



The Survivor's Handbook  
24-Hour Crisis Hotline:  
**(520) 327-7273 or (800) 400-1001**

**Help is Available.**

The Southern Arizona Center Against Sexual Assault offers confidential services for anyone affected by sexual violence. Services available include:

**Sexual Violence Crisis Line**

Available 24-Hours / Anonymous /  
Bilingual Toll-Free number for all of Southern Arizona

**Sexual Assault Resource Service**

Hospital Advocacy Services / Available 24-Hours /  
Bilingual Crisis Intervention / Information and Referral

**Sexual Assault Medical Forensic Exams**

Available 24-Hours / Medical Care and  
Collection of Biological Samples by Trained Forensic Examiners  
*Authorization from law enforcement required for survivors 12 years old and younger.*

**Walk-In Services**

Immediate Crisis Intervention / Information and Referral /  
Bilingual Advocacy Services / Available During Business Hours  
Mon-Fri 8am to 12pm and 1pm to 5pm

**Mental Health Services**

Individual / Couples / Group / Family /  
Bilingual / Call for eligibility and intake

For questions or assistance, contact the  
Southern Arizona Center Against Sexual Assault  
Monday to Friday 8am-5pm: (520)327-1171

**24-HOUR CRISIS LINE: (520) 327-7273 or (800) 400-1001**

TTY/RELAY/TEXT MESSAGE CAPABLE: (520) 327-1721

## Table of Contents

**MISSION STATEMENT**

**RECENT SEXUAL ASSAULT**

**INTRODUCTION**

**THE MEDICAL FORENSIC EXAM AND FORENSIC SAMPLE COLLECTION**

**QUESTIONS ABOUT THE MEDICAL FORENSIC EXAM**

**POSSIBLE MEDICAL ISSUES AND CONCERNS**

**SEXUAL ASSAULT FOLLOW UP CARE**

**CHECKLIST FOR FOLLOW-UP MEDICAL CARE**

**CENTER FOR DISEASE CONTROL RECOMMENDED REGIMENS**

**REPORTING THE ASSAULT**

**IF I CHOOSE TO REPORT THE ASSAULT**

**REPORTING INFORMATION FOR MINORS**

**ACTIVE DUTY MILITARY MEMBERS AND ADULT DEPENDENTS**

**IF YOU ARE A STUDENT**

**IF YOU IDENTIFY AS A LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER OR INTERSEX SURVIVOR (LGBTQ!)**

**IF YOU ARE A PERSON WITH A DISABILITY**

**IF YOU IDENTIFY AS SEX/HUMAN TRAFFICKED**

**ABOUT SEXUAL VIOLENCE/ASSAULT**

**CHILD SEXUAL ABUSE**

**HOW YOU CAN HELP**

**INDICATORS OF ABUSE**

**SURVIVING THE EMOTIONAL IMPACT OF SEXUAL VIOLENCE**

**SELF-CARE**

**WAYS TO RELAX**

**HOW CAN YOUR LOCAL SEXUAL ASSAULT CRISIS CENTER HELP?**

**WHAT ARE MY RIGHTS AS A SURVIVOR (VICTIM)?**

**LEGAL ADVOCACY**

**FINANCIAL ASSISTANCE**

**SAFETY PLANNING**

**HELPFUL INFORMATION FOR FRIENDS & FAMILY**

**DO'S AND DON'TS FOR PROVIDING SUPPORT**

**FACTS ABOUT SEXUAL VIOLENCE**

**GLOSSARY**

**RESOURCES**

**You Are Not Alone.**

You can call the Southern Arizona Center  
Against Sexual Assault Crisis Line 24/7.

All calls are anonymous and confidential.

**(520) 327-7273**

**(800) 400-1001**

*Written by the Southern Arizona Center Against Sexual Assault 2010  
Revised February 2016*

## **Our Mission**

At the Southern Arizona Center Against Sexual Assault, it is our mission to reduce the trauma and incidence of sexual assault by providing treatment and promoting prevention of sexual abuse, incest, molestation and rape. We provide a safe place for survivors to gain strength, learn coping skills, and develop trusting, caring relationships.

## **Introduction**

Sexual assault is not about having sex- it is a violent crime.

Anyone can be a victim of sexual violence: including children, teenagers, adults, and the elderly; those who have mental or physical disabilities, any gender, race, sexual orientation or economic status.

Sexual violence/sexual assault are terms that describe several kinds of crimes:

- Rape by a partner/spouse/date/acquaintance/stranger
- Sexual harassment
- Child molestation
- Indecent exposure
- Incest
- Stalking
- Exhibitionism
- Voyeurism

Sexual assault can be facilitated in situations where a person may be under the influence of any substance, unconscious, or has a disability and cannot consent to sexual activity.

Survivors of sexual violence are forced, coerced and/or manipulated to participate in unwanted sexual activity. Survivors do not cause their assaults and are not to blame. Perpetrators are fully responsible for their actions. Perpetrators may be strangers, but more often are known to the survivor. Usually the perpetrator is an acquaintance, partner, spouse, or family member.

Survivors may experience many types of feelings following a sexual assault- confusion, anger, guilt, fear, shame, embarrassment. They may feel like there was something that they could have done to prevent the assault from occurring. Those feelings are normal to have. Also, know that whatever action or inaction that was taken during the assault was the right one. Nothing gives a perpetrator the right to violate another human being.

We want you to know that help is available. Here at the Southern Arizona Center Against Sexual Assault (SACASA), we have caring and compassionate trained advocates and therapists who can help you on your journey in recovery.

To speak to an advocate, you can call SACASA's 24-hour bilingual crisis line at (520)327-7273 or (800)400-1001 or come into the office Monday to Friday 8am to 5pm.

If you have been recently assaulted, an advocate can meet you at the hospital to provide support, coordination of care and explain your rights and options.

Therapy services are available to those in the process of healing from a recent sexual assault or sometime in the past. We offer individual, couples, family and group therapy for survivors and their loved ones.

***You are not alone. We believe you. It's not your fault.***

### **RECENT SEXUAL ASSAULT**

#### **I Was Recently Raped. What Do I Do?**

- First, get to a safe place. Call the police, a friend or family member, or the Southern Arizona Center Against Sexual Assault at **(520) 327-7273**. You may find it helpful to have an advocate nearby to support you through the process of dealing with the sexual assault.
- If at all possible, do not change your clothes, shower, bathe or wash.
- For immediate medical care, if possible, go to **Tucson Medical Center (TMC)-5301 E Grant Rd.** If you have serious or life threatening injuries, go to your nearest Emergency Department.
- You have the right to have an advocate present with you at the hospital. The hospital should contact SACASA to have an advocate meet you at the hospital. If an advocate is not called, you can request the hospital staff to contact SACASA to dispatch a Sexual Assault Response Services (SARS) advocate.
- The hospital will contact law enforcement, but you are not required to talk to an officer or deputy if you do not wish to speak with law enforcement.

#### **I Feel I May Have Been Drugged (Including Alcohol) and Sexually Assaulted. What Do I Do?**

- If you have experienced a loss of consciousness, a loss of time or are concerned that something happened to you without your consent, you are encouraged to act as soon as possible if you have a desire to receive medical care.
- The types of drugs used are metabolized quickly and may not be detected after a few hours of delay.
- These drugs have a sedative and hypnotic effect on unsuspecting victims and are used to facilitate numerous crimes, including rape.
- These drugs make it difficult, if not impossible, to resist an assault or have memory of the incident.
- Not only are survivors uninhibited and likely to engage in behavior quite uncommon, but may not even remember such conduct or behavior.
- Urine, not blood, is the most important sample in most cases and timing is of the essence. The best sample of urine is from the first void after waking. It is important to know that most hospital labs aren't able to detect the presence of these drugs during a standard urine analysis.

### **Do I Need Medical Care?**

Medical care is strongly recommended immediately after a sexual assault and in the following months. It is important for you to know what you can do to reduce your risk of infections and other health concerns, as well as other options available.

### **What to Expect if You Go to a Hospital?**

If you decide to go to an Emergency Department, it may be difficult explaining your medical needs to the person checking you in. SACASA can send an advocate to be with you at the hospital. The advocate can provide emotional support, crisis intervention, information, referrals, and help you understand your rights and options.

Emergency departments are often busy. It may be some time before you are treated. The hospital should provide a quiet area for you to wait. You may want to notify a friend or relative for support. If you plan on reporting the assault to law enforcement, you may want to ask a friend or family member to bring you a full change of clothes. (Law enforcement may want to take the clothes you are wearing to be examined for forensic samples.)

