

RESOURCES

ADVOCACY/COUNSELING/RAPE CRISIS CENTERS

Colorado Coalition Against Sexual Assault	303-861-7033
Rape Assistance and Awareness Program	303-322-7273
SungateKids Child Advocacy Center	303-368-1065
TESSA (Colorado Springs)	719-633-3819
SARC (Military personnel only) Buckley AFB	720-847-SARC
Colorado Organization for Victims Assistance	800-261-2682
National Sexual Assault Hotline	800-656-HOPE

DEPARTMENT OF HUMAN SERVICES

Arapahoe County	303-688-1130
Douglas County	303-688-4825
Elbert County	303-621-3149
Lincoln County	719-743-2404

DISTRICT ATTORNEY VICTIM / WITNESS ADVOCATES

Arapahoe County & District Court	720-874-8500
Douglas County & District Court	720-733-4500
Elbert County & District Court	303-621-2875
Lincoln County & District Court	719-743-2223

LAW ENFORCEMENT

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

Arapahoe County Sheriff's Office (non-emergency)	303-795-4711
Victim Assistance	720-874-4038
Douglas County Sheriff's Office (non-emergency)	303-660-7505
Victim Assistance	303-660-7561
Elbert County Sheriff's Office & Victim's Assistance	303-621-2027
Lincoln County Sheriff's Office (non-emergency)	719-743-2426
Victim Assistance	719-743-2889

SEXUAL ASSAULT FORENSIC EXAM FACILITIES- (SANE)

Children's Hospital	720-777-1234
Colorado Sexual Assault & Domestic Violence Center	303-974-5140
Denver Health	303-436-6000
Lincoln Community Hospital (Hugo)	719-743-2421
Medical Center of Aurora	303-695-2600
Memorial Hospital (Colorado Springs)	719-365-5000
Safe Passage (Children-Colorado Springs)	719-636-2460
St. Anthony's—Central	303-629-3511

Office of the District Attorney
18th Judicial District

Serving Arapahoe, Douglas, Elbert, and Lincoln Counties

6450 S. Revere Parkway
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Phone: 720-874-8500
Fax: 720-874-8501
website: 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?

Sexual assault is sexual penetration or intrusion knowing it is against a victim's will and without their consent; commonly known as rape.

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. More often than not, the perpetrator is someone the victim knows.

Sexual Assault is a **crime**.

No matter what the circumstances, sexual assault is never the victim's fault.

Other Forms of Sexual Offending:

- Sexual Exploitation
- Sex Trafficking
- Voyeurism
- Exhibitionism
- Internet sexual exploitation
- Child sexual assault and incest
- Exposing a child to sexual acts or behaviors
- Unwanted sexual contact, touching, or fondling of intimate parts (above or underneath clothing).
- Any other physical sexual acts that are forced or coerced through threats of violence.

What is Consent?

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 a person is:

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

A person can change his/her mind about sexual activity at any time and withdraw consent.

That means STOP!

What to do if YOU have been sexually assaulted:

- **Get to a safe place.**
- **Seek medical attention.** *It is important to have any injuries treated. Adult victims may obtain a forensic medical exam without having to file a police report. It is your choice to have evidence collected just in case you decide file a report later. You may also obtain testing for sexual transmitted infections or pregnancy.*
- **Avoid** eating, drinking, showering, bathing, douching, brushing your teeth or hair, or changing clothes until after your examination. This helps to preserve valuable evidence.
- **Call the police** and file a report.
- **Contact a local rape crisis center or victim advocate** for help, support, and other resources.
- **Understand** that there are many different responses to this traumatic event, and coping with it can be a long process.

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

- **Believe them.**
- Do **NOT** blame them.
- **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 the victims may respond to the traumatic event. You may even experience some of these reactions yourself.

What is a Forensic Medical Exam?

When a sexual assault occurs, it is important to seek medical attention immediately. A Forensic Medical Exam is a comprehensive medical examination performed at a hospital or other healthcare facility by a medical professional who is specially trained in the care and treatment of sexual assault victims, often called a Sexual Assault Nurse Examiner (SANE) or Sexual Assault Forensic Examiner (SAFE). Services a SANE/SAFE can provide include:

- Prompt, compassionate care, and treatment of injury related to the assault.
- Skilled collection of evidence that may be used in subsequent police investigation and prosecution.
- Preventative treatment for sexually transmitted infections and emergency contraception.
- Referral for additional treatment or services.

**See Resource List on the back of this brochure for local SANE/SAFE Programs.*



In Colorado, forensic medical exams are provided at **no cost to the victim, regardless of whether they choose to report the assault to law enforcement.** However, he/she may be charged for other medical expenses not related to the exam, such as the cost of medical treatment.

Common Reactions/ Effects of Sexual Assault

There are many different responses to the traumatic event of sexual assault. Every individual responds differently, but common responses include:

Psychological Reactions

- Nightmares
- Flashbacks
- Depression
- Anxiety
- Difficulty concentrating
- Post Traumatic Stress Disorder (PTSD)
- Substance use or 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 (hypervigilance)
- Changes in eating or sleeping patterns
- Concerns about safety
- Concerns about pregnancy, contracting HIV, or other sexually transmitted infections.

Some Facts About Sexual Assault

- Approximately 73% of sexual assaults are perpetrated by someone the victim knows.
- In the United States, *1 in 6 women* and *1 in 33 men* reported experiencing an attempted or completed rape at some time in their lives. (Tjaden & Theonnes, 2000).
- **Rape is the most underreported violent crime in the U.S.**

Can Sexual Assault Be Prevented?

We can all help prevent this crime. The tips below offer no guarantees, but may help reduce the risk, and keep you and your loved ones safer:

- *Trust your instincts. If you feel uncomfortable around a certain person or situation, leave.*
- *Especially at night, avoid walking alone and stay in well-traveled, well-lit areas.*
- *Be aware of your surroundings, pay attention to suspicious behavior, and be cautious of being lured away from a group or out of sight.*
- *While at a bar, party, or when drinking alcohol, watch as your drink is being poured and never leave your drink unattended.*
- *If someone appears uncomfortable in a situation but unable to escape, help them leave the situation safely. DO NOT stand by.*
- *Address violent attitudes and behavior in youth & help them develop healthy, non-violent dating relationships.*
- *Be cautious of adults who take a special interest in children, seek time alone with them, give them gifts, etc.*