

APPENDIX W
What Should You Do After a Sexual Assault or Rape?

Tell Someone: A trusted friend, an advisor, an RA, a counselor at the Counseling Center, or contact HomeSafe of Wilson County, the local rape crisis shelter, at 444-8955.

Get Medical Attention: Physical safety and medical attention are of primary importance. Medical care should be obtained immediately at University Medical Center at 1411 West Baddour Parkway. You could be injured, become pregnant, or be exposed to a sexually transmitted disease.

Preserve Physical Evidence: Do not shower, bathe, or clean yourself. If possible, do not eat, drink, smoke, urinate, brush your teeth, or change your clothes before the physical examination. If you have changed your clothes, take the clothes you were wearing at the time of the sexual assault to the examination in a paper bag. (Plastic may destroy evidence). A medical examination, called a Rape Kit, will preserve important evidence of rape should you decide to prosecute.

Obtain Counseling: Counseling services are available through the CU Counseling Center and HomeSafe of Wilson County. Counseling is strictly confidential.

Sexual assault can continue to affect you emotionally and physically. You may be experiencing a variety of feelings: shock, denial, fear, numbness, mistrust, powerlessness, and/or self-blame. You may be experiencing disturbances in your sleeping and eating patterns. You may find you do not want to be alone. Remember that recovery takes time and that counseling can help you deal with these concerns.

Reporting the Assault: It is **your** decision and there are no easy answers as to whether you should report to law enforcement or file criminal charges. It is a personal and individual decision. It is in your best interest to have someone close to you, that you trust, who can support you through the decision-making process.

Reporting a rape or sexual assault to university officials or filing a police report does not initiate criminal charges. Such action creates a record should you decide to sign a criminal complaint. Campus Security and Residential Life must inform university administration that an alleged sexual assault has occurred. An investigation and university judicial proceedings may occur independent of your involvement.

Rape crisis centers are not required to report sexual assault to law enforcement unless you choose to do so. Medical attention sought at University Medical Center does include reporting to law enforcement.

The location of the crime determines which law enforcement agency will be responsible for the investigation. Lebanon Police or the Wilson County Sheriff's Department respond when an assault takes place off campus.

CU Counseling Center	(615) 547-1397	CU Campus Security	2222 or 476-3061
HomeSafe of Wilson County	(615) 444-8955	Lebanon Police	911 or (615) 443-2323
University Medical Center	(615) 444-8262	Rape Crisis Line`	(615) 321-2575

We hope this information is useful to you as you decide your course of action and begin the healing process.