

**Sexual Assault Victim:**

*What happened to you was not your fault.*

*It was a traumatic experience that was beyond your control.*

*But the rest of the story is up to you.*

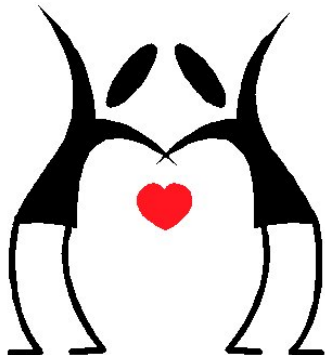
*You have options.*

*Suffering in silence doesn't have to be one of them.*

*Assistance is free & confidential.*

**Regional Crime Victim  
Crisis Center**

**www.regionalcrime.org  
24/7 Hotline  
325.677.7895**



Mending Hearts

**24/7 Victim Assistance Hotline  
325.677.7895**

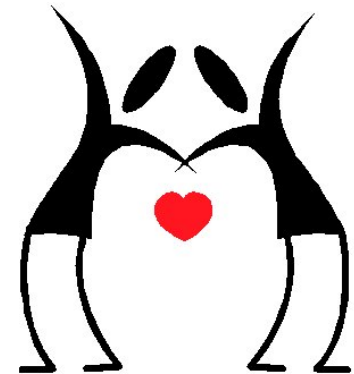
Regional Crime Victim Crisis  
Center  
P.O. Box 122  
Abilene, TX 79604

Phone: 325.677.7895  
Fax: 325.670.5014  
www.regionalcrime.org

Assisting Victims and Survivors  
of Violent Crime and Working  
to Prevent Violence

**Rape/Sexual Assault**

**RCVCC  
Regional Crime  
Victim Crisis Center**



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## Rape and Sexual Assault

**Sexual Assault** is a crime defined as intentional sexual contact, often characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault includes rape, non-consensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender, spousal relationship, or age of the victim.

Lack of physical resistance by the victim does not equal consent. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated or unconscious.

### What should I expect? Why don't I feel like myself? How will I feel?

There is no "right way" to respond to a sexual assault. Responses can differ from day-to-day and from person-to-person.

*Common feelings and reactions can include:*

- Feelings of guilt, or that somehow you are to blame for the attack
- Fear and anxiety
- Mood swings
- Nightmares and flashbacks
- Appetite disturbances
- Fatigue and/or difficulty sleeping
- Poor concentration
- Intense feelings of shame and self-blame
- Depression and withdrawal
- Sense of numbness and/or disconnect- edness from the world, both physically and emotionally
- Bouts of rage, impatience and irritation
- Loss of a sense of privacy and control
- Loss of interest in sexual activity

*It is important to remember that you are reacting normally to an abnormal situation.*

It will take time and support to get back to feeling settled. These symptoms or feelings may go away after a few months, but it is possible that they may continue to affect your ongoing health or relationships. It is important to take care of yourself, and to get the support and care that you need.

**RCVCC staff and volunteers are always on call to help victims and survivors of a violent crime.**



### How do I handle the reactions of others who learn about my sexual assault?

Comments by others may feel like criticism or blaming even the comments were not intended that way.

Facts to remember about sexual assault:

1. You did not consent
2. Nothing you did or did not do caused the assault
3. Responsibility for criminal behavior belongs to the offender

Your life has changed, but you will go forward in spite of the criminal behavior committed against you. You might choose to use this experience as an opportunity to confirm your personal strengths by holding your head up high, looking others in the eye, and holding the accused accountable for inappropriate behavior.

## Crisis Intervention & Crime Victim Assistance

*RCVCC Services Available—*

- 24-hour telephone hotline answered by RCVCC staff and local volunteers
- Support and information for victims at crime scenes, medical facilities, with law enforcement and in court.
- Counseling (all RCVCC counselors are Master's level professionals)
- Information and assistance with filing Crime Victim's Compensation documents
- Information about victims' rights
- Information and referral to community resources
- Assistance with parole notification and protests.
- Support and information for family members and friends of the victim

Adult victims of sexual assault are eligible to receive assistance and support from RCVCC, regardless of the victim's decision to press criminal charges or not.

RCVCC is an independent 501c(3) non-profit agency, serving Abilene and the surrounding area.



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