



### ***What To Do If You Are the Victim Of A Sexual Assault***

1. **Find a safe location away from the perpetrator. Call 911 and/or CU Security (2222 or 615/476-3061) for help as needed to get to safety.** Ask a trusted friend to be with you for moral support.
2. **Know that what happened was not your fault.**
3. **Preserve all evidence of the assault.**
4. Do not bathe, wash your hands, brush your teeth, eat, or smoke.
5. If you are still in the location at which the crime occurred, do not clean or straighten up or remove anything.
6. Write down all the details you can recall about the attack and the perpetrator.
7. **Report the attack to law enforcement immediately** (local authorities can be reached by calling 911 or you can call CU Security at 2222 or 615/476-3061 for assistance in reporting)
8. **Seek medical care as soon as possible.** Even if you do not have any visible physical injuries, you may be at risk of acquiring a sexually transmitted disease (women may also be at risk for pregnancy).
9. To find a local hospital or healthcare facility that is equipped to collect forensic evidence, contact the National Sexual Assault Hotline (800.656.HOPE). The hotline will connect you to your local crisis center, which can provide information on the nearest medical facility, and in some instances, send an advocate to accompany you through the evidence collection process.
10. Ask the health care professional to conduct a Sexual Assault Forensic Exam (SAFE).
11. If you suspect you have been drugged, request that a urine sample be collected to preserve evidence.
12. **If you decide to file an on-campus report of sexual assault OR if you want to discuss your options for filing an on-campus report, please see the Dean of Students in Labry Hall 206.** You can schedule an appointment by calling 547-1387.

**Recognize that healing from an attack takes time.** Give yourself the time you need and know that it is never too late to get help.

1. For free, confidential help 24/7 from a rape crisis counselor, contact the National Sexual Assault Hotlines (800.656.HOPE or [online.rainn.org](https://online.rainn.org)).
2. For free counseling on campus, please contact the Cumberland University Counseling Center at 547-1397.