
What can you do if
you have been
sexually assaulted

- ⇒ Get to a safe place
 - ⇒ Call 911
 - ⇒ Call a rape crisis center or local hospital
 - ⇒ Don't shower or comb your hair
 - ⇒ Preserve the clothes worn at the time of attack
 - ⇒ Get a medical exam
 - ⇒ Inquire about tests for possible pregnancy, HIV / AIDS and sexually transmitted diseases.
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P.O. Box 10775
Jefferson, LA 70181

METROPOLITAN
BATTERED WOMEN'S PROGRAM, INC.

*Metropolitan Battered
Women's Program*

*Serving Jefferson, Orleans, St. Charles,
St. John and St. James Parishes*

*Sexual Assault Response
Assistance Center
(S.A.R.A.'s Center)*



YOU DID NOT ASK FOR IT!

**24-hour Crisis Line (local):
837-5400**

**24-Hour Crisis Line
(River Parishes and Statewide):
1-888-411-1333**

Jefferson Parish
(504) 837-5400
Fax (504) 828-2893

**St. John, St. James, St. Charles
River Parishes**
(985) 651-7397

email: metrobat@bellsouth.net
www.metrobatteredwomen.com

**Sexual Assault is never the victim's fault.
No one deserves to be sexually assaulted.**

What is Sexual Assault?

- ⇒ **Has** anyone ever touched you in a way that made you feel uncomfortable?
- ⇒ **Have** you been forced to have sex against your will?
- ⇒ **Have** you been attacked because you acted or dressed a certain way or went to certain places?

THIS IS SEXUAL ASSAULT!

Sexual Assault is About

- ⇒ Anger
 - ⇒ Power
 - ⇒ Control
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Sexual Assault takes many forms

- ⇒ Rape or attempted rape
 - ⇒ Incest
 - ⇒ Unwanted touching
 - ⇒ Indecent exposure
 - ⇒ Fondling
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"Rape" and **"Sexual Assault"** are terms used interchangeably to describe crimes that involve unwanted and illegal sex acts. The legal definition of rape and sexual assault vary from state to state. **Sexual Assault** involves the use or threat of force but may not involve penetration of a victim's vagina, mouth, or anus.

If you are a Sexual Assault Survivor

If you do not have visible physical injuries from the assault, friends and family may think you are okay. Many people do not understand the effect of trauma endured by rape and sexual assault victims. Your body may look fine but you still need time for emotional and spiritual healing. Sexual assault can have physical and emotional effects. They may be short-term or long-lasting.

Some common effects are:

- * Shock or denial about the assault
 - * Muscle tension and headaches
 - * Change in sleeping and eating
 - * Nausea and vomiting
 - * Feeling of fear, shame, or guilt (remember, sexual assault is never the victim's fault)
 - * Anger, irritability and anxiety
 - * Nightmares and flashbacks
 - * A sense of worthlessness, helplessness or loss of control
 - * Withdrawal from others and loss of interest in usual activities
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**Counseling is an
important part of
recovering!**

Metro has free and confidential services:

- ⇒ Crisis intervention
- ⇒ Counseling
- ⇒ Information and referral

*A counselor can help you to
cope and recover after an
assault.*

*Metro welcomes
LGBT Survivors*
