

Remember: Always Provide Support

- Respect the victim's need to talk and avoid pushing them to talk before they are 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 they are feeling.
- If you are unsure how to respond, 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 them with finding information about 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 victim advocacy or counseling.

Campus Resources

STAR Central	479-575-7252
For advocacy email	survivor@uark.edu
For education programs email	respect@uark.edu
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-7111
Student Standards & Conduct	479-575-5170

In the event of an emergency, call 911.

Confidential Campus Resource Options

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing survivor@uark.edu or at 479-575-7252 to arrange for an appointment.

***For more resource information, including
community resources, please visit
<http://respect.uark.edu>***

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day (no appointment necessary) at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

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Secondary Survivors



STAR Central
Pat Walker
Health Center

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. Some examples are:

- 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.
- Assist them with identifying resources for help.
- Be careful not to pressure them into making a decision.
- Although there is a limited amount of time based on State law for rape kit collection and a greater potential for evidence collection sooner after rape, don't pressure a person who is not yet ready to take this step.

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 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 it isn't the victim's fault, it 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 that they are in a safe place and call 911 if immediate help is needed.
2. If possible, 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 potential 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.