### **You Will Be Asked These Questions:**

- Why are you here?
- Where and when did the assault happen?
- What is your name, address, age?

*If you would like an advocate present, ask the hospital to call the Southern Arizona Center Against Sexual Assault. Or call our crisis line at (520) 327-7273 or (800) 400-1001.*

## **THE MEDICAL FORENSIC EXAM AND FORENSIC SAMPLE COLLECTION**

### **What Is A Medical Forensic Exam?**

Although you have the right to receive medical care at any Emergency Department of your choosing, if you decide to receive a medical forensic exam in Pima County, you may complete a medical forensic exam at our designated site:

### **Tucson Medical Center- 5301 E Grant Rd.**

If you are medically unstable and are unable to go to TMC or be transferred, a nurse will come to you to complete a medical forensic exam.

The medical forensic exam is a comprehensive medical exam. The examiner assesses and documents injuries associated with the assault and collects forensic samples. Due to the violent nature of the crime, it is important that samples be collected as soon as possible. The medical forensic exam can be done at any time but the collection of samples may be taken up to five days (120 hours) after the assault. You have the right to decline any or all parts of the exam. The examiner may collect the clothing you had on at the time of the assault. The samples collected may be used in investigating and prosecuting the crime.

### **Can Any Healthcare Provider Perform the Medical Forensic Exam?**

No. A medical forensic exam is a comprehensive medical exam performed by a Sexual Assault Forensic Examiner who is a specially trained Registered Nurse, Nurse Practitioner, Physician's Assistant or Physician with advanced educational and clinical preparation.

### **Why Would I Need a Medical Forensic Exam?**

You may wish to have a medical forensic exam to be treated by a trained forensic examiner who can make sure that you are medically okay, to complete a head to toe assessment, to document any injuries and/or have forensic samples collected immediately following an assault.

If law enforcement determines that a medical forensic exam might benefit their investigation, they might request that you have one - although **the decision is up to you**. The medical forensic exam can still be completed at the request of the survivor.

A medical forensic exam will not tell you whether or not you were raped. Many times, a sexual assault will leave no injuries. Injuries discovered through a medical forensic exam can also result from consensual sexual activity as well. This does not mean that an assault did not occur.

### **How Do I Request A Medical Forensic Exam?**

- Report the assault to hospital emergency room staff. All hospital personnel are required by law to report to law enforcement if a sexual assault survivor comes to the emergency department for treatment resulting from a sexual assault. **However, survivors are not required to speak with law enforcement if they do not want to.**
- Emergency department staff should dispatch a Sexual Assault Resource Service (SARS) Advocate to provide emotional support to you during your hospital visit. Be sure to ask the Emergency Department staff to contact a SARS Advocate if one has not been called.
- The SARS advocate will coordinate with the forensic examiner to provide the medical forensic exam.
- You may also contact The Southern Arizona Center Against Sexual Assault Crisis Line at **520-327-7273** or **800-400-1001** if you have any additional questions or concerns regarding a medical forensic exam.

## **QUESTIONS ABOUT THE MEDICAL FORENSIC EXAM**

### **How Much Will The Exam Cost Me?**

The medical forensic exam you receive from the SANE is provided to you at no cost.

However, there may be costs related to the medical care provided by the emergency department staff. These costs may include: labs, X-rays, tests and medications to prevent pregnancy and sexually transmitted infections (STI's), including HIV. The advocate can arrange for you to speak with emergency department staff if you have questions about billing.

The Arizona's Victim's Compensation program provided through the Pima County Attorney's Office may help reimburse you for medical expenses. An advocate can help you apply for victim's compensation.

### **Can I Get An Exam After 120 Hours (5 Days)?**

Yes. For medical purposes, an exam is always an option. However, research has shown that after 120 hours, most forensic samples on our bodies are destroyed.

### **What You Need To Know About Forensic Evidence:**

- Over time, forensic evidence is lost, begins to degrade, or becomes contaminated and is difficult or impossible to process. After a certain point, typically around **120 hours (5 days after an assault)**, most experts believe that little or no useful samples will be collected during a medical forensic exam.
- Sometimes, even when a medical forensic exam is performed immediately after a sexual assault, there aren't samples that can be collected.
- Eating, drinking, smoking, bathing, combing your hair, or changing clothes are all activities which may compromise the ability to collect forensic samples.

### **How Long Does The Exam Take?**

- The length of the exam varies from person to person. The exam itself can take anywhere from 1½ hours to 4 hours.

### **What is Involved in the Exam?**

The SANE may perform the following during the medical forensic exam:

- Obtain a detailed history of the assault or abuse.
- Provide a detailed comprehensive medical examination.
- Perform a detailed genital examination, which may include an examination with a speculum.
- Collect biological or trace samples from your body, including blood or urine.
- *Remember, you have the right to decline any or all parts of the medical forensic exam.*

### **What If I Don't Want A Medical Forensic Exam?**

- You can call the Center Against Sexual Assault's crisis line for other options at **(520) 327-7273** or **(800) 400-1001**.
- Call your primary care doctor, an OBGYN, urgent care or other local medical clinic to receive medical care. Doctors and other medical personnel are mandated reporters and are required to report to law enforcement. *However, survivors do not have to talk with law enforcement if they do not want to.*
- We recommend that you receive immediate medical care and treatment.

## **POSSIBLE MEDICAL ISSUES AND CONCERNS**

### **Pregnancy Prevention:**

#### **What You Need To Know About Emergency Contraception (AKA the Morning After Pill, Plan B, Next Choice, or an IUD)**

- Emergency contraception, sometimes referred to as the "morning after pill," is used to prevent pregnancy.
- Most emergency contraception pills are 79%-95% effective if taken correctly in the first 72-120 hours (3-5 days) after the assault.

- The morning after pill (Plan B / Next Choice) is available to purchase over the counter by law at any drug store. Check with the pharmacy if unable to locate.
- If you were given emergency contraception or any other medication, make sure you understand and follow the doctor's directions for taking it.
- If you have any questions, contact the prescribing doctor or ask your local pharmacist.
- If you choose to get an IUD, a doctor or other health care provider would insert the T-shaped device into the uterus. The procedure only takes a few minutes. The doctor or health care provider should go over additional information about follow up care.

#### **Can I Still Get Pregnant If I Take Emergency Contraception Medication?**

- Yes. Emergency contraception is not 100% effective. If concerned about the possibility of pregnancy, you are encouraged to discuss this further with your doctor.

#### **Will Emergency Contraception Terminate A Pregnancy?**

- No. Emergency contraception *prevents a pregnancy from occurring* by stopping a fertilized egg from implanting itself in the uterus. **It does not terminate an existing pregnancy.** If you think you may be pregnant and are concerned, talk with your doctor about available options.

### **SEXUAL ASSAULT FOLLOW-UP CARE**

#### **Care of lacerations, cuts and abrasions:**

- Wash your hands to reduce the risk of infection.
- Keep the wound clean and free of infection by cleaning it with water and mild soap several times a day.
- If there is a dressing or band-aid covering it, keep it clean and dry. If bleeding starts, apply gentle pressure directly over the wound with a clean cloth or gauze.
- To reduce the risk of infection you may apply antibiotic ointment.
- If your wound was closed with steri-strips, leave these in place for at least a week.

#### **Call your doctor if you experience:**

- Increased warmth to the area.
- Redness or swelling to the area that gets worse instead of better.
- A red streak coming from the wound.
- Pain in the area that increases instead of decreases over time.
- Pus or bad-smelling drainage from the wound. (Pus is a fluid that may drain from a wound that is infected. Pus is milky - not clear- and may be white, yellow, green, or brown.)

#### **Strangulation**

Strangulation is defined as a form of asphyxia and is characterized by closure of the blood vessels and/or air passages of the neck and may disrupt the delivery of oxygen supplying the brain. Strangulation is often incorrectly referred to as **choking**, which involves blocking, or obstructing the windpipe.

The effects of strangulation may not be obvious, but they are numerous and can be life threatening. Simple hoarseness or a complete loss of voice, and/or difficulty in swallowing or painful swallowing might result. Visible injuries to the neck may include scratches, abrasions, and scrapes. Redness on the neck may be fleeting, but may demonstrate a detectable pattern. These marks may or may not darken

to become a bruise. Bruises may not appear for hours or even days. Chin abrasions are also common, as are tiny red spots called petechiae.

