

## Being a Friend to a Victim of Sexual Assault

- **Listen**— Do not ask a lot of questions. Let your friend take his/her time to share details of the assault.
- **Believe**— People rarely make up stories about sexual assault. Do not express skepticism. Expect a friend in crisis to be confused.
- **Do Not Blame**— Reinforce that your friend is not to blame. Whatever your friend did to survive the attack was exactly what she/he needed to do.
- **Empower**— Help your friend understand and consider her/his medical, legal, and psychological options.
- **Share**— Educate your friends about the common reactions of sexual assault in order to help normalize her/his experience.
- **Be Patient**— Recovering from sexual assault trauma is slow. Let the person proceed at his/her own pace.
- **Support**— Assure your friend that you will be available to provide support throughout the process of recovery.
- **Know your Limits**— There are times where professional help is best. A trained therapist may be essential to helping your friend work through trauma associated with the assault and find more effective ways of coping.

*“Every person has the  
right to live in a peaceful  
family environment.”*

*Turning Abuse Around*

## Locations

### Weiser Office

27 W. Commercial Street  
Weiser, ID 83672  
(208) 414-1231

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### Payette Office

1520 1st Avenue South  
Payette, ID 83661  
(208) 642-1025

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### Council Office

204 Council Avenue  
Council, ID 83612  
(208) 253-4949

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### Cascade Office

211 Idaho Street  
Cascade, ID 83611  
(208) 382-5310

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### Emmett Office

126 N. Washington  
Emmett, ID 83617  
(208) 208-365-1615

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### McCall Office

106 Park Street #204  
McCall, ID 83638  
(208) 630-6321



## Sexual Assault

*Sexual Violence affects  
victims, families, friends, and  
communities. It can happen  
to anyone, anywhere,  
anytime.*

**24 CRISIS LINE  
HOUR (208) 414-0740**

ROSE Advocates Family Resource Center for  
Southwest Idaho: Adams, Boise, Gem,  
Payette, Washington and Valley Counties

## What is Sexual Assault?

### *Sexual violence may include:*

- Rape (Forced: oral, anal, or vaginal penetration)
- Marital or partner rape
- Sexual mutilation
- Incest
- Alcohol/drug facilitated sexual assault
- Statutory rape
- Coerced participation in the commercial sex industry
- Sexual exploitation
- Stalking
- Dating violence
- Sexual harassment
- Child sexual abuse
- Sexual battery (Unwanted touching)
- Indecent exposure

## If You Are A Victim of Sexual Assault

- Go to a **SAFE PLACE** immediately. Contact someone to be with you who will be emotionally supportive.
- **SEEK MEDICAL TREATMENT.** Do not wash, shower, douche, go to the bathroom, brush your teeth, change clothes, or clean up in any way. (You don't want to tamper with any evidence)
- **CALL 911.** Report the sexual assault to authorities, even if you are unsure about filing charges.
- **SEEK COUNSELING.** Even if you do not report or file charges, you should contact ROSE Advocates Hotline for information about counseling.
- Remember, **IT IS NOT YOUR FAULT.**

**SEXUAL VIOLENCE**  
**occurs anytime a person is forced, coerced, and/or manipulated into any unwanted sexual contact, attempt or completed**

## *Myths about Sexual Assault:*

- **Rape victims were “asking for it” by dressing provocatively or engaging in risky behavior.** No one deserves to be raped
- **Husbands cannot rape their wives.** Regardless of marital or social relationships, if a woman does not consent to sexual activity, she is being sexually assaulted.
- **A person who has really been assaulted will be hysterical.** Victims can exhibit a spectrum of emotional responses: calm, hysteria, laughter, anger and apathy. Every person copes with trauma in different ways.
- **It is impossible to assault a man.** Men can be victims of sexual assault for the same reasons as women, they are overwhelmed by threats or acts of physical and emotional violence.
- **Sexual assault is a crime of passion/lust.** Sexual assault is a crime of violence. Perpetrators seek to dominate/control their victims.
- **Sexual assault is an isolated, infrequent event that only happens to certain kinds of people.** Anyone can be sexually assaulted regardless of age, race, sexuality, gender, and economic or social background.

## *Common Reactions following Sexual Assault:*

- **Physical**– Trouble sleeping, nightmares, headaches, loss of appetite, overeating, stomach problems and muscle tension.
- **Emotional**– Denial, fear, sadness, anger, guilt, shame, embarrassment, crying spells, flashbacks, irritability, depression, suicidal thoughts and rapid changes in mood.
- **Social**– Fear of being in public or in social situations, withdrawing from friends and family, difficulty trusting others and trouble with physical intimacy in relationships.
- **Academic**– Lack of concentration, impaired memory, missing classes, and lack of motivation.