

## Reactions To Sexual Assault

As a survivor of sexual assault you may find yourself having some of the following feelings:

- anger
- embarrassment
- powerlessness
- depression
- self blame and doubt
- fear
- isolation
- anxiety
- denial
- shame

*These feelings are normal.*

### REMEMBER:

You are not to blame for what happened.  
It was not your fault. You are alive, you have survived, and now is the time to begin the process of recovery. Reaching out for support is part of the healing process.

**SFWAR 24-Hour Crisis Line:**  
**415.647.RAPE/7273**

### If You Have Been Raped, Remember:

It is not your fault.  
You are not alone.  
You deserve support.

## RESOURCES

**San Francisco Women Against Rape:** Free and Confidential Services; 24-hour Crisis Line; Counseling; Medical, Legal, & Social Service Advocacy. Support for survivors and significant others available in Spanish, English, many Asian and other languages. Wheel chair accessible.

**415.647.RAPE/7273** (24-hour Rape Crisis Line, collect calls accepted)  
415.861.2024 (Business Line) • [www.sfwar.org](http://www.sfwar.org) (Website)  
[info@sfwar.org](mailto:info@sfwar.org) (Email)

**San Francisco Trauma & Recovery/Rape Treatment Center:** Medical treatment and counseling, optional police report and evidence collection. Serves men and women 18 and older. Spanish and Asian languages spoken.  
415.821.3222 (Business Line)

**Child and Adolescent Sexual Abuse Resource Center (CASARC):** Medical treatment, counseling & police report. Confidential calls accepted. Serves those 17 and under. Spanish and Asian languages spoken.  
**415.206.8386 (24-hour Crisis Line)**

**San Francisco Police Department Sex Crimes Unit:** Police inspectors take reports from victims and investigate sexual assault cases.  
415.553.1361 (Business Line)

**District Attorney's Victim Services Program:** Advocacy with court proceedings and help with victim compensation claims.  
415.553.9044 (Business Line)

**Women Organized to Make Abuse Nonexistent (W.O.M.A.N., Inc.):** 24-hour domestic violence hotline, in-person counseling, support groups, assistance with restraining orders and acquiring shelter. Spanish and Asian languages spoken. **415.864.4722 (24-hour Crisis Line)**

**EVERYONE HAS THE RIGHT  
TO SAY  
"NO"  
TO ANYONE AT ANY TIME  
AND TO BE RESPECTED.**

**SAN FRANCISCO WOMEN AGAINST RAPE**

**3543 18th Street #7**

**San Francisco, CA 94110**

**tel. 415-861-2024**

**fax. 415-861-2092**

**[www.sfwar.org](http://www.sfwar.org)**

**[info@sfwar.org](mailto:info@sfwar.org)**



## If You Have Been Raped...

- First, get to a safe place.
  - Get medical care: Free medical care is available for any injuries as well as testing and medicines for pregnancy and sexually transmitted diseases.
- You may call the San Francisco Rape Treatment Center at 415-821-3222 for more information or for an appointment.
- Get support: You may want to talk to people who you feel will support you. This could be a friend or family member, or call the San Francisco Women Against Rape crisis line at 415.647.7273. Rape crisis advocates are available 24-hours a day and can provide counseling and referrals for medical, legal, shelter and other services.

## You Have The Right To...

- Be treated with respect, dignity and courtesy.
- File a police report and receive services, no matter what your relationship is to the person who hurt you.

- Not be judged because of your race/ethnicity, age, class, gender, sexual orientation, ability, immigration status, religious or spiritual beliefs, or occupation.
- Have a sexual assault counselor come with you to medical, law enforcement and legal proceedings.
- Privacy when meeting with a counselor or police officer.
- Understand any forms you are asked to sign.
- Ask questions and get answers about any tests, exams, medications, treatments or police reports.
- Be told of any necessary follow-up care and testing.
- Voice complaints and expect to have them heard and accepted.

## If You Want To File A Police Report...

- It is recommended not to shower, douche, or change clothes before going for the medical exam. If forced oral sex occurred, you should try not to drink, smoke or brush your teeth. Even if you have already done any of these things, there is a chance of getting evidence for your case. This should not stop you, if you want to file a police report.

- You may call a friend, family member, or the police to take you to San Francisco General Hospital. Bring a change of clothing. You can ask for an advocate or social worker to be available at the hospital for support, counseling and referrals.
- The medical exam is an important part of evidence collection needed to file a police report. It is important to have this exam as soon as possible, and within 120- hours (five days) of the assault.
- If you are unsure about filing a police report, the evidence can be collected and held in case you decide to file a report later.
- You have the right to have an advocate come with you during any medical care and police or legal proceedings.
- If you file a police report, you can write down the officer's badge number and case number.
- Reporting to the police is your choice. If you decide not to go to the police right away, write down everything you remember about the assault and save it in case you change your mind and want to report later.