**Call your doctor if you have: Loss of consciousness, light-headedness, shortness of breath, loss of bodily functions or difficulty swallowing.**

### **Genital/Anal Injuries**

A genital injury is an injury to the genitals or perineum (the area between the anus and vulva in females and the anus and scrotum in males). Genital injuries may be in the form of bruises, scrapes, and/or tears. These injuries can be very painful, and can bleed for a day or two. These injuries usually do not need any treatment and will heal quickly by themselves usually in 2 to 3 days. An anal injury can be trauma in the form of a bruise, tear, and scar around the opening of the anus.

### **Care of genital and anal injuries:**

- Keep the area clean and dry
- Apply cold packs for twenty minutes, four times a day for the first two to three days after the injury occurred
- Anti-inflammatory medicine may help

## **SEXUALLY TRANSMITTED DISEASES**

As a result of the assault, you may be at risk of getting infections that are transferred through bodily secretions. Not all sexually transmitted diseases can be prevented. It is strongly recommended that you abstain from sexual intercourse or use a condom until your follow-up exam.

### **Bacterial Infections**

A discussion between you and the Forensic Examiner and/or the Emergency Department provider will include your risk for STIs. You may be prescribed medication to prevent infections such as syphilis, gonorrhea, chlamydia, bacterial vaginosis and trichomoniasis. Preventing an infection is usually easier than treating one. Make sure you finish taking all medications as directed by the provider

### **HIV**

The forensic examiner can speak with you and assess the risk of contracting HIV from the sexual assault. Testing for HIV is strongly recommended immediately following the sexual assault and every 6 months thereafter for 18 months.

For information about testing, you may contact your primary care doctor, Pima County Health Department (520) 243-7740 or the Southern Arizona Aids Foundation (520) 628-7223

**Medical Follow-up:** Follow-up examinations are recommended to provide an opportunity to:

- Detect new infections acquired during or after the assault.
- Complete hepatitis B immunization, if indicated.
- Complete counseling and treatment for other STIs.
- Monitor side effects and adherence to post exposure prophylactic medication, if prescribed.





\_\_\_\_ Other Advocate's Agency: \_\_\_\_\_

SEXUAL ASSAULT FORENSIC EXAMINER'S FIRST NAME: \_\_\_\_\_

EXAMINER'S AGENCY:

The Southern Arizona Center Against Sexual Assault: (520) 327-1171

FORENSIC EXAM SITE LOCATION & PHONE NUMBER:

\_\_\_\_\_  
\_\_\_\_\_

### **REPORTING THE ASSAULT**

#### **Should I Report the Assault to Law Enforcement?**

Whether or not to report to law enforcement can be a big decision (law enforcement can be police, the Sheriff's Department, Border Patrol, the FBI, or other agencies). Which law enforcement agency handles your case depends on where the assault occurred, among other factors.

If you have questions or concerns about reporting, contact the Southern Arizona Center Against Sexual Assault at (520) 327-1171.

#### **If you were assaulted recently and want to report to law enforcement, call 911.**

In some cases, you may be unable to make a decision about whether you want to report or be involved in the criminal justice system immediately after a sexual assault. You should be aware that even if you are not ready to report at this time, you have a right under the Violence Against Women Act (VAWA) to document assault-related injuries and preserve forensic samples within 120 hours (5 days) of the assault in case you decide to report to law enforcement at a later time- up to 1 year following the assault in Pima County.

This could be invaluable to the investigation and prosecution if you should report later. If you have not yet decided to report, the sooner you report the better. Forensic evidence from a sexual assault does not last long. It is important for you to recognize that a delay in reporting can reduce the ability of law enforcement to investigate, collect forensic samples or prosecute.

It is your decision whether or not to report the assault to law enforcement. There are many things you should know about reporting when considering your decision:

### **IF I CHOOSE TO REPORT THE ASSAULT**

#### **Ways to Report to Law Enforcement:**

- **The fastest way to report: Call 911** - If you were assaulted recently, and want to report, we recommend calling 911 first. Reporting from the hospital instead of calling 911 is often a lengthy process.
- **Go to Tucson Medical Center if possible** or to a local hospital emergency department for emergency medical care - Ask the hospital to call law enforcement. Law enforcement will come

and speak to you at the hospital. The hospital should contact the Southern Arizona Center Against Sexual Assault. Advocates respond to any hospital emergency department in Tucson to offer crisis intervention, advocacy, information and referrals. An advocate may help you understand what your rights are, and what your options are from this point forward. If an advocate is not called, please contact **(520)327-7273** to request an advocate

- **Report directly at a police station** - This option is only available during business hours (Monday-Friday 8am-5pm).
- **Go to the Southern Arizona Center Against Sexual Assault's main office** - File a report with the support of an advocate. This option is only available during business hours (Monday-Friday 8am-5pm).

### **What Happens After I Call 911 And Report The Assault?**

A uniformed officer responds to where you are calling from and takes your initial statement. You will need to give a brief summary of what happened. A detective may respond and take a detailed, taped statement from you. In some cases, a detective may not respond or may decide to respond at a later date.

### **Will I Have To Be Alone With The Police Officer Or Detective?**

You may be requested to talk with an officer or detective alone. An advocate may be present but you must ask for the advocate to sit with you. Although an advocate may be present, they won't be actively participating in the reporting process.

### **How Much Detail Will I Need To Provide About The Assault?**

When speaking with a detective you will be asked to describe in very specific detail about what happened to you. You may have to repeat some of the details more than once. It is okay if you cannot answer all of the questions. You may not be able to remember parts or all of what happened to you.

**That is okay!** Just let the detective know that you do not remember something rather than guessing. You can follow-up with the detective and provide additional any details at a later time. Reporting may be emotionally difficult. You may feel as if you are reliving the assault. It may be very difficult for you to repeat your story many times to law enforcement.

### **Will The Police Locate And Talk To The Person Who Assaulted Me If It Is Someone I Know?**

In some situations, yes; the timing of the questioning depends on the circumstances of the case.

### **Will Anyone Else Have To Know About The Assault Besides The Police?**

If you are 18 years or older, the information you tell the police will not be shared with your family or friends. However, your report will be on file as public record.

### **Is a Medical Forensic Exam Required?**

No. You have the right to decline any or all parts of the exam. In most situations, your case is less likely to move forward if you choose not to have the medical forensic exam.

### **Do I have to Report Today?**

No. A sexual assault is a traumatic event. Some survivors are unable to decide whether they want to report to law enforcement in the immediate aftermath of a sexual assault. You may have the forensic samples collected as soon as possible without deciding to initiate a report because of the Violence

Against Women's Act. This allows survivors up to one year to decide if they want to report to law enforcement in Pima County.

### **What You Should Know When Reporting the Assault:**

- If you want to file a report with law enforcement, keep in mind that the sooner you report the crime, the better the chances are for prosecution.
- If you need help to file a report or during the process, contact SACASA so that an advocate can be present to answer any questions and support your decision.
- You may be eligible for Crime Victims' Compensation provided by the state of Arizona and Pima County. Victims' Comp may cover expenses resulting from the crime, including medical and/or counseling expenses, and lost wages.
- You may receive support and assistance during the trial process from Victim Services Advocates if your case goes to trial.
- The person who assaulted you may serve time in jail or prison or may be sentenced to probation.
- After you report, you can always change your mind. The Pima County Attorney's Office may continue the investigation without your cooperation; however that does not happen frequently.

### **You Should Also Know That:**

- In the criminal justice system you will be labeled as a 'victim' not a survivor.
- The Pima County Attorney has the right to decide whether or not to proceed with the case. You are entitled to know why your case was or was not filed.
- The criminal justice system makes every effort to thoroughly pursue justice, which can result in a lengthy process.
- You may not want the assault to be a matter of public record.
- In an effort to protect all citizens, the criminal justice system presumes all people are innocent until proven guilty. This includes the person who assaulted you.
- Going through the process of having to prove that a crime took place can be frustrating when you already know that you were assaulted.

### **REPORTING INFORMATION FOR MINORS:**

#### **If I report the assault, will my parents find out?**

Yes. Your parents or legal guardians will be notified by law enforcement.

#### **If I have had consensual sex before the assault, do my parents have to know?**

No. However, parents may learn details of your sexual history if they are in the room during the exam with the Forensic Examiner. It is your choice if they are in the room during your conversation with the Forensic Examiner.

#### **What if I don't want to press charges but my parents do?**

Your parents or legal guardians have the right to press charges without your consent.

#### **If I was drinking at the time of the assault, will I be charged with underage drinking?**

In most situations, no; but we cannot guarantee that you will not.

