



Parnell Intermediary Services, Inc.
ParnellServices.Com

501(c)(3) Nonprofit Public Charity

Together we can change the lives of the abused, battered, homeless, hungry, ill and less fortunate.

If You Are Sexually Assaulted...

Sexual Violence is defined as any un-wanted sexual act including forced sexual contact. Sexual violence can happen to anyone, victims can be male or female, young or old, rich or poor.

The **Crime of Sexual Assault** is the act of committing forced sexual penetration (vaginal, anal or oral) without the consent of another person.

Safety

Always be cautious no matter where you are or what time of day it is. Always be aware of your surroundings. A sexual assault can happen to you or someone you know.

Home

- Secure all entrances with locks and outside lights.
- Be careful about revealing personal information to a stranger over the phone or online.
- Be careful of whom you give your keys.
- Be part of your neighborhood watch.

Vehicle

- Keep windows and doors secure at all times.
- Keep your car well maintained to avoid common breakdowns.
- When approaching your vehicle have keys ready and walk at an angle to have complete view of your vehicle.
- Before entering your vehicle, check backseat and floor area.

Walking or Jogging

- Avoid being out alone at night.
- Vary your daily routine.
- Walk in busy or well lighted areas.
- Avoid shortcuts and secluded places.

Trust your instincts if a situation makes you feel uncomfortable. Think of ways to remove yourself from the situation. Then remove yourself.

Never feel guilty about anything you must do to survive a potential sexual assault situation. Use anything you think might work for you.

If you are a Survivor of sexual assault, it's *NOT* your fault.

If you are sexually assaulted...

Call 911

- Reporting the crime can prevent the offender from assaulting again or help another Survivor.

Get Medical Help

- You need to be treated medically within 24 hours for health and safety.
- Physical injuries, sexually transmitted diseases (STD), HIV and pregnancy can be a result of the assault.

Don't:

- Shower, bathe or douche
- Use the bathroom
- Change or wash your clothes
- Straighten or touch anything at the scene

A Sexual Assault Survivor Deserves...

- To be treated with dignity and respect.
- To be empowered to make appropriate choices.
- To be provided with victim rights.
- To be considered a Survivor regardless of the relationship to the assailant.
- To use an alias when reporting the crime and applying for crime victims compensation.
- To have access to support persons, such as advocates.



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