

TIPS TO HELP PREVENT SEXUAL ASSAULT

- Avoid wearing headphones in both ears when walking alone.
- Be aware of your surroundings.
- Use the buddy system. Memorize important phone numbers and the numbers of friends and family.
- Make sure your cell phone is charged and your tank is full of gas.
- Be an ally. Watch out for your friends, too.
- Avoid isolated areas.
- Lie if necessary to get out of a dangerous situation. Make up an excuse to leave.
- Have a code word with friends and/or family so you can communicate with them to come and get you without alerting the person you are with.
- Walk with purpose, even if you do not know where you are going.



OTHER RESOURCES

LOCAL:

- R.I.S.E. 24-hour Crisis Line **844.349.6177**
- Sexual Aggression Peer Advocates (S.A.P.A.) 24-hour Hotline **989.774.CALL (2255)**
- Saginaw Chippewa Indian Tribe of Michigan Behavioral Health Programs **989.775.4850**

NATIONAL:

- Rainn.org (Online Hotline and Info)
- National Sexual Assault Hotline **1.800.656.HOPE (4673)**
- LovelsRespect.org

BOOKS:

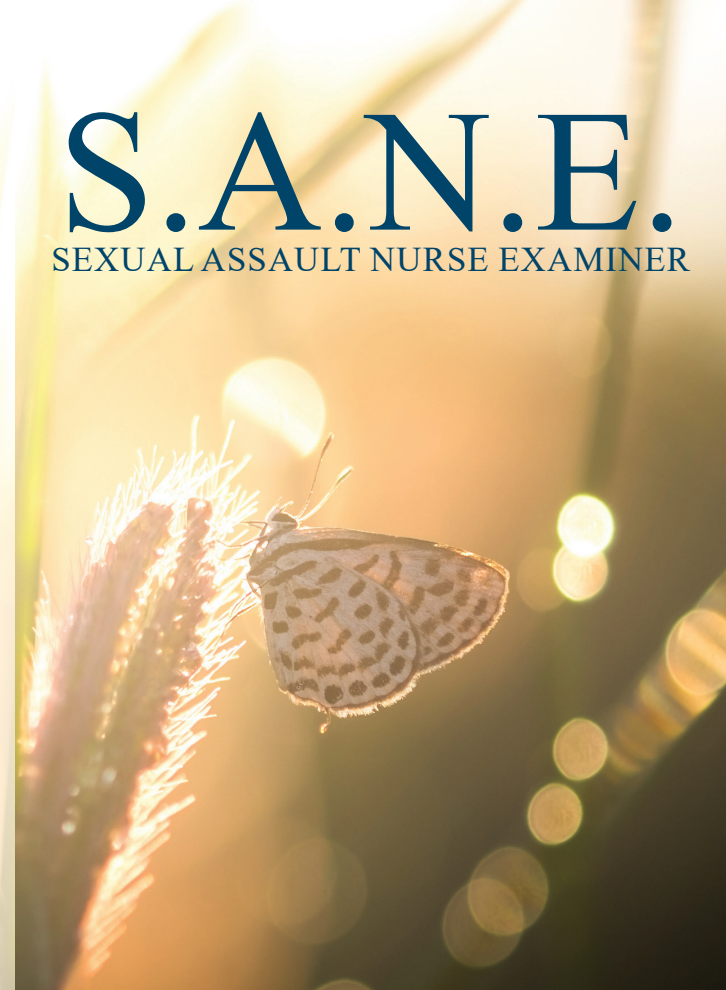
- "Lucky" by Alice Sebold
- "I Never Called it Rape" by Robin Warshaw
- "Quest for Respect" by Linda Braswell
- "Recovering from Rape" by Linda Ledray



This project was supported by Grant No. 2008-TWAX-0020 awarded by the office on Violence Against Women, US Dept. of Justice. The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the authors and do not necessarily reflect the views of the dept. of Justice, Office on Violence Against Women.

S.A.N.E.

SEXUAL ASSAULT NURSE EXAMINER



If you have recently been a victim of sexual assault or rape, a S.A.N.E. can help. S.A.N.E.'s are available 24/7 for private, comprehensive sexual assault medical exams at no charge. Police involvement is not necessary to receive help.

**FOR A S.A.N.E. EXAM, CONTACT
MCLAREN CENTRAL MICHIGAN'S
EMERGENCY DEPARTMENT**

989.772.6777

 **McLaren**
CENTRAL MICHIGAN

DOING WHAT'S BEST.

WHAT IS SEXUAL ASSAULT/RAPE?

RAPE: Forced sexual intercourse, including vaginal, anal, or oral penetration. Penetration may be a body part or an object.

SEXUAL ASSAULT: Unwanted sexual contact that stops short of rape or attempted rape. This includes sexual touching and fondling. In Michigan, both are considered Criminal Sexual Conduct.

Anyone who is drugged, incapacitated, or under 16 years of age, is unable to "give consent" to sexual activities.

YOU HAVE BEEN ASSAULTED EVEN IF...

- You didn't resist physically.
- You dated or are dating the perpetrator.
- You don't remember the assault.
- You were asleep or unconscious at the time.

- You or the perpetrator were drunk or influenced by drugs at the time.
- You thought "no" but didn't say it.

Remember: You must give consent to any sexual activity.

WHAT DOES A S.A.N.E. DO?

- A S.A.N.E. is a nurse who specializes in forensic examinations following sexual assaults. The purpose of the examination is to document, collect and process forensic evidence.
- Available for individuals age 13 and older.
- Offers emotional support and crisis intervention to the patient.
- Provides preventative medications to treat sexually transmitted infections and prevent pregnancy.
- Provides referrals for counseling and/or follow up medical treatment.

- They encourage and support your choice to report.
- S.A.N.E. nurses can testify in court.

BE AWARE OF DATE RAPE DRUGS

- If you feel surprisingly drunk very quickly, leave immediately with trustworthy friends.
- Get your own drinks.
- Don't leave a drink unattended.
- Avoid punch bowls.

TO REACH AN ADVOCATE, CALL R.I.S.E.

844.349.6177

**LOOK OUT FOR
YOURSELF AND YOUR
FRIENDS. KNOW YOUR
RESOURCES AND
RIGHTS!**