**Are there services available for my parents?**

Yes. Services are available for you, your friends, and anyone in your family. The Southern Arizona Center Against Sexual Assault can talk to your parents about how they can be supportive throughout the process. If you are feeling frustrated by how your parents are reacting, you may want to call our 24-hour crisis line **(520) 327-7273**. Encourage your parents to call if they are having difficulty knowing how to help you.

**ACTIVE DUTY MILITARY MEMBERS AND ADULT DEPENDENTS:**

For additional information:

<http://www.dm.af.mil/library/sarc.asp>

**Restricted and Unrestricted Reporting Options**

The United States Department of Defense (DoD) believes its first priority is for survivors to be protected, treated with dignity and respect, and to receive the medical treatment, care and counseling that they deserve. Military survivors and their adult dependents of sexual assault have two reporting options: Restricted and Unrestricted reporting.

**Restricted Reporting**

- Chain of command is not notified
- Have the right to receive the medical care and counseling needed
- Support services are available
- Survivor can initiate an unrestricted reporting at a later time
- *Applies to active duty military and family members over the age of 18*
- Can report to the SARC **(520)940-8059**, a SARC advocate **(520)327-7273**, chaplain or health care personnel.

**Unrestricted Reporting**

- Chain of command is notified and an official investigation begins
- Have the right to receive the medical care and counseling needed
- Support services are available

**IF YOU ARE A STUDENT:**

**UNIVERSITY OF ARIZONA**

<http://uapd.arizona.edu/>

**To receive medical care or a medical forensic exam:**

- Go to the Tucson Medical Center’s Emergency Department

**To make a report with the police:**

- Call 911 if you were recently sexually assaulted.

- You can also contact UAPD to report the assault by calling the non-emergency number **(520)621-8273**.
- 911 Emergency Bluelight Phone - Emergency blue light telephones provide direct access to UAPD.

**To make a report with the Dean of Students Office\*\*:**

- You can contact the Dean of Students Office by:
  - Walking into Old Main
  - Calling (520) 621-7057
  - Filing a complaint form online at:  
[http://deanofstudents.arizona.edu/conduct\\_complaint\\_form](http://deanofstudents.arizona.edu/conduct_complaint_form).

*\*\*Reporting to the Dean of Students Office is not the same as filing an official report with law enforcement. To have a case on official record and/or pursue prosecution, you must make a report with police.*

**Counseling and Support on UA Campus:**

**Oasis Program Support Services:**

- The Oasis Program was established to provide a variety of services to UA students, staff, and faculty of all genders who are impacted by sexual assault, relationship violence, and stalking.
- The counseling services provided by the Oasis Program are confidential\* with a few exceptions. A counselor will discuss these with you.
  - *\*The Oasis Program is mandated by law to report incidents of abuse of individuals under the age of 18.*

Campus Health's Oasis Program  
**(520) 626-2051**

Counseling and Psychological Services, 1224 E. Lowell St., Rm. D301  
**(520) 621-3334**  
Monday to Friday: 8:00am – 5:00pm

**Associated Students of the University of Arizona (ASUA) Legal Aid:**

<http://legal.asua.arizona.edu>

legalservices@email.arizona.edu

**(520) 621-ASUA (2782)**

- Student Legal Services is a free service offered to all currently enrolled students of the University of Arizona.
- Students get a thirty-minute consultation with a legal professional.
- You may make an appointment by calling, visit the ASUA office or use the online system.

**Medical**

Highland Commons

1224 E. Lowell St., Tucson, AZ 85721

[www.health.arizona.edu](http://www.health.arizona.edu)

**(520)621-6490**

- Campus Health Service
- Services are available during regular Campus Health hours.  
Monday, Tuesday, Thursday & Friday:  
8:00am-4:30pm  
Wednesday: 9:00am-4:30pm  
Closed on University Holidays

**PIMA COMMUNITY COLLEGE**

<https://www.pima.edu/administrative-services/college-police/>

**To receive medical care or a medical forensic exam:**

- Go to the Tucson Medical Center's Emergency Department

**To make a report with the police:**

- Call 911 if you were recently sexually assaulted.
- You can also contact PCCPD to report the assault by calling **(520)206-2692**

**IF YOU IDENTIFY AS A LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER OR INTERSEX SURVIVOR (LGBTQI)**

Heterosexism, transphobia, and homophobia can make it difficult for LGBTQI persons to find help. Bisexual, questioning, and transgender people in particular may experience insensitivity to their gender identity or sexual identity.

**You have the right to choose not to disclose your sexual orientation or gender identity.**

- Although you may feel and experience all the same emotions and thoughts as other survivors of sexual violence, individuals who identify as LGBTQI may encounter unique challenges:
  - Not being believed
  - Ridiculed, humiliated and degraded
  - Being "outed"
  - Not having the sexual assault labeled as such
  - Being confused and questioning about one's sexual identity
  - Being treated in a homophobic manner
- LGBTQI survivors of sexual violence sometimes have difficulty recognizing or naming their experiences as sexual violence.
- Sexual violence won't make a gay person straight or a straight person gay.
- May face additional barriers due to widespread stigma and discrimination

You have the right to nonjudgmental services and to receive emotional support throughout the healing process, like anyone else experiencing sexual violence. SACASA, CODAC and Wingspan are here for you.

**SUPPORT IS AVAILABLE**

THE SOUTHERN ARIZONA CENTER

AGAINST SEXUAL ASSAULT 24-HOUR BILINGUAL CRISIS LINE

**(520) 327-7273**

**Toll-Free (800) 400-1001**

1600 N Country Club Rd

Tucson, AZ 85716

LIVING OUT LOUD HEALTH AND WELLNESS CENTER

**(520) 202-1832**

3130 E Broadway Blvd.

Tucson, AZ 85716

WINGSPAN'S 24-HOUR ANTI-VIOLENCE BILINGUAL CRISIS LINE

**(520) 624-0348**

**Toll-Free (800) 553-9387**

### **IF YOU ARE A PERSON WITH A DISABILITY**

People with disabilities experience sexual assault and abuse at higher rates than the rest of the population. It can be challenging to report and receive services because of the lack of accessible service, availability of providers who are educated about your needs, as well as being believed by a caregiver or case manager.

SACASA provides services to people with disabilities. You have the right to accessible services and to receive emotional support throughout the healing process.

You have a right to live with dignity and respect. Your body belongs to you and it is not okay for anyone to touch you without your permission. It does not matter if they are a caregiver or a family member; you have the right to say "NO!"

Here are some ways to help you be safe:

- Practice saying "NO!" if someone asks you to do something YOU don't want to do.
- Believe that no one has the right to touch your body or ask to see your body if you don't want them to.

*Materials Adapted From: "For People with Developmental Disabilities Who Have Been Sexually Assaulted- Book II: For People with Disabilities and Their Advocates" by Nora J. Baladerian, Ph.D, CST*

Remember it is never okay for someone to touch you if you don't want them to. You can call our 24 hour crisis line for support or you can make a report to Adult Protective Services at **1-877-767-2385**. You deserve to be safe.

If you are deaf or hard of hearing, you can access our confidential crisis hotline with texting, relay and TTY capabilities during regular business hours at **520-327-1721** or after-hours at **520-235-3358**.

## **IF YOU IDENTIFY AS SEX/HUMAN TRAFFICKED**

Human trafficking is defined under Federal Law as the “recruitment, transport, transfer, harboring or receipt of a person by such means as threat or use of force or other forms of coercion, of abduction, of fraud or deception for the purpose of exploitation.”

People are trafficked into many different types of labor, including sex work. Trafficking involves the illegal trade of women, men and children. Traffickers use sexual violence as a main tool to obtain power and control over their victims.

Survivors of sex trafficking may have experienced:

- Being locked away
- Isolation
- Fear
- No support system
- Confiscation of passports or other documents
- Being threatened with the police or immigration services

If you have experienced these or other situations, there is help available. Remember you are not to blame.

You can contact The Southern Arizona Center Against Sexual Assault 24-Hour Bilingual Crisis Line at **(520) 327-7273 / Toll-Free (800) 400-1001**

You can also contact the National Human Trafficking Resource Center 24 hours a day, seven days a week at **(888) 373-7888**. They work to provide callers with services such as crisis intervention, urgent and non-urgent referrals, tip reporting and anti-trafficking resources.

## **ABOUT SEXUAL VIOLENCE/ASSAULT**

### **Sexual Harassment**

Under federal law, sexual harassment is not criminal offense, but is a violation of civil law (your civil rights) and can be cause for a civil lawsuit.

