



**IN CASE OF EMERGENCY,
CONTACT POLICE SERVICES AT
901.678.HELP (4357) OR CALL 911.**

Victim Coordinator
University of Memphis
3705 Alumni Avenue, Room 402
901.678.4471
victimservices@memphis.edu

Free & Confidential Services

What you share with a victim coordinator is confidential and will not be shared without your permission.

A victim coordinator is mandated to report shared information if:

- An intention to harm oneself or another is disclosed
- There is a suspicion of child abuse or neglect

*In an emergency, always call **911**. Emergency situations include a recent threat of violence, recent act of violence or if someone's health is in imminent danger.*

SEXUAL VIOLENCE, RAPE RESOURCES AND ASSISTANCE

LOCAL HOTLINES

University of Memphis Victim Coordinator
901.678.4471
victimservices@memphis.edu

Crime Victims & Rape Crisis Center (CVRCC)
901.222.4350
shelbycountyttn.gov/737/Crime-Victims-Center-and-Rape-Crisis-Cen

NATIONAL HOTLINES

Rape, Abuse and Incest National Network Hotline
1.800.656.HOPE
rainn.org

Planned Parenthood
1.800.230.7526
plannedparenthood.org

National Sexual Violence Resource Center
1.800.739.3895
nsvrc.org

All National hotlines are available 24 hours a day



**HELP FOR VICTIMS
OF SEXUAL ASSAULT**



AREAS OF LIFE AFFECTED BY SEXUAL VIOLENCE

SAFETY. Order of Protection: You can ask for a court order to keep the offender away from you. An attorney can help you do this.

Campus Stay Away Orders (No Contact Order): If you are a student, you can ask your school to issue a stay away order to keep the offender away from you at school.

HOUSING. Housing issues may arise after an assault - at an apartment complex, public housing, on campus or with a landlord.

EMPLOYMENT. A survivor's comfort or performance at work may be affected, especially if the offender is a co-worker or boss.

EMOTIONAL EFFECTS. Counseling is a helpful tool to continue a happy, productive life.

EDUCATION. Concentration in school may be affected. The offender may be in classes with the survivor, and accommodations will need to be made. School can also seem like too much, and a medical leave might be needed to take a break for healing.

FINANCIAL AID. Obligations can come due, or be lost, if action isn't taken to preserve the survivor's status.

What Can I Do if I Witness a Potential Sexual Assault Situation?

BYSTANDER INTERVENTION TACTICS THE 3D's – DIRECT, DISTRACT & DELEGATE

CREATE A DISTRACTION. Do what you can to interrupt the harassment or distract those taking part in the harassment. But remember to make sure that you aren't putting yourself in danger by doing this. If someone seems like they could become violent, do not draw their attention.

ASK DIRECTLY. Talk directly with the person who is being harassed. If they are being harassed at work or school, offer to accompany them any time they must meet with the harasser. If a friend is worried about walking alone to their car at night, offer to walk with them.

REFER TO AN AUTHORITY. The safest way to intervene for both you and the person being harassed may be to bring in an authority figure. You can talk to another employee, security guard, RA in your residence hall, bartender or bouncer, and they will often be willing to step in.

ENLIST OTHERS. It can be hard to step in alone, especially if you are worried about your own safety or if you don't think you will be able to help on your own. It may be a good idea to enlist the help of a friend or another bystander.

WHAT IS SEXUAL VIOLENCE?

The term sexual violence encompasses a broad range of unwanted sexual activities, all of which are crimes that have a profound effect on victims. Sexual violence includes sexual assault, rape or attempted rape, child sexual molestation or abuse, incest, statutory rape, spousal or intimate partner rape, fondling, forced or coerced pornography, sex trafficking and forced or coerced prostitution.

Not all sexual violence includes physical contact. Generally, rape includes penetration with any object, while sexual assault may or may not include penetration and may include emotional rather than physical violence, such as the threat of sexual assault. Many state laws refer to sexual violence as "rape" or "sexual assault." This brochure uses these terms interchangeably.

What Can You Do If You Have Been Sexually Assaulted?

- If you think you are still in danger, get to a safe place. If you are in immediate danger, call **911**.
- Call Police Services **901.678.4357** or **911**. You can also contact the Shelby County Rape Crisis Center (RCC) hotline at **901.222.4350**.
- If physically injured, go immediately to the nearest hospital emergency room.
- If possible, preserve evidence: Don't take a shower, use the bathroom, brush your teeth or comb your hair. Keep the clothes you wore at the time of the attack. If you are assaulted orally, don't eat or drink until seen by RCC staff.
- If you don't want to report the assault, contact the victim coordinator to discuss alternatives at **901.678.4471**.
- Anyone sexually assaulted within Memphis or Shelby County is eligible to receive counseling that is free and confidential, whether you chose to report the assault, and regardless of when it occurred. Contact the victim coordinator to receive a list of resources at **901.678.4471**.

If you or the offender are a student, faculty or staff member at the University of Memphis, you may report the incident to the Office for Institutional Equity at **901.678.2713** to initiate an internal investigation and safety measures.

SURVIVING A SEXUAL ASSAULT

Survivors face multiple life changes after a sexual assault. These life changes may require guidance in navigating the criminal justice system or seeking legal advice about civil issues.

Signs of Sexual Assault & Rape

- Bruising
- Bleeding (vaginal or anal)
- Difficulty walking
- Soreness
- Broken or dislocated bones
- Internal bleeding
- Sexually transmitted diseases
- Difficulty trusting others
- A hard time maintaining relationships
- Removal of oneself from community and loved ones following acts of violence
- Changes in behavior, including having outbursts of anger or similar reactions