

Rape is a violent act of power and control where sex is used as a weapon. It is NOT motivated by sexual desire and affects all genders/gender identities from every race, class, age, religion and sexual orientation.

When someone has been sexually assaulted, they have options about what to do next. The decision of what option(s) to take is theirs to make, however some options are only available for a short time.

Because of that, it is crucial that they become aware of these options as soon as possible.

Time Sensitive Information !

Within 72 hours

Start HIV Prophylaxis if needed.

Within 96 hours

Test for any drugs (toxicology) if the survivor believes they were drugged.

Within 120 hours (5 days)

- * Receive a medical exam (evidence collection kit).
- * Start pregnancy prophylaxis (morning after pill).
 - * Get STI prophylactic treatment.
- * Contact your local Rape Crisis Center to have someone come with you to the hospital.

Survivors do not need to report to the police in order to get medical treatment or to have evidence collected. If they want

to get a rape kit (evidence collection kit), they should:

- Not bathe, shower, brush teeth or go to the bathroom.
- Not change their clothes. If they have, they should bring those clothes in a paper bag.
- Even if they have showered, used the bathroom, etc. they can still have a kit done.

WHAT YOU CAN DO

Be sensitive to what the survivor tells you. **Believe them.** Don't judge or ask blaming questions. **What happened was not their fault.** Rape is extremely traumatic and is rarely something that people lie about. **Listen,** respect their choices, and refer them to additional services if they want more support.

About YWCA NSRCC

YWCA North Shore Rape Crisis Center (NSRCC), provides survivors of sexual assault and their loved ones with support, resources, and the freedom to determine the course of their own healing process. All our services are free, confidential, and available to everyone 12 years and older including; individual and group counseling, medical and legal advocacy and our 24 hour hotline:

800-922-8772.

YWCA NSRCC

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