Sexual harassment is any unwelcome sexual advances, requests for sexual favors, and other physical, verbal, or nonverbal conduct of a sexual nature that creates a strained or hostile work or educational environment.

Like every other type of sexual violence, sexual harassment can happen to anyone regardless of gender, race, age, creed, or sexual orientation.

Sexual harassment is a civil, not criminal, violation. This means that the person guilty of sexual harassment may lose his/her job, be expelled from school, or have other non-legal consequences.

Unless there are other criminal violations, this person will not go to jail. If you are being sexually harassed, you can file a complaint with the Arizona Attorney General Civil Rights Division (520) 628-6500.

**Sexual Abuse:** Intentionally or knowingly engaging in sexual contact with any person who is fifteen or more years of age without consent of that person or with any person who is under fifteen years of age if the sexual contact involves only the female breast.

**Sexual Assault:** Intentionally or knowingly engaging in sexual intercourse or oral sexual contact with any person without consent of such person.

**Sexual Assault Includes:**

- Penetration of the vulva, penis, or anus using any object or body part.
- Touching/fondling the penis, vagina, or breasts without consent.
- Being shown any of these body parts without consent.
- Oral sexual contact (with the vulva, penis, or anus) without consent

**Sexual Assault of a Spouse:** Engaging in sexual intercourse or oral sexual contact with a spouse without consent of the spouse by the immediate or threatened use of force against the spouse or another ('spouse' means person legally married and living together).

Being sexually assaulted by your partner is a form of domestic violence ("partner" refers to your significant other, regardless of gender or sexual orientation). Domestic violence also happens in same-sex relationships. Under Arizona law, spousal sexual assault occurs if there is the use of or direct threat of force. This is different from other sexual assault laws.

If you decide to stay or leave your partner, you should try to call a domestic violence hotline. Calling a domestic violence hotline can provide you with important information, support, and safety plans for you and your children.

**CALL THE NATIONAL DOMESTIC VIOLENCE HOTLINE  
FOR SUPPORT & INFORMATION.  
1-800-799-SAFE (7233) (TTY 1-800-787-3224)  
24 HOURS A DAY, 7 DAYS A WEEK**

**Stalking:** Intentionally or knowingly engaging in a course of conduct that is directed toward another person and if that conduct either:

1. Would cause a reasonable person to fear for the person's safety or the safety of that person's immediate family member and that person in fact fears for their safety or the safety of that person's immediate family member.
2. Would cause a reasonable person to fear death of that person or that person's immediate family member and that person in fact fears death of that person or that person's immediate family member.

**Stalking behaviors can vary widely, some examples:**

- Unwanted phone calls after you've asked someone to stop calling you.

- Following or spying.
- Sending unwanted letters or emails.
- Waiting at places for the victim.
- Leaving unwanted items, presents or flowers.
- Posting information or spreading rumors about the victim on the internet, in a public space or by word of mouth.
- Making explicit or implied threats

### **Cyberstalking and Cyberbullying**

Stalking may include the use of technology like cell phones and social media as a way to exert control over and/or monitor the survivor.

Cyber stalking may include:

- Using caller ID to block numbers or lookup numbers to access the survivor
- Cell phones/Text messages.
- Social Media outlets such as Facebook, Instagram, Flickr, Tumblr, Twitter
- Global Positioning Systems (GPS).
- Wired or hidden cameras.
- Sending the survivor computer viruses
- Hacking into survivor's personal email or other online accounts
- Computer monitoring software.
- Email, instant messages, and other electronic communication.
- Online databases and information brokers.

Cyberstalking does not require physical access to the survivor, but the deliberate and persistent intent of the perpetrator to terrify survivor are consistent with any other form of stalking. Document and report to law enforcement any instances of stalking in person or online

**Documentation:** It is important to document any and all interactions with the individual you believe to be stalking you. Examples may include:

- Document phone calls, including the date, time, where the call was received (home, cellular, work, etc.), the name and number listed on the caller ID and a description of the call or any other relevant notations by writing it down.
- Save phone messages and text messages and phone bills..
- Do not answer or delete emails; instead save and print the emails.
- Save any documentation that can be used as proof of cyber-stalking. This can include:
  - Instant messages, emails, photographs.
  - Receipts from the computer store when your computer was inspected. Please ask the store to provide an itemized list of any viruses and/or spyware that are removed.
  - Any other documentation of accounts accessed without your consent- this may include entries, documentation from financial institutions, and police reports.
- Take photographs of all vandalism or unwanted gifts.
- Always keep accurate records.
- Notify the police and file a report as soon as possible.

## CHILD SEXUAL ABUSE

**Sexual Conduct with a Minor:** Intentionally or knowingly engaging in sexual intercourse or oral sexual contact with any person who is under eighteen years of age.

**Child Molestation:** Intentionally or knowingly engaging in or causing a person to engage in sexual contact, except sexual contact with the female breast, with a child who is under fifteen years of age.

### **Facts about the people who abuse children:**

- There is no such thing as a “typical” child molester. Many abusers appear normal. They may be men or women who hold responsible positions within the community.
- Incest (abuse by a family member) is the most common type of child sexual abuse.
- Abusers will often use bribes, threats, affection, and/or manipulation instead of physical force. These are common strategies used by people who sexually abuse children in order to stop them from reporting the abuse.
- Individuals who sexually abuse children make a choice to do so. The blame for the abuse belongs only with the abuser, NEVER with the child.
- Most abusers are repeat offenders. Reporting an incident of child sexual abuse may help prevent other children from being victimized. If you know of or suspect the sexual abuse of a child, take immediate steps to stop the abuse and protect the child.

**Exhibitionism (Indecent Exposure):** An individual exposes his or her genitals or anus or she exposes the areola or nipple of her breast or breasts and another person is present, and the defendant is reckless about whether the other person, as a reasonable person, would be offended or alarmed by the act.

Exhibitionism is against the law - even though the abuser may not have actually touched a child (for example: A child is forced to look at the abuser’s genitals or vice versa, or if the abuser forces the child to watch pornography).

### **What Do You Do?**

**Believe the Child.** Even if some or all of the details of the child’s report are not true, it is critical that you listen supportively. When a child reports sexual abuse, it is likely that the child has experienced some type of abuse.

**Do Not Get Angry at the Child.** The child may be changing some of the details in order to test your reaction and see if it is safe to tell you everything.

**Report child abuse to the police by calling 911. Reports can also be made to Department of Child Safety (DCS) by calling:**

**1-888-SOS-CHILD (767-24453)**

- Respond to the child as calmly as possible.
- Do not pressure the child for details.
- Remove the child from contact with the suspected abuser.

- Contact the police and/or DCS to report the abuse - this is your legal obligation (ARS 13-3620). Persons reporting suspected child abuse (sexual, physical, and neglect) in good faith are protected from civil actions.
- Obtain therapy for the child as soon as possible, and for yourself and other family members. The emotional trauma resulting from sexual abuse is often too intense for a child to handle without professional support.

**Let The Child Know:**

- She/he is not responsible for the abuse.
- You are not angry with her/him.
- She/he will not be punished (even if the child broke some rules!).

**HOW YOU CAN HELP:**

Teach children about the private parts of their bodies. Explain that other adults should never show these parts of their bodies to children. Teach children who they can tell if someone touches them inappropriately. Teach children to tell a parent, teacher, or other trusted adult if someone is touching or trying to touch them in any way that makes them feel uncomfortable.

Teach children things they can say if people touch or try to touch them. (For example: “Don’t touch me!” “I don’t like that,” “No, I won’t touch you,” or “She/He is not my mother/father”).

When teaching children about safety issues (crossing the street, playground safety), include “touching safety.” Explain which ways of being touched are not safe.

Many people think that talking about sexual abuse with children will scare or upset them. Concrete information carefully explained can help rid children of nameless fears and empower them. If sexual abuse is presented as a safety issue, it is no more frightening than discussing playground safety.

***Talk with your child every day about her/his activities, needs, and concerns.***

Be careful when choosing a childcare provider and/or babysitter. Interview several people/agencies; be sure to request and verify references. Make sure you have the right to “drop in” and visit your child’s day care program at any time. Be sure you know all the people who have contact with your child.

**INDICATORS OF ABUSE**

A sudden change in a child’s behavior or personality is often a sign that something is wrong. Listed below are some of the more common signs of sexual abuse that may occur within a certain age range.

**The behaviors in these lists DO NOT mean that sexual abuse is occurring or has occurred.** Keep in mind that changes in a child’s surroundings or significant events can also affect his/her behavior.

