

My friend was raped... How Can I Help?

Be supportive and non-judgmental. Listen as long as you are needed. Reassure your friend that your relationship has not changed because of the assault.

Respect your friend's right to privacy. Allow her/him to tell you and others when they are ready. Don't share details of the rape with others.

Encourage your friend to seek medical attention, whether at a private physician or at the Emergency Room.

Remind your friend that the assault was not their fault.



Services Offered

It is normal to have various reactions to sexual assault. However, they can be difficult to cope with, especially if they worsen over time. Family Service of the Piedmont offers crisis intervention, support, advocacy, and ongoing counseling for people who have been raped. Victim Advocates are available to meet victims at the hospital 24 hours a day. They can provide the victim with emotional support all the way through a criminal trial if the victim decides to press charges.

For more information about these services please call our crisis line:

Greensboro 336.273.7273

High Point 336.889.7273

Toll Free 800.656.HOPE (4673)



Family Service of the Piedmont promotes healthy lives and relationships for children, families, and individuals, through early intervention, treatment, and support in times of crisis or transition.

visit us at
www.safeandhealthyfamilies.com



information and
resource guide

Sexual Assault



Family Service of the Piedmont

Sexual Assault

Myths & Facts

Myth

Rape is rare. The number of people who are raped is small.

Fact

In 2002, there were 247,730 victims (age 13 and older) of rape, attempted rape, or sexual assault (National Crime Victimization Survey). One out of every 6 women has been the victim of an attempted rape or completed rape in their lifetime.

Myth

Most people are raped by strangers. It is not really rape if it occurs between people who know each other.

Fact

Approximately 66% of rape victims (age 13 and older) know their assailant. (NCVS, 2000)

Myth

Women ask to be raped by the clothes they wear or the way they act.

Fact

The way people look, act or dress does not invite sexual assault. Victims are often selected because they appear vulnerable. Sexual assault is an act of violence.

Reactions to Rape

Every victim reacts to sexual assault in their own way; however, there are some characteristic reactions that many victims have in common:

Immediately following the assault

- * Denial or disbelief
- * Anxiety
- * Feeling dirty, soiled
- * Shame, humiliation
- * Restlessness
- * Crying
- * Shaking
- * Calm, composed
- * Feeling responsible for the assault
- * Guilt
- * Anger

Reaction over the following days and weeks

- * Difficulty in sleeping
- * Changes in eating habits
- * Difficulty concentrating
- * Flashbacks
- * Emotional numbness
- * Depression

You do not need to face this alone. Call a family member, a friend, your clergyman, or Family Service of the Piedmont's crisis line. They can offer support and assistance.



if I am raped...

What Should I Do?

Do call the Rape Crisis Line

336.273.7273 or 336.889.7273

The Rape Crisis Line is staffed 24 hours a day. In a matter of minutes, you will speak with a trained rape crisis advocate who can provide you with emergency information and crisis intervention.

Do not shower, bathe, or change clothes.

Valuable evidence may be destroyed. If you have showered, bathed, or changed clothes already, evidence may still be collected. Bring your clothes with you to the hospital.

Do not straighten your apartment or home if you were assaulted there. Wait until law enforcement has had an opportunity to collect evidence from the area.

Do not eat, drink beverages, smoke cigarettes, or use the bathroom if at all possible prior to your visit to the emergency department. Each of these activities destroys vital evidence.

Do bring a change of clothes with you to the hospital. Clothes worn during the assault may be kept for evidence.

Do seek counseling. Your rape crisis advocate has information and resources that can help you.