
What happens after rape?

After a sexual assault, a person can experience a wide range of reactions. It is extremely important to note that there is no one single response. Some rape survivors respond immediately, others may have delayed reactions. Some appear to be affected by the assault for a long time, whereas others appear to recover rather quickly. The stages that occur after a rape are defined as Rape Trauma Syndrome.

In the early stages, many report feeling shock, confusion, anxiety, and/or numbness. Sometimes feelings of denial are experienced. In other words, the person who was raped may not fully acknowledge what has happened or may downplay the intensity of the experience. This reaction may be more common among those who are sexually assaulted by someone they know.

Although survivors of sexual assault can experience a wide variety of symptoms, they do not have to suffer in silence. Help is available and should be sought. STAR Central provides confidential advocacy services to help University students identify available campus and local community resources.

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>

When Rape Occurs



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**



What to Do After a Rape...

- Find a safe environment, anywhere away from the offender.
- Call a trusted friend or relative to stay with you.
- Preserve evidence of the assault – do **NOT** bathe, shower, douche, eat, drink, or brush teeth. If possible, try not to urinate or eliminate any waste. Any of these actions may wash away potential DNA evidence.
- Any clothing, if not still being worn, and any bedding or throw rugs should be preserved and not laundered. These items may contain evidence and be useful if you decide to report the crime.
- Get immediate medical attention. Even with no physical injuries, it is important to determine the potential risks for sexually transmitted infections and pregnancy. In some cases, medications can be given to help prevent these risks.
- To preserve forensic evidence, have a forensic medical exam performed at a local emergency room or rape crisis forensic clinic.
- If you suspect you may have been drugged, ask that a urine sample be collected. The sample can be analyzed later by a forensic lab.

- Write down all the details you can recall about the incident and the offender. This information may be useful if you decide to report the crime.
- Report the rape to law enforcement authorities. Remember, you have been a victim of a crime and it is not your fault for what the perpetrator chose to do to you.
- Seek help with processing the many feelings that come after a rape. A counselor or therapist can help you understand the process of healing
- Remember it wasn't your fault.
- Recognize that healing from rape takes time. Give yourself the time you need.
- Know that it's never too late to call for help. Even if the sexual assault happened years ago, Sexual Assault Hotlines and Victim Advocacy Services can still help. Many victims do not realize they need help until months or years later.
- If you are a college student, talk to a professional at your school's health services, student affairs, or counseling services and learn about available resources to assist you during this difficult time.

**Not sure what to do?
Call STAR Central at (479) 575-7252,
or SARPA at (479) 927-1020,
or your local 24-hr Rape Crisis Hotline.**

Seeking Care.....

Immediate medical care should be sought, even if physical injuries are not apparent. Sometimes internal injuries exist. In addition, it is important to determine the potential risk for sexually transmitted infections, and/or pregnancy. The University of Arkansas Pat Walker Health Center, University Health Services can provide students with general medical evaluation, but **cannot** provide forensic rape exams.

A forensic rape exam not only provides assurance of physical health through medical evaluation, but also allows for evidence to be collected and preserved so that it may later be used if it is decided to prosecute the suspected rapist. To collect evidence, a "rape kit" is used. The rape kit consists of a series of swabs for specimen gathering, placed in envelopes, and then sealed in a small box sent to the State Crime Lab.

Forensic rape exams are available at the local rape crisis center in Northwest Arkansas known as SARPA (Sexual Assault Recovery and Prevention Agency) or at your local hospital's emergency department. If the exam is done within 72 hours of the assault along with a police report being filed, the forensic exam is paid for by the state of Arkansas.