**INFANTS AND TODDLERS:**

- Unusually quiet; lacks curiosity
- Redness/soreness in genital area
- Uneasy during diapering or bathing
- ‘Acts out’ intercourse or oral sex

#### ELEMENTARY AGE:

- Regressive behavior (bed-wetting, thumb sucking, 'baby talk')
- Aggression toward other children or small animals
- Has chronic, yet minor, physical complaints
- Has a sexually transmitted disease or infection
- Avoids the suspected abuser
- Uses sexually explicit language or behavior inappropriate for the child's age, culture, or living situation

#### TEENAGERS:

- Extreme isolation; withdrawal from friends and family
- Has a sexually transmitted disease or infection
- Decrease in personal hygiene and/or appearance
- Depressed; has suicidal thoughts/behavior
- Becomes sexually promiscuous
- Eating disorders
- Substance abuse
- Loss of interest in school
- Extreme moodiness
- Outbursts of anger/rage

### **SURVIVING THE EMOTIONAL IMPACT OF SEXUAL VIOLENCE**

#### **Common Reactions:**

Everyone experiences the impact of sexual violence in their own way. There is no right or wrong way to react to the trauma. This list includes common experiences of survivors. You may not experience them at any specific time, in any specific order, or at all. With time and support from family, friends and/or therapy, it may help in the healing process.

- You may feel very emotional at times, feel detached or numb.
- You may feel sad, depressed or angry.
- It may be difficult to keep up with your everyday activities.
- You may feel like no one believes you.
- You might feel like everyone knows about what happened.
- You may find it harder to be intimate with people.
- You may have difficulty interacting with others
- You may be afraid of being alone.
- You may experience physical reactions: body aches, headaches, muscle cramps, and/or tension.
- You may have nightmares and feel like you are reliving the assault.
- You may experience changes in eating or sleeping.
- You may blame yourself for what happened.

**No matter how it may feel, the assault/abuse was not your fault!**

## SELF-CARE

The healing process can take time. You need to listen to your mind and body to see what will be best to help you take care of you!

### Take The Time To Care For Yourself:

- Stay with supportive family or friends for a few days.
- Take time off from your work or school.
- Take care of yourself physically and emotionally.
- Try some different things to do that help you relax.
- Express your feelings in a safe way:
  - Writing (letters, poems, journal)
  - Drawing
  - Exercise
  - Punching pillows
  - Talking to a counselor, therapist, or friend.
- And most importantly: **Be patient with yourself.**

### **HERE ARE SOME WAYS TO RELAX:**

(Remember- it can be different for everyone. Do what works best for you.)

- Take a bubble bath (maybe even burn some candles & listen to soothing music while you soak!).
- Watch happy movies.
- Read a good book.
- Hang out with friends.
- Pamper your body (massage therapy, essential oils, aromatherapy).
- Take walks with a friend.
- Keep a journal.

Your friends and family may not know what to say or how to react to help you.

**Be direct.** Tell them what you need or don't need from them. Refer them to the "Helpful Information for Friends and Family" section that talks about how your friends & family can help. Remember: you know what is best for you.

### **HOW CAN YOUR LOCAL SEXUAL ASSAULT CRISIS CENTER HELP?**

- Confidential support and information is available 24 hours a day through the Southern Arizona Center Against Sexual Assault 24-hour bilingual hotline at **(520)327-7273**
- Advocates are available to talk with anyone who has been affected by sexual violence.
  - Advocates can provide emotional support, crisis intervention and explain options to sexual assault survivors, their parents, partners, or friends.
- In Pima County, if a sexual assault survivor goes to a hospital to receive medical care or a medical forensic exam, the hospital should contact SACASA to have an advocate come to the hospital to meet with the survivor. If you go to the hospital to receive medical care and/or a medical forensic exam and an advocate has not been called, you may request that the hospital contact an advocate to meet with you or contact **(520)327-7273**.

- SACASA offers continued follow up services. This includes following up with a survivor who presented to the emergency department to provide immediate crisis intervention, emotional support, resources and to answer any questions or concerns. SACASA can assist in obtaining Orders of Protections or Injunction Against Harassment, as well as connecting the survivor with resources in the community to meet individual needs.

### **WHAT ARE MY RIGHTS AS A SURVIVOR (VICTIM)?**

For the complete list, please see:

[http://www.azdps.gov/Services/Crime\\_Victims/victimRights/](http://www.azdps.gov/Services/Crime_Victims/victimRights/)

As a survivor (victim), you already have many rights that you do not have to request. These are called your automatic rights.

#### **Automatic Rights:**

- To be advised of all victim's rights and how to assert them.
- To information on the availability of crisis intervention, medical and emergency services, information on victim assistance programs and domestic violence resources.
- To be provided the police report number, if available, and if the case has been submitted to the prosecutor's office, information on how to contact that office.
- To be present at any court proceeding at which the defendant has a right to be present.
- To name an appropriate support person, who is not a witness, to accompany you to any interview, deposition or court proceeding.
- To be heard at any proceeding concerning release of the accused person, a plea agreement, and the sentencing (with some limitations)
- To have the court order restitution, and to receive that restitution promptly.
- To leave work (if eligible) to attend scheduled legal proceedings, or obtain or attempt to obtain an order of protection or injunction against harassment.

#### **"Upon Request" Rights:**

These are rights that you must ask for.

- To confer with the prosecutor about a decision not to proceed
- To request the prosecutor assert any right to which you are entitled.
- To receive a free copy of the police report and/or court transcripts.
- To receive a copy of the conditions of the suspect's release from custody.
- To receive notice of all court proceedings at which the defendant has a right to be present.
- To the return of your personal property taken during investigation, and if the property cannot be returned, to be advised of the reasons.

#### **LEGAL ADVOCACY**

**Pima County Attorney's Office Victim Services Division**

<http://www.pcao.pima.gov/victimservicesdivision.aspx>

**(520) 740-5525**

32 N. Stone Avenue,

Tucson, Arizona 85701  
Monday - Friday, 8 a.m. to 5 p.m.

Victim advocates can assist the survivor throughout the duration of the case once the decision to prosecute is made.

#### **How Victim Advocates Can Help You:**

- Ensure that when you exercise your rights, you receive everything entitled to you by law.
- Help you assess your needs and to make appropriate referrals.
- Explain the different court proceedings, your rights, and the roles of other parties involved.
- Help you understand the various options and outcomes of your case.
- Provide support throughout the case
- Help you prepare for meeting with the prosecutor and speaking in court.
- Assist with completing Victims' Compensation applications, restitution affidavits, and writing Victim Impact Statements.

#### **FINANCIAL ASSISTANCE**

##### **Arizona Crime Victim Compensation Program (520) 740-5525**

32 N. Stone Ave., 14th Floor  
Tucson, AZ 85701

#### **WHAT IS IT?**

A program that offers financial help to victims of crime.

#### **WHO IS IT FOR?**

You can apply for financial help if you:

- Were victimized in Arizona.
- Report the crime to law enforcement agency within 72 hours.
- Willingly cooperate with appropriate law enforcement agency.
- Lose money as a direct result of the crime.
- Suffer physical injury, a medical condition, extreme mental distress, or death as a direct result of the crime

#### **WHAT COSTS CAN BE COVERED?**

- Medical Expenses
- Mental Health Counseling (up to \$5,000)
- Funeral Expenses (up to \$10,000)
- Wage Loss/ Loss of Support
- Crime Scene Cleanup (up to \$2,000)
- Some Transportation Costs (up to \$1,500)

#### **WHAT/ WHO IS NOT COVERED?**

- Attorney Fees
- Property Loss or Repair

- Pain and Suffering
- Expenses that would benefit an offender
- A person serving a sentence of imprisonment in a detention facility, home arrest, or work furlough.

#### HOW DO YOU APPLY?

- <http://www.pcao.pima.gov/victimcompensation.aspx>
- You may request an application by calling the Pima County Attorney's Office at **(520)740-5525**.
- You can call SACASA at **(520)327-7273** to request an application.

#### SAFETY PLANNING

The safety and well-being of a survivor is a primary concern of SACASA. We want to provide information to survivors so that they can make informed choices about services they wish to obtain and other options and resources available. Survivor-centered approaches focus on empowerment and choice. We want to remind you that a sexual assault is never the fault of the survivor and there was nothing that could have been done to stop the assault from occurring.

#### Orders of Protection and Injunctions Against Harassment

There are two types of restraining orders that help provide protection from unwanted contact.

