

REMEMBER
ALWAYS PROVIDE SUPPORT

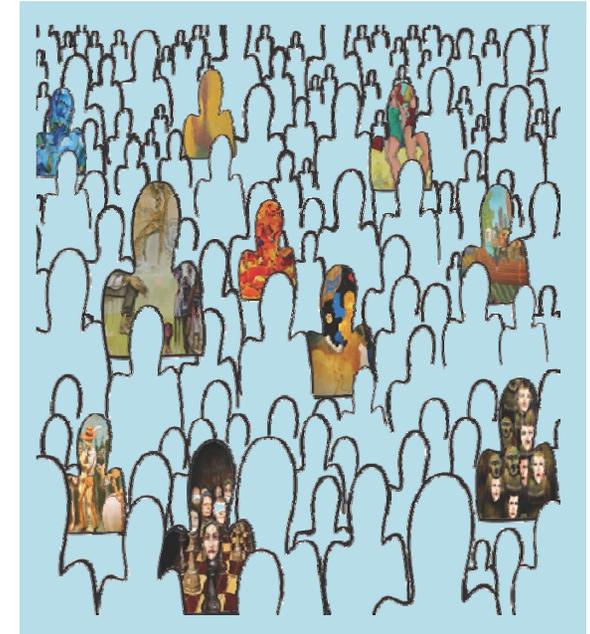
- Respect the victim's need to talk and avoid pushing her/him to talk before s/he is ready.
- Allow them to express their full range of feelings without fear of condemnation or criticism.
- Be aware of comments that try to distract them or discount what s/he is feeling.
- If you are unsure how to respond to the victim, express your concern and ask how you can best support them.
- Avoid prying or pressing for details about the assault.
- Avoid comments or questions that imply blame.
- Be willing to assist the victim with medical and legal concerns.
- Assist the survivor in feeling safe and minimizing the risk of future assaults.
- If children are involved, they may know or sense that something has happened. It is important that they have someone to talk to about their feelings.
- Recognize your own limitations and encourage the victim to seek help with someone trained in rape counseling.

Resources

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252
SARPA (24 hour response line)	927-1020
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
Pat Walker Health Center (University Health Services)	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Peace at Home Family Shelter	442-9811
The Crisis Center	756-2337

STAR Central of the Pat Walker Health Center's Health Promotion Department is the Office of Support, Training, Advocacy, and Resources on Sexual Assault and Relationship Violence. Confidential advocacy services and campus training programs are available. Visit <http://health.uark.edu> for more information or to learn about STAR Central's peer education program, RESPECT, visit <http://respect.uark.edu>

Secondary Survivors



STAR Central

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



**Pat Walker Health Center
Office 277
(479) 575-7252
TTY (479) 575-4124**



When is it Rape?

Rape occurs when one person forces, coerces, or manipulates another individual to have sexual intercourse against her or his will and without consent. The force, coercion, or manipulation can take many forms, such as, threats of physical violence, intoxication, or even lies about a future relationship.

When we think about force and rape, we often picture someone using a knife or gun, jumping out from a dark alley. We think about one person physically overpowering another person through brute strength. However, there are other kinds of force. Listed below are some examples:

- Threatening to harm another person or a pet that they care about.
- Having sex with someone who is too drunk to consciously consent or is already passed out.
- Forcing feelings of guilt to make a person give in.
- Not taking NO for an answer.

- **Force isn't always physical.**
- **The force may be in the form of an implied (unspoken) threat.**
- **Rape is about POWER and CONTROL, not about sex or passion.**

Giving Support

If you are supporting someone who has been assaulted, it is important to:

- Reassure them that it is not their fault.
- Listen, understand, and encourage them to express their feelings, whatever they may be.
- Help them make decisions which are in their best interest.
- Be careful not to pressure them.

Although the more time that passes the less evidence can be collected by a rape exam, consider one thing at a time. Proceed slowly, but consistently.

Understand...

While your first priority may be to help the victim, remember that you also need to take care of yourself. Working through your own feelings and reactions will not only help you but will also help the survivor. Experience tells us that survivors who receive emotional support from those they are closest to will heal sooner.

- Secondary victims often report feeling very angry. Work to understand your anger. Feeling anger toward the rapist is a very normal reaction to rape; however, expressing intent to harm or kill the rapist only adds to the victim's anxiety.
- Those close to a rape survivor commonly experience feelings of guilt for their perceived failure to protect their loved one. Realize that just as much as this isn't the victim's fault, this is also not your fault.

- Some secondary victims attempt to support the victim by overprotecting them. You and the one you care about need some space and time to figure things out. It's okay to have some alone time.
- Secondary victims sometimes hope to help the victim by distracting them from what has happened. Some distraction can be helpful, but remember, this will not disappear. Over time, you will all need to deal with the aftermath from the assault.
- Spouses and significant others must listen to the victim for cues on levels of intimacy. The survivor may feel uncomfortable, afraid, or have flashbacks from the assault. **Be patient and understanding.**

Immediately after an assault, assist the victim with the following guidelines.

1. Assure they are in a safe place and call 911 if immediate help is needed.
2. The victim should not wash hands, shower, douche, brush teeth, eat, or change clothes.
3. Don't disturb the "scene" where the assault happened. This may destroy evidence.
4. Remember as much as you can about the offender and the incident. Most victims know their attackers. **ANY** forced sexual contact is a crime.
5. Report to the nearest medical facility that provides rape forensic exams. The closest facilities for University of Arkansas students are SARPA (Sexual Assault Recovery and Prevention Agency) (479) 927-1020 or Washington Regional Medical Center (479) 442-1000. Police can be contacted by medical personnel if the victim wants to make a police report

