



What happens after rape?

After a sexual assault, a person can experience a wide range of reactions. It is extremely important to note that there is no one single response. Some rape survivors respond immediately, others may have delayed reactions. Some rape survivors appear to be affected by the assault for a long time whereas others appear to recover rather quickly. The stages that occur after a rape are defined as Rape Trauma Syndrome.

In the early stages, many rape victims report feeling shock, confusion, anxiety, and/or numbness. Sometimes they will experience feelings of denial. In other words, they may not fully acknowledge what has happened to them or they may downplay the intensity of the experience. This reaction may be more common among victims who are assaulted by someone they know.

Although survivors of sexual assault can experience a wide variety of symptoms, they do not have to suffer in silence. Help is available and should be sought. STAR Central provides advocacy services to help people identify available resources.



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

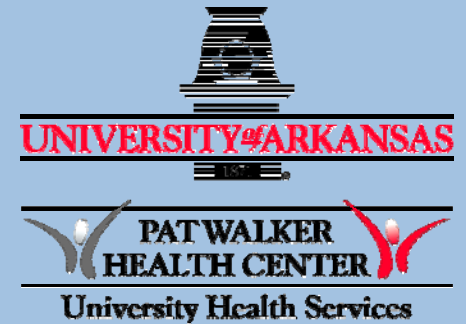
Office of Support, Training, Advocacy,
& Resources on Sexual Assault and
Relationship Violence

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

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When Rape Occurs...

STAR Central

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



health.uark.edu



What to Do After a Rape...

- Find a safe environment anywhere away from the attacker.
- Call a trusted friend or relative to stay with you.
- Preserve evidence of the attack – do **NOT** bathe, shower, douche, eat, drink, or brush your teeth. If possible, try not to eliminate any waste. Any of these behaviors can wash away evidence.
- Any clothing, if not still being worn, and any bedding or throw rugs should be preserved and not laundered. These items may contain evidence and be useful if you decide to report the crime.
- Get immediate medical attention. Even with no physical injuries, it is important to determine the risks of STDs and pregnancy.
- To preserve forensic evidence, have a forensic medical exam done.
- If you suspect you may have been drugged, ask that a urine sample be collected. The sample can be analyzed later by a forensic lab.
- Write down all the details you can recall about the attack & the attacker. This information may be useful if you decide to report the crime.
- Report the rape to law enforcement authorities. Remember, you have been a victim of a crime and it was not your fault for what the perpetrator chose to do to you.
- Seek help with processing the many feelings that come after a rape. A counselor can provide the information you'll need to understand the process.
- Remember it wasn't your fault.
- Recognize that healing from rape takes time. Give yourself the time you need.
- Know that it's never too late to call for help. Even if the attack happened years ago, Sexual Assault Hotlines and Victim Advocacy Services can still help. Many victims do not realize they need help until months or years later.
- If you are a college student, talk to a professional at your school's health services, student affairs, or counseling services and learn about available resources to assist you during this difficult time.

Seeking Care.....

Immediate medical care should be sought, even if physical injuries are not apparent. Sometimes there can be internal injuries, as well as it is important to determine the risk for sexually transmitted diseases and/or pregnancy. The University Health Services can provide students with general medical evaluation, but **cannot** provide forensic medical exams.

A forensic medical exam not only provides assurance of your physical health through medical evaluation, but also allows for evidence to be collected and preserved so that it may later be used if it is decided to prosecute the suspected rapist.

Forensic medical exams are available at most emergency room departments. The nearest emergency room to the University is at Washington Regional Medical Center.

**Not sure what to do,
call STAR Central at
575-7252 or 575-7722
or your local 24-hr Rape
Crisis Hotline.**

