



REMEMBER
ALWAYS PROVIDE SUPPORT FOR
THE VICTIM

- Respect the victim’s need to talk and avoid pushing her/him to talk before s/he is ready.
- Allow them to express their full range of feelings without fear of condemnation or criticism.
- Be aware of comments that try to distract them or discount what s/he is feeling.
- If you are unsure how to respond to the victim, express your concern and ask how you can best support them.
- Avoid prying or pressing for details about the assault.
- Avoid comments or questions that imply blame.
- Be willing to assist the victim with medical and legal concerns.
- Assist the survivor in feeling safe and minimizing the risk of future assaults.
- If children are involved, they may know or sense that something has happened. It is important that they have someone to talk to about their feelings.
- Recognize your own limitations and encourage the victim to seek help with someone trained in rape counseling.



Important Numbers

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252 575-7722
CAPS 24 hr Hotline (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
UA Pat Walker Health Center	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Sexual Assault Recovery and Prevention Agency	927-1020
Project for Victims of Family Violence	442-9811
The Crisis Center	756-2337



For more information, contact

STAR Central

**Office of Support, Training, Advocacy,
& Resources on Sexual Assault and
Relationship Violence**

University Health Services
University of Arkansas
525 North Garland
Fayetteville, AR 72701

Phone (479) 575-7252 or
(479) 575-7722
Fax (479) 575-7438
TTY (479) 575-4124

A member of the Division of Student Affairs

Updated January 2007



Secondary Survivor Information

STAR Central

University Health
Services
(479) 575-7252 or
(479) 575-7722



health.uark.edu



When Is It Rape?

Rape occurs when one person forces, coerces, or manipulates another individual to have sexual intercourse against the other's will and without consent. The force, coercion, or manipulation can take many forms, such as, threats of physical violence, intoxication, or even lies about a future relationship.

- **Force isn't always physical.**
- **The force may be in the form of an implied (unspoken) threat.**
- **Rape is about POWER and CONTROL, not about sex or passion.**

When we think about force and rape, we often picture someone using a knife or gun. Or, we think about one person physically overpowering another person. However, there are other kinds of force. Listed below are some examples:

- Threatening to harm the person.
- Having sex with someone who is too drunk to consciously consent or is already passed out.
- Forcing feelings of guilt to make a person give in.
- Not taking NO for an answer.

Rape is Violence, Not Seduction

GIVING SUPPORT

If you are supporting someone who has been assaulted, it is important to:

- Reassure them that it is not their fault.
- Listen, understand and encourage them to express their feelings, whatever they may be.
- Help them make decisions which are in their best interest.
- Be careful not to pressure them.

Although there are some time constraints, consider one thing at a time. Proceed slowly but consistently.

REMEMBER THIS...

While your first priority may be to help the victim, remember that you also need to take care of yourself. Working through your own feelings and reactions will not only help you but will also help the survivor. Experience tells us that survivors who receive emotional support from those they are closest to will heal sooner.

- Secondary victims often report feeling very angry.
- Work to understand your anger.
- Feeling anger toward the rapist is a very normal reaction to rape; however, expressing intent to harm or kill the rapist only adds to the victim's anxiety.
- Those close to a rape survivor commonly experience feelings of guilt for their perceived failure to protect their loved one.
- Some secondary victims attempt to support the victim by overprotecting them.

- Secondary victims sometimes hope to help the victim by distracting them from what has happened.
- Spouses and significant others must listen to the victim for cues on levels of intimacy. The survivor may feel uncomfortable, afraid, or have flashbacks from the assault. **BE PATIENT!!**

A victim of sexual assault should follow these guidelines immediately after the assault:

1. Call 911 and report the attack to law enforcement.
2. Go to a safe place.
3. Do not wash your hands, take a shower, douche, brush your teeth, or change your clothes.
4. Don't disturb the "scene" where the assault happened. This may destroy evidence.
5. Remember as much as you can about your attacker: how tall, age, race, if you saw any scars or tattoos, color of hair and eyes, color of clothing, what type of voice (deep, high, any speech impediments or an accent), and exactly what was said to you. This is important, any little thing will help.
6. Most victims know their attackers. **ANY** forced sexual contact is a crime.
7. The closest medical facility to the UA campus providing assistance to rape victims is Washington Regional Medical Center, 442-1000. Volunteers from the Sexual Assault Recovery & Prevention Agency are available for support upon request, 927-1020.

