



## What to do if you have been sexually assaulted

- Get to a safe place.
- Do not shower, bathe, wash your hands, brush your teeth, use the toilet or clean up in any way. You could destroy evidence. If you have already done any of these things, evidence may still be present for collection.
- Do not change or destroy clothing. Your clothes are evidence.
- If it was in your home, do not rearrange and/or clean up anything. You could destroy evidence.
- Get medical attention as soon as possible. Evidence should be collected when you get to the hospital.
- Contact a friend or family member you trust or call the local rape crisis center hotline.
- Most of all, know that this is not your fault!

### Remember that you have the right to:

- determine whether or not to report the crime to the police
- ask for a male or female police officer if you choose to report
- locate an attorney to represent you (the prosecutor is not your attorney)
- sue the rapist in civil court for money
- refuse to have evidence collected
- request that someone accompany you in the examination room, and
- be considered a rape victim/survivor regardless of the rapist's relationship to you.

Getting back to normal can take a long time and you may be wondering if there is anyone who can help. Many survivors have found it helpful to talk to rape crisis counselors. Please call our 24 hour Crisis Hotline on 281-342-HELP (4357). We can help, in total confidence and free of charge.

Source: [Texas Association Against Sexual Assault](#)