

Sexual Assault

Sexual Assault is forced sexual contact through physical force, the threat of force, intimidation or the inability of the victim to give consent. Sexual Assault is a violation of a person's body and mind.

National studies show that 1 in 5 women will experience some form of sexual assault during their lifetime, including 1 in 4 college women.

About 3% of American men have experienced an attempted or completed rape during their college years.

STEPS TO TAKE IF YOU HAVE BEEN ASSAULTED

- ❖ Go to a safe place.
- ❖ If you want to report the crime notify the police immediately. Call 911!
- ❖ Call a friend, a family member, SARA (Sexual Assault Resource Agency) at 977-7273 or someone else you trust to accompany you to go to UVa Emergency Room for a medical evaluation. Even if you don't think you have physical injuries, a Health Care Provider can provide you with confidential treatment and evaluation of the risks of sexually transmitted infections and the possibility of pregnancy resulting from the assault. Emergency Contraception is available.
Website: [Not-2-Late.com-Emergency Contraception](http://Not-2-Late.com-Emergency-Contraception)
- ❖ If you suspect you may have been given a "date rape" drug, ask the hospital to screen you.
- ❖ If you are a female UVA student, the Student Health Center's Gynecology Clinic (924-2773) can provide evaluation and treatment as well as follow-up care from the ER, but only the ER provides collection of evidence. You may also contact www.womenscenter.virginia.edu for support and counseling.
- ❖ If you are a male UVA student, contact the ER or Uva's Student Health General Medicine Clinic at 982-3915.
- ❖ If you do not want to report to Police or go to the ER, or if you have questions or need information: call SARA at 977-7273, 24-hour hotline or www.sexualassaultresources.org for confidential support or counseling.
- ❖ SARA can send a trained advocate to accompany you to the ER or to the Police Department and can give you options for reporting the assault.
- ❖ Talk with a counselor who is trained to assist rape victims with the physical and emotional impact of the assault. You can call CAPS at UVa's Student Health Center (924-5556) or SARA.

- ❖ For information regarding medical care, legal issues or rape crisis centers outside of Charlottesville, contact RAINN at 1-800-656-HOPE or www.rainn.org.
- ❖ After an assault it's important to remember that it was not your fault. No one asks or deserves to be raped or assaulted.
- ❖ Healing can begin by developing a support network and by focusing on your choices about medical and legal procedures.

Important Resources:

www.campusoutreachservices.com

www.sexualassaultresources.org

www.rainn.org

www.vaasa.org

www.vadv.org

www.sexualassault.virginia.edu

<i>Crisis Hotlines and Emergencies</i>	<ul style="list-style-type: none"> ❖ Police (UVA, Charlottesville and Albermarle County) 911 ❖ Sexual Assault Resource Agency Hotline (SARA) 977-7273 ❖ Shelter for Help in Emergency Hotline (SHE) 293-8509 ❖ UVA Hospital Emergency Room 924-2231 ❖ Martha Jefferson Hospital Emergency Room 982-7150
<i>Victim-Witness Programs</i>	<ul style="list-style-type: none"> ❖ Albermarle County (including Uva) 296-5830 ❖ Charlottesville 970-3176 ❖ <i>Other Counties contact either number above</i> ❖ Domestic Violence Services Coordinator 970-3176 ❖ (County and City)
<i>Individual and Group Counseling</i>	<p>(On-site and referrals for both women and men)</p> <ul style="list-style-type: none"> ❖ Sexual Assault Resource Agency 295-7273 ❖ Shelter for Help and Emergency 293-6155 ❖ UVA Women's Center 982-2361 ❖ Sexual Assault Education Coordinator 982-2774 ❖ UVA Counseling and Psychological Services (CAPS) 924-5556 ❖ Office of the Dean of Students 924-7133 ❖ PVCC Student Services 961-5206 ❖ UVA Office of African American Affairs 924-7923 ❖ Region Ten Community Services 972-1800
<i>Other Helplines</i>	<ul style="list-style-type: none"> ❖ Federal Hate Crimes Reporting Line 1-800-2-JUSTICE ❖ Virginians For Justice (Anti-Gay Crimes Reporting) 1-800-347-HATE

	Line)	
	❖ Child Abuse Hotline	1-800-552-7096
	❖ Family Violence & Sexual Assault Hotline of VA	1-800-838-8238
	❖ Elder Abuse	970-3400
<i>Legal Assistance</i>	❖ Piedmont Legal Services	296-8851
	❖ UVA Student Legal Services	977-1670
	❖ Free Monthly Legal Clinics:	
	UVA Women's Center	982-2361
	FOCUS Women's Resource Center	295-2222
	❖ Commonwealth's Attorneys	
	Albermarle County	972-4072
	Charlottesville	970-3176
	Greene County	985-2222
	Louisa County	540-967-1234
	Fluvanna County	589-8211
	Nelson County	263-4242
	Orange County	540-672-1200
	Madison County	540-948-5161
<i>Police Departments</i>	These non-emergency numbers may be helpful if a criminal investigation is being conducted by a detective.	
	❖ Albermarle County	296-5807
	❖ Charlottesville	970-3280
	❖ University of Virginia	924-7166
<i>Transportation Services for UVA Students</i>	❖ Escort Service (a van which transports students door-to-door around and near grounds)	923-2988
	❖ Yellow Cab Program (<i>for students who are stranded and don't have the money for a cab</i>)	295-4131
<i>Self-Defense Courses</i>	❖ UVA Police Department	924-8845
	❖ Sexual Assault Resource Agency	295-7273
	❖ UVA Sexual Assault Education Office	982-2774
<i>Community/Peer Education Programs</i>	Community (Non-UVA)	
	❖ Sexual Assault Resource Agency:	295-7273
	❖ Shelter for Help in Emergency	963-4676
	❖ Albermarle County Police	296-5807
	❖ Charlottesville Police	970-3280
	❖ White Ribbon Project (Male Allies)	961-7738
	University of Virginia	
	❖ UVA Police:	924-8845
	❖ UVA Sexual Assault Facts and Education (student	982-2774

- peer educators)
- ❖ Peer Health Educators (Student Health) 924-1509
- ❖ One In Four (men only) 924-3736

- Medical Issues*
- ❖ **UVA Department of Student Health**
 - ❖ Gynecology 924-2773
 - ❖ General Medicine 982-3915
 - ❖ UVA Women's Place/Primary Care 924-1955
 - ❖ Charlottesville Free Clinic 296-5525
 - ❖ Planned Parenthood 296-2330
 - ❖ Charlottesville Health Department 972-6217