Victims of Sexual Assault Often Exhibit the following:

- Fear
- Anger & Frustration
- Anxiety Attacks
- Depression
- Trouble Sleeping
- Eating Problems
- Feelings of Helplessness
- Panic Attacks
- Distraction—Trouble Concentrating
- Recurring Dreams or Nightmares
- Confusion / Disorientation
- Relationship Problems
- Difficulty Trusting People
- Difficulty Establishing or Re-establishing Normal Sexual Relationships
- Guilt, Shame or Self Blame
- Problems with Personal Boundaries
- Reckless or Risky Behavior

Victims often feel they are somehow responsible or should have been able to prevent the assault, this is especially true in cases where the suspect is known to the victim. Sexual Assault is a crime. Only the perpetrator is guilty.

Dealing with emotions as soon as possible allows the victim to regain a sense of perspective and control.

University Police Services Offers Women’s RAD (Rape Aggression Defense) Classes free of charge for students, faculty, staff and community. Visit our website for more information
www.unr.edu/police

Who to Call for help:
For immediate assistance: 911

University Police Services:
Office Phone: 775-784-4013
Dispatch: 775-334-2677
24-hour Duty Phone: 775-745-6195
Cadets Mid-Campus: 775-745-5921
Cadets South Campus: 775-745-7505
University Police Cadets offer safe rides between buildings and parking garages/lots

UNR Counseling Services:
Office Phone: 775-784-4648
After Hours: 775-544-0492

Student Health Center: 775-784-6598

Campus Escort:
Safe Ride: 775-742-6808

Reno PD Dispatch: 775-334-2175
Detectives: 775-334-2115
(sex crimes unit)

Crisis Call Center: 775-784-8085
24 hour Crisis Line: 775-784-8090
or Toll Free: 800-992-5757

Text “listen” to 839863 to speak with a crisis counselor by text message

Victim compensation programs can help pay for counseling for survivors who have filed a report with police. Contact the Washoe County Victim Witness Assistance Center for information: 775-328-3210

Like us on Facebook, follow us on Twitter: uofnevadapolice

University Police Services
Fitzgerald Student Services Bldg.
Phone: 775-784-4013
Web Site: www.unr.edu/police
Email: unrpd@police.unr.edu
If you or someone you know has been sexually assaulted . . .

**Reporting to Police**

Sexual Assault is a crime—the perpetrator, not the victim, is to blame.

Victims are encouraged to report all crimes, including sexual assault, to the police. In addition to holding offenders accountable for their actions, reporting the crime can provide victims with access to immediate services such as medical care, advocacy and counseling.

If you choose to report the crime, you can help officers in investigating the case by preserving valuable evidence. Officers are trained to offer a sexual assault exam immediately upon reporting.

For best exam results:
- Don’t bathe, shower or douche
- Don’t change or wash clothing
- Don’t change or wash bedding
- Don’t use the bathroom
- Don’t eat or drink anything
- Don’t apply medication
- Don’t disturb or clean the crime scene

It’s natural to want to clean up after being assaulted, but remember that important evidence remains on your body, clothing and items at the scene.

Even if you do clean up, you can still report the crime. Evidence collection exams can be conducted at the SART unit at Northern Nevada Medical Center up to 10 days after an assault has occurred.

If You Choose Not to Report

If you choose not to report the crime to police, you can still have a sexual assault exam and evidence will be preserved for a period of time. The Jane Doe Act allows sexual assault victims certain rights and services even if they choose not to report the crime. Contact Crisis Call Center or the Reno Police Victim Service Unit for details.

Whether or not you choose to report please consider the following:
- Seek medical care for any injuries
- Ask to be tested for sexually transmitted diseases
- Consider asking for the “morning after” pill to prevent pregnancy
- Contact Counseling Services or the Crisis Call Center for support

Sexual assault is a traumatic event—victims often experience symptoms of post traumatic stress disorder. Getting the necessary support is critical to your emotional and physical health.

Reporting immediately is always best, but in the State of Nevada, a victim may report a sexual assault for up to 4 years after the event.

If You Want to Help Someone Who’s Been Assaulted

- Listen to and believe the victim
- Don’t judge the victim’s actions or decision making
- Remind the victim it is NOT her or his fault— the person who committed the crime is to blame
- Encourage the victim to report the crime to police, but respect his or her decision if they choose not to
- Encourage the victim to get medical care
- Encourage the victim to seek emotional support through counseling and other available resources
- Offer to go with your friend to the police department, hospital or counseling center

University students have access to the campus Counseling Center at no additional cost. Counseling Services are included in your student fees.

The Crisis Call Center can provide advocacy and resources to victims of crime. They also offer a Survivors of Sexual Assault Support Group—a safe environment where group members can express feelings and concerns that they may not want to share with friends or family. The support group can assist victims in developing strategies and coping skills to regain a sense of control over their lives.

Sexual assault is a crime— the perpetrator, not the victim, is to blame.