

What to do if you have been sexually assaulted:

- **Get to a safe place.**
- **Seek medical attention.** In the aftermath of a sexual assault, it is important for your health to get checked medically. Even if you don't have any obvious injuries, visiting a medical provider can be very helpful. You can obtain a medical forensic exam, from a SANE (see below), free of charge. You may also get tested for sexually transmitted infections or pregnancy. Although it is usually best to be seen within 5 days of the assault, it is recommended to seek medical attention even after 5 days to make sure you are okay. Adults can have evidence collected even if they don't want to file a police report. It is your choice to have evidence collected in case you decide to file a report later (see *Reporting Options*).
- **If possible avoid** eating, drinking, showering, bathing, douching, brushing your teeth or hair, or changing clothes until after your examination. This helps to preserve valuable evidence. But if you've already done any of these, please seek medical help anyway.
- **Contact a local rape crisis center or victim advocate** for help, support, and other resources. See *Resources* in this brochure.
- **Understand** that there are many different responses to this traumatic event, and coping with it can be a long process.

What is a SANE/SAFE?

A sexual assault nurse examiner (SANE) also known as sexual assault forensic examiner (SAFE) is a Registered Nurse (RN) who has completed specialized training in the comprehensive care and treatment of adult, adolescent and child victims of sexual assault. A SANE/SAFE has the ability to conduct a medical forensic exam with or without evidence collection. A SANE/SAFE will provide you with compassionate care and treatment of any injuries, resulting from the assault, and provide crisis intervention and resources.

The SANE/SAFE Program provides a safe environment to receive prompt care and begin the healing process.

What is a Medical Forensic Exam?

When you experience a sexual assault, it is important to seek medical attention as soon as possible. A medical forensic exam is a comprehensive medical exam administered at a hospital by a SANE/SAFE. You are in control of the entire exam. A nurse will only complete the parts of the exam that you agree to have done.

A medical forensic exam includes:

- Prompt, compassionate care and treatment.
- Preventative treatment for sexually transmitted infections and emergency contraception.
- Referral for additional treatment or services.
- Skilled collection of evidence that may be used in subsequent police investigation and prosecution.
- Note: It is your choice to have evidence collected. Even if you don't want evidence collected, it's strongly recommended that you seek medical attention.

*See resources on the back of this brochure for local SANE facilities.



Is there a fee?

In Colorado, medical forensic exams are provided **free of charge to you, regardless of whether you choose to report the assault** to law enforcement. In addition to the cost for the exam, you may be charged for other medical expenses that are not related to the exam. There may also be help available to cover these costs through Victim Compensation, or the State of Colorado's Division of Criminal Justice.

Common Reactions/Effects of Sexual Assault

There are many different responses you might experience after being sexually assaulted. It is important to remember that sexual assault is an act of violence and can be very traumatic.

Psychological Reactions

- Nightmares
- Flashbacks
- Depression
- Anxiety
- Difficulty concentrating
- Post Traumatic Stress Disorder (PTSD)
- Substance abuse
- Low self-esteem

Emotional Reactions

- Guilt, shame, self blame
- Numbness
- Embarrassment
- Fear, distrust
- Lack of control
- Sadness
- Isolation
- Denial
- Anger, irritability
- Shock, disbelief

Physical Reactions

- Increased startle response (hyper vigilance)
- Changes in eating or sleeping patterns
- Concerns about safety
- Concerns about pregnancy, contracting HIV, or other sexually transmitted infections.

Reporting Options for Survivors of Sexual Assault

Colorado offers 3 reporting options for adult survivors of sexual assault ages 18 through 69. Please note, due to other mandatory reporting obligations, these reporting options do not apply to minors or at risk adults. For individuals who do not fall under these two categories, survivors have the following 3 options:

Law Enforcement Report: A victim chooses to obtain a medical forensic exam and chooses to participate with law enforcement and the criminal justice system at the time of the exam.

Medical Report: A victim chooses to obtain a medical forensic exam but, at that time, chooses not to participate with law enforcement or the criminal justice system. Evidence is collected and released to law enforcement with identifying victim information. A victim can choose to have the evidence tested.

Anonymous Report: A victim chooses to obtain a medical forensic exam but, at that time, chooses not to participate with law enforcement or the criminal justice system. Evidence is collected and released to law enforcement without the victim's identifying information. An anonymous reporting victim is consenting to evidence storage only.

