



## WHAT SHOULD I DO?

- Find a safe place away from perpetrator.
- Call 9-1-1!!
- Know that this is **NOT** your fault.
- Preserve **ALL** evidence.
- Don't wash, comb, or clean any part of your body or clothing, if possible.
- Keep clothing as is after attack.
- If you must use the restroom, keep tissue for evidence.
- Do not eat or drink anything, there may be DNA in your mouth.
- Do not shower!, etc...
- Call a friend, family member, or advocate, which you can trust, for support.
- Write down everything you can remember about the attack and the attacker.
- Seek medical attention as soon as possible. Even if there are no signs of physical harm, there is still a risk of Sexually Transmitted Diseases, as well as pregnancy in female victims. Medical Staff will also be able to collect evidence of the assault.
- Know that physical, emotional, and psychological healing after sexual assault takes time.

## WHAT TO EXPECT

What to expect after the Sexual Assault

Physical reactions following Sexual Assault

- Sleep disturbance
- Loss of appetite/Eating disorders
- Headaches
- Nausea
- Muscle spasms
- Genitourinary disturbance – (consisting of vaginal itching, pain, rectal bleeding, and pain discomfort upon urination.)

Emotional reactions following Sexual Assault

- Anger
- Fear
- Embarrassment
- Guilt
- Shock
- Anxiety
- Agitation
- Depression
- Self-blame
- Grief
- Flashbacks
- Fear of intimacy
- Isolation
- Depression
- Being out of control
- Easily startled
- Overly sensitive to sights, sounds, and smells
- Nightmares
- Feeling unclean
- Loss of innocence
- Intrusive thoughts

If you feel any of these, please tell someone you trust. Do not try to deal with this very traumatic experience on your own. And please always seek professional help from a counselor or therapist to help you work through the trauma.

### Resources used for this brochure

- [www.rainn.org](http://www.rainn.org)
- [www.womenshealth.gov](http://www.womenshealth.gov)
- [www.rvap.org](http://www.rvap.org)
- [www.avp.org](http://www.avp.org)
- [www.familyserv.org](http://www.familyserv.org)

## CONTACT

### Surry County Domestic Violence and Sexual Assault

Phone (336) 443-4030 Office

Crisis Line (336) 356-2014

114 W. Atkins Street, Dobson, NC 27017

### Stokes County Domestic Violence and Sexual Assault

Phone (336) 593-7011

Crisis Line (336) 593-9323

Stokes Government Center

1012 Main Street

Danbury, NC 27016

### Yadkin County Domestic Violence and Sexual Assault

Phone (336) 849-4070

Crisis Line (336) 679-2072

106 E. Elm Street

Yadkinville, NC 27055

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# Sexual Assault Program

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Serving Stokes, Surry & Yadkin Counties



## INTRODUCTION

Organized in 1965, the Yadkin Valley Economic Development District, Inc. (YVEDDI) is a private non-profit corporation designated as the Local Community Action Agency (CAA) that administers Human Services and Community Development Programs.

YVEDDI Domestic Violence and Sexual Assault Programs are funded by Governor's Crime Commission, N.C. Council for Women/DV Commission, Stokes County United Fund, United Fund of Surry, Yadkin County United Fund, Yadkin Valley United, and other resources. Laws, regulations, and funds limit all services provided.

### **Our Mission Statement**

*To provide services to victims and their children to address domestic violence/sexual assault issues and to assist victims and children to alternative solutions to the problems.*



## SEXUAL ASSAULT FACTS

Sexual assault is a broad term which includes any sexual behavior against another that is forced, coerced, or manipulated. Sexual assault also does not have to involve the use of a weapon. Victims of sexual assault can be working women, including homemakers, students, grandmothers, children, the rich, the poor, and even men. Most perpetrators of sexual assault are acquaintances, martial partners, strangers, family members, or individuals in power and control over the victim.

Rape is a violent crime-a hostile attack- and an attempt to hurt and humiliate the victim.

Rape is NOT motivated by sexual desire and does NOT happen because somehow the victim "asked for it". Rape is a violent crime and can happen to anyone. Rape can happen anywhere. Some situations may be more high-risk than others, such as hitchhiking or walking alone at night. But more often than not, rape can happen in or near the victim's home.

Rapists do not look or act differently than other people. They can be acquaintances or friends, relatives, neighbors, or other familiar people. Some rapists carefully plan their attack and may rape more than one woman in the same neighborhood. The rapist's primary desire is to have control over another person by hurting, degrading, and humiliating the victim.

### **Rape**

Forcible vaginal penetration of a female by a male without her consent and against her will.

### **Sexual Assault**

Unwanted sexual contact that stops short of rape. This includes sexual touching, fondling, kissing, anal penetration and oral penetration.



## TYPES

**Stranger Rape** Act of being assaulted by someone you do not know.

**Sexual Exploitation by Helping Professionals** Involves sexual contact of any kind between helping professional such as a doctor, therapist, teacher, priest, professor, or lawyer against a client.

**Partner Rape** Includes sexual acts committed without a person's consent or against their will when the perpetrator is the victim's current partner (married or not), previous partner, or co-habitor

**Male Sexual Violence** Men and boys are also the victims of sexual violence, sexual abuse, and rape.

**Incest** A type of sexual assault that occurs between people who are closely related. Examples: parents and children, uncles/aunts and nieces/nephews.

**Hate Crimes** A victimization of an individual based on their race, religion, national origin, ethnic identification, gender, or sexual orientation.

**Drug Facilitated Sexual Violence** Type of sexual violence in which drugs or alcohol are used in order to compromise a person's ability to consent to sexual activity.

**Child Sexual Abuse** Includes a wide range of sexual behaviors that take place between a child and an older person.

**Acquaintance Rape** Involves coercive sexual activities that happen against a person's will by means of force, violence, duress, or fear of bodily harm by someone you know.



## STATISTICS

- 44% of victims are under age 18.
- 80% are under age 30.
- 17.7 million American women have been victims of attempted or completed rape.
- In the United States, someone is sexually assaulted every 2 minutes.
- 54% of sexual assaults are not reported to the police.
- Approximately 2/3 of assaults are committed by someone the victim knows.
- 33% of rapists are a friend or acquaintance, 28% are intimate partners and 7% are relatives.
- 1 in 6 men will experience a sexual assault in his lifetime.
- 1 in 4 girls and 1 in 6 boys will experience sexual assault by age 18.
- Women of all races are equally vulnerable to violence by an intimate partner.
- 1 out of every 3 women will be raped in her lifetime.
- Rapes/Sexual assaults committed by strangers are more likely to be reported to the police rather than rapes/sexual assaults committed by "non-strangers", including intimate partner, relatives, friends, or acquaintances.
- About 90% of campus rapes are alcohol related.
- 52% of homosexual women experience at least one incident of coercion by a same sex partner.
- 53% of hate crimes occur in a private residence.
- 50.1% of victims of hate crimes do not report violence to the police.