

# What can you do if you've been raped?

Some options are:

- Call a crisis line
- Seek medical attention
- Talk to a counselor
- Talk to friends and relatives
- Report to the police\*

\*Bodily evidence can be collected up to 120 hours after an assault. If you are reporting a rape to the police, do not shower, douche, nor wash your clothes.

The most important thing is to do what is most comfortable to YOU. Give yourself the same love, understanding and patience that you would give a friend or family member.

In time, you will recover.

## FREE & CONFIDENTIAL services in these counties:

641-456-8949
641-424-9071
641-832-8456
641-456-8949
319-823-0116
515-851-1123
515-295-8646
319-823-0116
515-851-1123
515-295-8646
641-832-8456
515-570-4565
515-295-8646
641-832-8456

### Crisis Intervention Service

P.O. Box 656 206 Third NE Mason City, IA 50402-0656

> cis@cishelps.org www.cishelps.org

#### 24-Hour Crisis Line

641-424-9071 800-479-9071



If you are assaulted, please remember ~

IT IS NOT YOUR FAULT.

# You are a survivor

not a victim



### and you are not alone

One in five women and one in 71 men will be raped in their lifetime.

Even survivors need a little help sometimes

We are here for you

**Crisis Intervention Service** 

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## Not sure you were raped? Here's how you know:

No consent = sexual assault.

Period.

Being drunk is not consent

Being asleep is not consent

Staying quiet is not consent

A past relationship with someone is not consent

Flirting is not consent

Not saying "No" is not consent

Your partner must hear you say this:

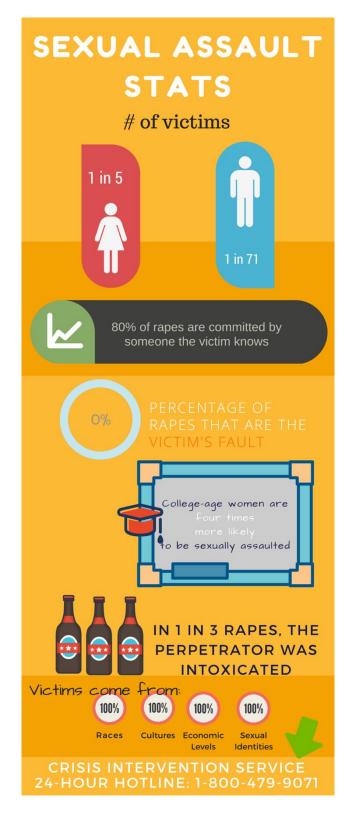


(and you can change your mind whenever you please)

#### "From Victim to Survivor"

We understand a victim is never at fault for being raped, yet may feel guilty. Sexual assault is a violent crime that may leave a victim feeling helpless, alone, afraid, confused, embarrassed, and sometimes even non-emotional or numb.

With understanding and support, a victim can become a survivor.



# Want help? Here is how Crisis Intervention Service can be there for you:

- You can call our 24-Hour
   Crisis Line for support. A
   certified sexual abuse
   advocate will be happy to
   help you (and you don't even
   have to give your name).
- You can receive confidential, free crisis counseling.
- Places like law enforcement buildings, courts and hospitals can be intimidating.
   We can be there with you every step of the way with free legal and medical advocacy.
- Need Information or a referral? Call us.
- Is someone who loves you struggling to help?
   We provide free counseling and support for victims' loved ones.