

SEXUAL ASSAULT p r o g r a m

The only thing more painful than talking about rape, is not talking about it.

You find out that there's this little secret club that you never wanted to be a part of but once you're there, you're glad that you're not alone. We derive strength from each other and to connect like that is such a feeling of comfort.

...I had to talk about it, to duke it out with the demons that they left me with. I'm still talking about it today...Silence doesn't make it go away.

When I think I'm going crazy, I just tell myself, "No, I'm having a normal reaction to an abnormal life experience."

Hope Alliance

1011 Gattis School Road, Suite 106

Round Rock, TX 78664

512 255 1212

Fax 512 255 7331

Hotline 1800 460 7233

Outreach offices also located in:

- Georgetown
- Cedar Park (Bilingual services)
- Taylor
- Hutto

S.A.R.T. The Sexual Assault Response Team (SART) provides immediate services to sexual assault survivors in our community. The team includes Hope Alliance, Victim Services, Law Enforcement, Medical Personnel and other community agencies. SART addresses the legal, physical, and emotional needs of survivors and others impacted by sexual violence.

Additional Resources

For referrals to local services:

- RAINN Hotline
1 800 656 HOPE (4673)

For more information about sexual violence:

- Texas Association Against Sexual Assault
www.taasa.org

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**Williamson County
Crisis Center d/b/a
Hope Alliance**

WHAT IS SEXUAL VIOLENCE?

- Child Sexual Abuse
- Sexual Assault/Rape
- Marital Rape
- Date Rape
- Stalking
- Adult Survivors of Sexual Abuse

1 in 4 women
1 in 6 men
will be sexually assaulted in their lifetime

Every **2** minutes someone is sexually assaulted in Texas.

Nearly **80%** of rape victims know the person

While the experience of sexual violence has different meanings for each person, it can have similar effects on survivors. Common reactions could include:

- Feelings of shock, numbness, anger, shame, guilt, disbelief, embarrassment, powerlessness, fear, anxiety, depression
- Loss of appetite or over eating; nausea; headaches; not able to get enough sleep or sleeping too much; not able to concentrate or focus; lack of interest in sex; flashbacks; nightmares

WHAT YOU CAN DO

If you are sexually assaulted...

- Consider talking with a supportive person. A crisis center in your area can be reached through the RAINN hotline @ 1 800 656 HOPE (4673).
- Consider reporting to the police. Physical evidence on your body can be found for up to 72 hours after an assault. The Texas Family Code requires child abuse to be reported to local law enforcement or child protective services (1 800 252 5400).
- Consider seeking medical care. The first 72 hours can be important in preventing pregnancy and sexually transmitted diseases. A police report is not required to seek medical attention.

If someone you care about is sexually assaulted...

- Believe what the survivor tells you.
- Reassure the survivor the assault was not her/his fault.
- Educate yourself and the survivor on her/his options and the healing process.



HOW WE CAN HELP

The mission of Hope Alliance's Sexual Assault Program is to:

- Involve the community in preventing sexual violence
- Organize the community in responding to sexual violence
- Help survivors access resources and reconnect with hope to rebuild

Services provided to the community are free, confidential, and voluntary. Services include:

- 24-Hour Hotline 1 800 460 7233
- Hospital Accompaniment
- Counseling (individual and group)
- Legal Advocacy
- Emergency Shelter
- Transitional Housing
- School-Based Educational Services
- Community and Professional Education

COMMON REACTIONS TO SEXUAL VIOLENCE