

WHAT TO DO IF YOU ARE SEXUALLY ASSAULTED

1. Ensure your safety.

- The most important thing to consider is your safety.
- Identify a safe place to go and emotionally process what has taken place.

2. Reach out for support.

- Consider your support system and identify someone to help you process the experience.
- You are not alone.
- If you are unable to identify a support system, consider reaching out to WRAP's 24/7 hotline and speak with an advocate.

3. Consider your medical options.

- As a victim of Sexual Assault, you have the right to medical treatment.
- A SANE exam is typically free to the victim and addresses concerns that may arrive after an assault has occurred. (i.e.: assessment of potential injuries, preventative treatment for STI's, and pregnancy concerns)
- If you choose to seek medical attention, don't change your clothes, shower/bathe, comb your hair, or eat/drink anything if possible.

4. Consider your legal options.

- As a victim, you have the choice to report your sexual abuse.
- Receiving medical treatment does not mean you have to report. (your kit can be held anonymously)

If you have questions, please reach out to WRAP. We can help!

WRAP HELPLINE: 800-273-8712

COPING WITH COVID: PROTECT YOURSELF & OTHERS

- Get fully vaccinated and stay up-to-date on your COVID-19 vaccines.
- When the COVID-19 Community Risk Level is HIGH, wear a mask indoors in public areas--even if you've been vaccinated.
- Wash your hands often. Use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes and disinfect frequently touched surfaces.
- Avoid poorly ventilated spaces and crowds.
- Monitor your health daily.
- Test to prevent spread to others.

ASK YOUR WRAP PROFESSIONAL!

We can provide information.

We can provide home testing kits.

We can provide transportation to a vaccination site.

We can help you get needed support.



End Violence. Change Lives. Give Hope.

"This project was supported by Award No. 2202TNFSC6 awarded by the State of Tennessee, Department of Finance and Administration, Office of Criminal Justice Programs for the FVPSA Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Health and Human Services, Office of Children and Families."