I was drinking at a party when I was sexually assaulted. I am under 21. Will I get in trouble if I report the assault?

A: No. Campus officials will focus on the fact that you were assaulted. They are concerned with your safety and assisting you, not the fact you were drinking.

Q: How long will it take to recover?

A: Recovery is an ongoing process. There is no specific amount of time your process will, or should, take.

Reactions

It is likely that you are experiencing a mixture of physical and emotional reactions following your assault. **This is normal.** While these reactions may be overwhelming and confusing, it is important to remember that it is ok to feel whatever it is you are feeling, both physically and emotionally. Some common reactions to being sexually assaulted may be as follows:

Physical Effects:

- Pain
- Nausea
- Headaches
- Injuries
- Insomnia
- Jumpiness
- Feeling "on guard"
- Panic attacks

Emotional/Psychological Effects:

- Denial
- Irritability
- Depression
- Numbness
- Nightmares/flashbacks
- Guilt/shame
- Embarrassment
- Reduced ability to express emotions
- Suicidal ideation (thoughts of suicide)