

# After a Sexual Assault happens

## Report it:

Report the attack to law enforcement by calling 911 or a rape crisis center. The sooner law enforcement is notified and the investigation begins, the sooner your attacker can be caught.



## Preserve it:

As degrading or difficult as it may be, try to preserve all possible evidence.

- Don't alter the crime scene.
- Don't shower, bathe, change clothes, or douche.
- Go to a hospital as soon as possible to preserve evidence, document your injuries, and get medical attention. Ask a friend or family member to accompany you if possible.
- Write down details of the attack as soon as possible including exact phrases or expressions used, height, weight, smells, tattoos, speech impediments, etc.

## Get help:

Sexual assault is physically and emotionally traumatic. Ask the hospital or law enforcement agent for referrals to rape crisis centers and/or victim advocacy agencies.

They can help you deal with what happened and regain your life.



## Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Also visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



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Pima County  
Sheriff's Department

*Keeping the Peace and Serving the  
Community Since 1865*

# SEXUAL ASSAULT

**ARE YOU A VICTIM OF SEXUAL  
ASSAULT OR RELATIONSHIP  
VIOLENCE?  
YOU ARE NOT ALONE**



**Clarence W. Dupnik, Sheriff**

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# What is Sexual Assault?

Sexual assault is a *violent crime*, not a sexual one. Anyone can be a victim regardless of gender, age, race, disability, sexual orientation, or economic status. Perpetrators of sexual assault can be strangers but are more often people you know: acquaintances, partners, co-workers, or family members.

The term "sexual assault" can include several kinds of crimes, which include: stranger rape, child molestation, date or acquaintance rape, or marital rape.



Sexual assault can also include situations in which a person is under the influence of a substance, unconscious, or otherwise unable to consent to sexual activity.

Many sexual assault survivors don't report the crime to police or tell anyone because of feelings of guilt, fear, isolation, or shame. Only a fraction of assaults are actually reported to authorities.

# Before a Sexual Assault happens

Sexual assault is *never* the fault of a victim. However, there are some things you can do to stay safer.

## When out and about:

- When walking or jogging alone, stay alert and be aware of your surroundings, especially when wearing headphones.
- Avoid dark, secluded places.
- Tell someone you trust where you're going, when you plan to return, and who you're with.

## Parties:

- Never drink an open drink.
- Don't leave your drink unattended, but if you have to, order a new one when you return.



## In the car:

- Ask a friend, a co-worker, or security to escort you if your car is isolated or it's night time.
- Have your keys (house, car, office) ready to use before you get to the door.
- Look inside your car before you get in.
- Don't hitchhike or pick up hitchhikers; Lock the doors as soon as you get in.
- Watch for people sitting in parked cars.

## At home:

- Make sure all entrances are well lit.
- Make sure all entrances (including windows and doors) are locked at all times.
- Never open your door to strangers.
- If you suspect an intruder, leave immediately and call law enforcement.

# When a Sexual Assault happens

During an attack, there are many options: run, fight, scream, or other things. Whatever you decide to do, be confident and be prepared to follow through on the plan.

- Assess the following factors:
  - Environment: isolated or crowded
  - Your physical ability
  - Attacker's motivation and ability

If these factors weigh in your favor, you can choose to resist. If they do not, you may have no choice but to submit. Your first goal in either situation is immediate survival.

- Do whatever it takes to prevent the attacker from moving you to a second or more secluded area.
- If the attacker has a weapon, do everything possible to stay alive.
- Talk to the attacker; stall for time while assessing the situation and looking for an escape.



# Protect Yourself!

Pima County Sheriff's Department offers free Rape Aggression Defense (R.A.D.) classes to females age 12 and up. This training can help save your life.

If you are interested in taking a class, please contact the Community Resources Unit:

(520) 351-4615