1. Orders of Protection  
[http://www.agave.cosc.pima.gov/home.asp?Include=pages/order\\_of\\_protection.htm](http://www.agave.cosc.pima.gov/home.asp?Include=pages/order_of_protection.htm)
2. Injunctions Against Harassment  
[http://www.agave.cosc.pima.gov/home.asp?Include=pages/injunction\\_against\\_harassment.htm](http://www.agave.cosc.pima.gov/home.asp?Include=pages/injunction_against_harassment.htm)

The type of order filed depends on the type of relationship you have or had with the person who caused you harm.

#### Orders of Protection

Apply to:

- Spouse or former spouse.
- A person you live with or have lived with in the past.
- Immediate family members (including in-laws)
- Someone you have a child with

#### Injunction Against Harassment

Apply to:

- Someone you have dated or are dating
- Neighbors
- Strangers.

### **Both orders:**

- Are registered with law enforcement.
- Are effective for one year. They may be renewed, depending on the situation.
- State that the person being served may contest the order. He or she has a right to be heard in court as to why the order should not be issued. If the petitioner is notified that the defendant has a hearing scheduled to contest the order, the petitioner must appear in court or the order will be dismissed.
- State that the defendant may be arrested if law enforcement has probable cause to believe an order has been violated.

### **Where To Get One**

Orders of Protection and Injunctions Against Harassment can be obtained at any local City Court, UNLESS there are pending actions through a higher court (such as divorce, paternity, custody, or separation). In these cases, an Order of Protection must be filed through Pima County Superior Court.

If there are criminal charges pending through another court, it is recommended that you obtain a restraining order through that same court, or through the Pima County Justice Court.

After 4:30 p.m. weekdays, or at any time on a weekend or holiday, an emergency order of protection can be requested by contacting the Tucson Police Department (741-4444) or the Pima County Sheriff's Department (724-4900). In case of an emergency, call 911.

Tucson City Court - 103 E. Alameda, 1st Floor  
(520) 791-4971 • Hours: Mon-Fri 8am – 4:30pm

Pima County Justice Court –240 N Stone Ave  
(520) 740-3171 • Hours: Mon - Fri 8am – 4:30pm

Pima County Superior Court - 110 W Congress St, 1st Floor, #7  
(520) 724-3215 • Hours: Mon-Fri 8am – 4:30pm

For South Tucson, Marana, Oro Valley, Sahuarita, and other jurisdictions within Pima County, orders can be obtained through Pima County Justice Court unless there are other pending actions, then refer to Pima County Superior Court.

**Orders Against A Minor Under 12:** These must be obtained at Juvenile Court.  
For information call (520) 724-2064 or (520) 724-4741. 2225 E. Ajo Way.

**In Tribal Jurisdictions:** Service of process must be made through the tribal court system or tribal law enforcement. This will depend on the law of the particular tribe.

### **What information do I need?**

To obtain an Order of Protection or Injunction Against Harassment you will need:

- The name, date of birth and address, if known, of the person from whom you are requesting protection (the defendant) and, if possible, any other address where that person can be reached.
- The dates and facts of the assault, or why you believe that further harm may occur without protection.
- A safe address and phone number where you may be contacted so the court can notify you if a hearing is scheduled or if there is a change of the hearing date.
- Additional helpful information includes a physical description, Social Security Number, and aliases.

### **How much does it cost?**

By law, there are NO authorized filing fees and NO authorized fees to have the Order of Protection served. Additionally, by law, there are no fees for filing or having an Injunction Against Harassment served if it is a court stipulated dating relationship.

### **Who can help me file an order?**

SACASA advocates can assist in completing the application, answer questions and assisting in filing either order. Please contact the 24 Hour crisis line **(520) 327-7273** or come for a walk-in appointment with an advocate.

EMERGE! Center Against Domestic Abuse has advocates that can help you complete the petition, answer your questions, and assist you through this process. Please call the 24 hour crisis hotline **(888) 428-0101 for information.**

**The following safety planning strategies are presented to empower you, the survivor or secondary survivor, to be able to make the decision as to what is best for your life and situation. These are just suggestions and only you know what will work best for you and your individual situation.**

### **Safety Planning at Home**

- Is home a safe place to be?
- Do locks/windows/doors need to be changed or replaced?
- If you are a renter, you may request in writing that your landlord repair or install locks. Your landlord is also responsible for keeping areas on her/his property well lit (This would include the front/back of the building, hallways, and courtyards).
- What else do you need to feel safe in your home?

### **Medical Safety Planning**

- Are there physical injuries (cuts, broken bones, stiches) that need continuous care and treatment until they heal?
- Are there concerns for STDs and/or pregnancy? Is there testing that you would like to have done?
- After the assault and treatment (if you went to the Emergency Department), are you still experiencing issues (pain, discharge, swelling)?

## **Mental Health and Emotional Safety**

- Are you experiencing thoughts and feelings that you did not have before the assault?
- Are you experiencing flashbacks?
- What are your coping skills to help reduce stress that has worked before in the past?
- Are you thinking about suicide or hurting yourself or others? **If you are suicidal, please call 911 or go to the nearest emergency department.**

## **HELPFUL INFORMATION FOR FRIENDS & FAMILY**

When someone you love has been sexually assaulted or abused:

- What do I say?
- What do I do?
- How can I help?

Surviving sexual assault can be difficult for everyone. Every survivor reacts differently. It's important to be patient with your loved one and understand that they have gone through a very difficult, traumatic event. It is just as important to take care of yourself.

You may not know what to say, how to say it or are afraid you may say the wrong thing. It's ok! Ask your loved one directly how best you can help them. Sometimes the most important thing to a survivor is the support that you give them during their healing process and being present.

The Southern Arizona Center Against Sexual Assault 24-Hour crisis line, walk-in and mental health services are available for both you and your loved one.

Things You May Observe:

- You may see some changes in behavior; increase/decrease in sleeping or eating.
- Your loved one may become very emotional and have drastic mood swings.
- Your loved one may become emotionally detached or numb.
- Your loved one may experience not feeling safe around those they once did.
- Your loved one may want to talk a lot about what happened or may not want to talk at all.
- Your loved one may seem to go on with their lives unaffected.
- Your loved one may become suicidal or talk about feeling helpless or hopeless.
  - Let me know that help is available.
    - Call 911 if the person is immediate danger
    - Contact the 24-Hour Suicide Hotline at **(800) 273-TALK (8255)**
    - Take the person to the nearest emergency room and tell them that "S/he is suicidal"
    - Contact the MAC Team through the Cenpatico's Nurse Wise crisis line at **(866)495-6735**

**If the survivor is your spouse or partner:**

- Your partner may need days, weeks, or months before being intimate. Being intimate may include touching, hugging, kissing, or having sex.
- Do not take it personally if your partner pulls away. Your partner is responding to the memory of the assault, not to you.

- Always listen to your partner. There may be times when your partner might decide that she or he feels ready to be intimate with you, but may suddenly change her or his mind. This is normal.
- It is extremely important that you listen to your partner and stop what you are doing immediately if they ask you to stop or pull away.
- Your partner needs to know that she/he has complete control over what happens to her/his body.
- Tell your partner that you love and care for him or her. Don't ever physically force affection on your partner, even if it's just a hug to show you care.

**If the survivor is your friend:**

- Your friend may not want to talk about what happened. It may not be that they don't trust you; it may just be that they don't know how to put words to how they are feeling.
- You may not be doing your normal 'routine' on Friday nights for a while. The survivor may not want to go out, drink alcohol or be around a lot of people.
- Encourage the survivor to not isolate him/herself, but don't force your presence on them.
- Most importantly, just let your friend know that you are there to support them, listen to them when they are ready and just be there for them.

**If the survivor is a family member (son, daughter, mom, dad, sister, brother, ect):**

- Remember, the trauma your loved one experienced involved a loss of control and power in their life. Let your family member decide what they want to do and support the decision they make.
- It's ok for their decision to be different than what you would like to have done or what you would do.
- Let your loved one know that you are there for them, to support them, listen to them and love them.

**DO'S AND DON'TS FOR PROVIDING SUPPORT**

You can become an important part in your loved one's healing process. There are several things you can do to help:

**DO** let your loved one know s/he is not to blame for what happened and there is nothing that justifies sexual assault. Continue telling your loved one, "It was not your fault".

**DO** let your loved one lead you and tell you what s/he needs.

**DO** let your loved one decide whether or not to report to the police and participate in an investigation.

**DO** help your loved one regain a sense of control over her/his life that was lost during the sexual assault. One way to do this is to let your loved one make decisions and choices without being judged.

