



Sugati Publications Product 1--Booklet
Coping with Sexual Assault, Adult, English (40 pages)

Coping with Sexual Assault:
A Guide to Healing, Resolution and Recovery

Table of contents

Understanding sexual assault and sexual violence

Emotional concerns and reactions after the crisis

Medical concerns

General information about seeking medical care

Information about pregnancy and sexually transmitted infections

Alcohol and other drugs in sexual assault and 'date rape' drugs

Legal concerns

Reporting the crime

The investigation

Evidence collection

Polygraph and voice stress tests

The court process

The arraignment

Preliminary hearing

Grand jury

The trial

Sentencing

After the trial

Other concerns

Accompaniment and support (through the criminal justice process)

Bond and harassment concerns

HIV test for the perpetrator

Plea bargaining

Tips for testifying in court

Civil law suits

Victims' rights

If it has been awhile since the sexual assault

Information for survivors and family members

Emotional recovery and related issues

Concerns about family and friends

Where to go for help and more information

State sexual assault coalitions and crime victims compensation programs

Directory of national programs and resources

Additional resources in books, audiotapes and on the internet

Excerpts from the booklets

Some important things to remember

Chances are, you are reading this because you or someone you care about has been raped. This booklet is for anyone who has ever been the victim of sexual assault. It is also a good resource for family members and friends to learn more about how to support you through this difficult time. To begin, here are a few important facts that may be helpful to know.

- **Lots of different people are affected by rape or sexual assault.**

Victims of sexual assault include girls and boys, young and old, rich and poor, heterosexuals and homosexuals, persons with disabilities, persons from all racial and ethnic backgrounds, and persons who are homeless, in hospitals or in prisons. Sexual assault can happen to anyone, no matter what your background or situation.

- **Sexual assaults occur in many different types of situations.**

No matter what—it is never the victim's fault that the assault happened—never. You may decide to leave your window open on a summer night, go for a walk alone, get drunk at a party, go home with someone you just met, or say no to your date or your boyfriend about sex. None of these actions or decisions gives anyone the right to take advantage of you. Many rape victims do blame themselves for what happened. It is important to remember, just like any other crime, the offender is responsible and to blame. You did not cause this to happen by anything you did or said.

- **Everyone deserves to have support after a sexual assault.**

You do not have to deal with this alone. There are many resources and people who want to help. This booklet gives you some general information about the medical, emotional and legal issues. It can be useful if you were recently assaulted or if it occurred a long time ago. We hope this will answer some of your questions or address some of your concerns. This booklet can also connect you to other resources. Since state laws and services are sometimes different, you might want to call an agency in your area to get more information. (See the resource numbers listed at the end of the booklet.). Remember, there are many people who can help you or answer your questions.

- **Survivors of sexual assault should be treated with respect when trying to get help.** You have the right to be informed about your choices in medical care, the court system, your legal rights, and counseling options. With this information you will be able to make the decisions that are best for you and your future.

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