

## Sexual Violence

Sexual Violence occurs anytime a person is forced, coerced and/or manipulated into any unwanted sexual contact; attempted or completed.

Sexual Violence can happen to anyone, anywhere, and anytime, regardless of age or gender. Sexual Assaults are not always committed by strangers. Often, sexual violence is committed by a parent, sibling, family member, babysitter, roommate, friend, date, spouse, boyfriend or girlfriend and it is most often someone you know and trust.

Sexual Violence is not a crime of lust. It is a crime of power and control. In all cases of sexual violence, no one is to blame, but the perpetrator, who must be held accountable for his or her actions. A common misconception is that sex offenders cannot control their sexual urges and are driven to commit these crimes.

## No One Deserves to Be Sexually Assaulted

### Things that Cause Rape

- Revealing/Inappropriate Clothing
- Alcohol
- Flirting
- Walking Alone
- TV/Movies
- Nighttime
- Minorities
- Weather
- A Promiscuous Past

Rapist

## AFTER AN ASSAULT

Find a safe place and seek assistance by calling 911 or local rape crisis center. If you are going to report and have a medical forensic medical exam the following are not action recommend doing until exam is completed.

- Do not change your clothes.
- Do not urinate, bathe/shower, eat, or drink, comb your hair or douche.
- Do not touch, move, destroy, or discard anything from the scene of the crime.

The police and/or local rape crisis center will assist you in seeking medical attention to determine any injuries you may not feel. By obtaining medical attention you can receive follow-up care for determining pregnancy and possible STD's. Sex assault victims will not incur out of pocket expenses for forensic medical exam.

### Common Reactions During a Sexual Assault

**Freezing:** Being unable to think, move or speak when your life is being threatened is common.

**Yielding:** You may have pretended to cooperate or gave in. Many survivors were able to figure out what the perpetrator wanted by giving in or pretending to minimize injuries or death.

**Bargaining:** Some survivors will try to cut a deal during the assault. For example, it may have been performing one sex act if the perpetrator agrees not to do another or convincing perpetrator to wear a condom or having sex in exchange for protection.

**Physical Fighting:** There are many ways to fight. Anything you did to survive was fighting back. Some survivors screamed, kicked, hit, scratched, and pushed back, the rapist who is not looking for a fight may give up. Many rapists are/were looking for a fight and respond more violently. Any of responses listed are ways that survivors fought back.

**Terror and Disbelief:** Many survivors experience feeling of extreme fear, helplessness, and hopelessness during an assault. A sexual assault is an experience where you do not have control over what is happening to you. Terror, which does not go away when the assault is over, is a normal reaction.

**Sexual Response:** It is normal to experience some sexual response during an assault that would otherwise signal sexual pleasure for the body. A sexual response can make survivors feel very ashamed, but this does not mean you wanted or liked what was happening to you. The body is designed to respond to touch. You have nothing to be ashamed of.

## IN EMERGENCIES

### CALL 911

Lone Peak Police Department	801-756-9800
Alcohol and Drug Abuse	
Alcoholic Anonymous	801-375-8620
Narcotics Anonymous	801-373-7060
Campus Resources	
BYU Women's Center	801-422.4877
UVU Women's Center	801-863.8080
Counseling	
Wasatch Mental Health	801- 373-4760
Affiliated Family Treatment	801- 377-1595
Intermountain Specialized Abuse Treatment (ISAT)	801- 886-8900
Addiction & Psychological Services	801-222-0603
Family Support & Treatment	801-.229-1181
LDS Family Service (non-profit)	801- 216-8000
Crisis Hot Lines	
Rape Crisis Center	801-356-2511
Suicide Hope Line	800-273-8255
Utah Coalition Against Sexual Assault	801-746-0404
Financial Services	
Crime Victims Reparations	800-621-7444
Department of Workforce Services	801-492-4500
Tabitha's Way Food Pantry	801-692-1881
Food & Shelter Coalition	801-373-1825
Community Action	801-373-8200
Housing	
Utah County	801-373-8333
Legal Services	
Utah Legal Services	800-662-4245
Lawyer Referral Service	800-698-9077
Family Justice Center	801-851-8508
Medical Services -American Fork Hospital	801.763-3555
Mountain Pointe Medical Center	385-345-3000
Shelter	
The Refuge (UT County)	801-377-5500
Family Support & Treatment Center)	801-229-1181
YWCA (Salt Lake City)	801-537-8600
VINELINK (jail release notifications)	877-884-8463

## LONE PEAK POLICE DEPARTMENT

### Sexual Violence Victim Assistance Resource Guide

Case

#: \_\_\_\_\_

Officer/Detective: \_\_\_\_\_

CINDY BERGMAN  
801-772-4530

[cbergman@lonepeakpolice.com](mailto:cbergman@lonepeakpolice.com)

5400 W. Civic Center Dr. Ste 3  
Highland, Utah 84003

## Safety Plan

1. **Have a plan:** Tell family, friends, or roommates where you are going and when you'll return. If possible, have or arrange for your own transportation. Be aware and know your surroundings.

2. **Know your own boundaries:** It's your body you get to decide what your comfortable with and what happens with your body. No one should pressure you to go any further than you are comfortable with.

3. **Assess the situation:** Alcohol and drugs can interfere with others ability to respect an individual's boundaries and can affect your own judgement. Whenever possible use the buddy system, especially at clubs and parties. Never leave your drink unattended.

4. **Trust your gut:** If you get a bad feeling about a situation, it's probably for a good reason. Don't worry about what other people think. Trust your feeling and try to get out of the situation as soon as you feel uncomfortable.

5. **No means no:** Take "no" to mean no and explain that you respect that decision and won't pressure the person.

6. **Be careful around people you don't know well:** Resist the temptation to put total trust in a new friend by accepting a ride or going to someone's home. Just because one of your friends know someone doesn't mean you should automatically trust them.

7. **Listen carefully:** Take time to hear what the person you are with is saying. If you feel you are getting mixed messages, ask for clarification. Be cautious of those who are overly charming with words and accelerate the relationship to quickly.

8. **Be aware of Isolation:** A partner may insist only spending time with you consistently. The person insists on you not spending time with family or friends or say you should wear your clothes or do your hair certain way. Uses jealousy and guilt to make you feel bad about spending time with family, friends, or your interest.

Tips for Parents, Family and Friends of Sexual Assault Victims

**Do not question the child/victim.** The child/victim my disclose additional information. It is very important