If you are a victim of sexual assault call 9-1-1 or go to a hospital that provides a sexual assault nurse examiner's (SANE) program. See information in this brochure.



RESOURCES

ADVOCACY/COUNSELING/RAPE CRISIS LINE

**offers 24 hour hotline*

The Blue Bench (Formerly RAAP)	*303-322-7273
TESSA (Colorado Springs)	*719-633-3819
SARC (Military personnel only) Buckley AFB	*720-847-SARC
National Sexual Assault Hotline	*800-656-HOPE
SungateKids Child Advocacy Center	303-368-1065
Deaf Overcoming Violence through Empowerment	* 303-831-7874
Colorado Organization for Victim Assistance (Human Trafficking crisis line)	*888-999-0246

SEXUAL ASSAULT NURSE EXAM FACILITIES- (SANE)

Children's Hospital	720-777-1234
Denver Health	303-436-6000
Lincoln Community Hospital (Hugo)	719-743-2421
The Medical Center of Aurora	303-695-2600
UC Health (Aurora)	720-848-9111
UC Health (Colorado Springs)	719-365-5000
Safe Passage (Children-Colorado Springs)	719-636-2460
Littleton Adventist Hospital	303-730-8900
Porter Adventist Hospital	303-778-1955

LAW ENFORCEMENT

To report a sexual assault, call 9-1-1 or call the law enforcement agency where the crime occurred.

Arapahoe Cty Sheriff's Office (non-emergency)	303-795-4711
Victim Assistance	720-874-4038
Douglas Cty Sheriff's Office (non-emergency)	303-660-7500
Victim Assistance	303-660-7561
Elbert Cty Sheriff's Office	303-621-2027
Victim Assistance	303-805-6129
Lincoln Cty Sheriff's Office (non-emergency)	719-743-2426
Victim Assistance	719-743-2889

DISTRICT ATTORNEY VICTIM / WITNESS ADVOCATES

Arapahoe County & District Court	720-874-8618
Douglas County & District Court	720-733-4531
Elbert County & District Court	303-621-2875
Lincoln County & District Court	719-743-2223

Office of the District Attorney, 18th Judicial District
Serving Arapahoe, Douglas, Elbert, and Lincoln Counties



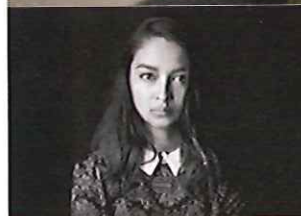
www.DA18.org

SEXUAL ASSAULT..

...can be a very traumatic, terrifying and life-threatening experience.



You are not alone.



Help is available.



What is Sexual Assault?

In Colorado *Sexual Assault & Rape* are synonymous. Sexual assault is sexual penetration or intrusion without your consent. This crime also covers circumstances when you are mentally incapable of giving consent to any sexual contact, including being in a coma or passed out from drug or alcohol use. Sexual assault can happen anywhere or anytime.

Threats, intimidation, manipulation, physical force, or abuse of power are commonly used to get the victim to comply. The perpetrator may be a stranger, an acquaintance, a friend, co-worker, classmate, family member, boyfriend, girlfriend, partner or spouse.

In most cases, the perpetrator is someone the you know.

*Sexual assault is a crime.
No matter what the circumstances, sexual assault is never your fault.*

What is Consent?

Consent is permission or agreement that is free from threats, intimidation, manipulation, force, pressure, or abuse of power over another. Submission is not consent. Consent may be affected if you are:

- Under the influence of drugs or alcohol (self-induced or forced intoxication)
- Unconscious
- Affected by a physical or mental disability
- Not of legal age to provide consent
- Unable to consent for any other reason

You can change your mind and withdraw consent for sexual activity at any time.

That means STOP!

If a friend or family member tells you they were sexually assaulted:

- Start by believing them.
- Do **NOT** blame them, because it's not their fault.
- If they want, help them get to the hospital, police station, or local rape crisis center.
- If the victim is a child, immediately call the police or child protective services, and take them to the hospital for a forensic medical examination.
- Provide support by listening.
- Understand that there are many different ways victims may respond to a traumatic event. You may even experience some of these reactions yourself.

