



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:

Butler..... 641-456-8949
Cerro Gordo 641-424-9071
Floyd..... 641-832-8456
Franklin 641-456-8949
Grundy 319-823-0116
Hamilton 515-851-1123
Hancock..... 515-295-8646
Hardin..... 319-823-0116
Humboldt 515-851-1123
Kossuth..... 515-295-8646
Mitchell 641-832-8456
Webster..... 515-570-4565
Winnebago..... 515-295-8646
Worth..... 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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800-479-9071
www.cishelps.org



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.**

SEXUAL ASSAULT STATS

of victims

1 in 5



1 in 71



80% of rapes are committed by
someone the victim knows

0%

PERCENTAGE OF
RAPES THAT ARE THE
VICTIM'S FAULT



IN 1 IN 3 RAPES, THE
PERPETRATOR WAS
INTOXICATED

Victims come from:

100%

Races

100%

Cultures

100%

Economic
Levels

100%

Sexual
Identities



CRISIS INTERVENTION SERVICE
24-HOUR HOTLINE: 1-800-479-9071

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**.