**DO** let your loved one know you care and that it is OK to talk about the assault whenever they are ready.

**DO** watch for warning signs. Encourage talking with someone at a mental health agency for help if your loved one might be a danger to himself, herself or to other people. In extreme cases you might have to make the contact yourself.

**DON'T** place blame on your loved one. Sexual assault/abuse is never the victims fault!

**DON'T** ask “why” questions (For example, “Why were you out so late?” “Why” questions suggest blame).

**DON'T** assume you already know what will help.

**DON'T** second guess your loved one’s decision. Your loved one needs to put control back into her or his life.

**DON'T** take away choices or options (For example, “I’ll take care of everything because I know what’s best for you”).

**DON'T** make decisions for your loved one unless you are asked to. Even then, keep them informed of what decisions are made and what is going on.

**DON'T** assume you know what your loved one is feeling.

**DON'T** pressure your loved one to talk. Opening up takes time and feeling safe.

### **FACTS ABOUT SEXUAL VIOLENCE**

***\*Statistics obtained by RAINN.org except where noted\****

- Most people are raped by someone they know and trust. 2/3 of rapes are committed by someone known to the victim. Rapists are usually people who look and act the same as everybody else.
- “Acquaintance rape” by a friend, new acquaintance, or coworker is frequent, particularly among young, single women. Statistics show that 50% of sexual assaults occur within a mile of their home or at their home 33% happen between the hours of 6am-6pm.
- All people are potential victims. Males and females of any age, race, class, religion, occupation, sexual orientation, education, or physical description can be sexually assaulted. Every 2 minutes, a sexual assault is committed in the United States.
- Both men and women can be sexually assaulted or raped, and the perpetrator can be male or female with any sexual orientation.
- Sexual assault has nothing to do with who you are or what you look like. Sexual assault is about power and control.
- Men and women of all races, ethnicities, ages, sexual orientations, economic and social classes are represented among perpetrators.
- Unwanted sexual activity in any relationship qualifies as sexual assault.
- Any person has the right to agree to any degree of sexual intimacy they feel comfortable with at that moment, and to not go any further if they do not wish. A person may feel comfortable with one kind of sexual activity but not with another- or decide s/he is not ready for further intimacy.
- No one wants to be raped. It is never the victim’s fault that s/he was raped. Rape is a violent crime.

- Most sexual assaults are planned. Research shows that attackers are looking for available, vulnerable targets. Attackers are not looking for people who dress in a certain way. No one asks to be hurt, degraded, or attacked.
- Men do not physically need sex after becoming aroused. In fact, rape is not about the need to have sex. Sex is only the weapon. Rape is about the need to hurt, control, and humiliate other people.
- It is indeed possible to rape a non-consenting adult. Shock, fear of death, threat of violence, or physical brutality can immobilize anyone.
- You have been raped when you are forced to have sex against your will. Lack of struggle does not constitute consent. Rape is a terrifying crime and often your life and/or your loved ones are in danger. Everyone responds differently to rape in order to survive.
- Nearly all rapes are truthfully reported, and, in fact, rapes are vastly under-reported. 60% of rape is not reported and only 2-8% of accusations are false ([www.ndaa.org](http://www.ndaa.org))
- Sexual assault affects the survivor's family, friends, and neighbors. The fear of sexual assault affects all women. The economic costs of sexual assault affect us all. Sexual assault is a societal problem.

## GLOSSARY

**Acquaintance Assault:** Involves coercive sexual activities that occur against a person's will by means of force, violence, duress, or fear of bodily injury. These sexual activities are imposed upon them by someone they know (a friend, date, acquaintance, etc.).

**Advocate:** A person who supports and defends someone else.

**Arraignment:** Court proceeding where a defendant is notified of the charge against him/her and enters a plea.

**Case Number:** The number given to your case/report when you file a report with the police. It is important to keep this number and to have it available if you call the police for information about your case.

**Child sexual abuse:** Fondling; Obscene phone calls; Exhibitionism; Masturbation; Intercourse; Oral or anal sex; Prostitution; Pornography; Any other sexual conduct that is harmful to a child's mental, emotional, or physical welfare

**Choke:** to interrupt respiration by obstruction or compression

**Conviction:** A judge or jury's finding that the defendant is guilty.

**Defendant:** A person who is formally charged with a crime (Before they are charged they are called a 'suspect').

**Felony:** A serious crime, such as rape, for which a person may be sentenced to prison for more than a year.

**Medical Forensic Exam:** A medical forensic exam is a comprehensive medical exam performed by a Sexual Assault Forensic Examiner. The medical exam includes collection of biological samples from the person's body which may be used in a court proceeding.

**Forensic Examiner:** Medical professionals who are specially trained to provide a comprehensive head to toe medical assessment and the identification and documentation of injuries and collection of biological samples.

**Incest:** Sexual contact between persons who are closely related (e.g., parents and children, uncles/aunts and nieces/nephews, grandparents, etc.).

**Juvenile:** A person who is under the age of 18.

**Misdemeanor:** A lesser crime which is not as serious as a felony and has a lesser punishment.

**Partner Rape:** Defined as sexual acts committed without a person's consent and/or against a person's will when the perpetrator is the individual's current partner (married or not), previous partner, or co-habitator.

**Rape:** Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.

**Restricted Reporting (Military):** Allows a survivor or adult dependent of an active duty military member to receive medical care and counseling for a sexual assault without having to notify chain of command.

**Sentence:** Action taken by the court which will hold the offender responsible for the crime.

**Sexual assault:** Unwanted sexual contact that stops short of rape or attempted rape. This includes sexual touching and fondling. (But, be aware: Some states use this term interchangeably with rape.)

**Strangulation:** The act of suffocating a person by constricting the trachea or upper airways.

**Subpoena:** An order issued by the court requiring a person to appear in court.

**Unrestricted Reporting (Military):** The chain of command is notified and a criminal investigation is started, in addition to a survivor receiving medical care and counseling.

**Victim Impact Statement:** A written statement where the victim describes how the crime affected her/him. This statement may be read during sentencing.

**Waive:** To choose to give up a right.

## RESOURCES

### Medical Clinics

- **Department of Economic Security: (520)628-6810**
  - [www.azdes.gov](http://www.azdes.gov)
  - Information on how to register for AHCCCS (health insurance for low income individuals and families).
  
- **El Rio Clinic: (520)670-3909**
  - <http://www.elrio.org/>
  - Sliding scale medical care; confidential STI testing; confidential pregnancy testing (free Monday-Friday 8-11 a.m. & 1-4 p.m.)
  - 1101 E Broadway Blvd
  
- **Theresa Lee Clinic: Pima County Health Department: (520)624-8272**
  - [www.pimahealth.org](http://www.pimahealth.org)
  - 332 S. Freeway
  - HIV/STD testing; Express Testing: Monday-Friday 8:00 AM to 5:00 PM. Clinic Hours: Monday-Friday 8:00 AM- 4:00 PM. Sliding scale option \$40 express \$20 HIV test. **Minors do not need parental consent.**
  - Well Women Health Check: Mondays and Wednesdays 8:00 AM to 12:00 PM **(520)724-3995**: Sliding scale options- Birth Control, pregnancy testing and counseling, pelvic exam/pap smears, STD screening and treatment
  - Teen Services- provides counseling and education, condom supply and birth control, emergency contraceptive pills, pregnancy testing, pelvic exams and pap smears, and STI education.
  - Project C.O.N.T.A.C.T- **(520)751-9086**-provides reproductive health care to teens at little to no cost; focuses on teens that are homeless, high risk for becoming homeless, or a high risk for pregnancy and STD/STIs. These services do not require parent permission and are conducted on a walk in basis.
  
- **Planned Parenthood: (800)230-7526**
  - [www.ppaz.org](http://www.ppaz.org)
  - <https://www.plannedparenthood.org/planned-parenthood-arizona>
  - Approximately \$15 for confidential pregnancy testing. Sliding scale at some locations for STI testing, pelvic exams, birth control and emergency contraception.
  
- **St. Elizabeth's Health Center: (520)628-7871 (General)**
  - <http://www.saintehec.org/>
  - 140 W. Speedway Blvd. Suite 100
  - Medical and dental care for people with no insurance.
  - Sliding scale available
  - **(520)770-8530 (Medical)**

- **(520)770-8529** (Dental)
- **Southern Arizona AIDS Foundation (SAAF): (520)628-7223**
  - [www.saaf.org](http://www.saaf.org)
  - 375 S. Euclid Ave
  - SAAF's Care Services ensure that people living with HIV/AIDS have access to the services they need to maintain optimal health and live as independently and safely as possible. Care Services are grouped into three areas: Clinical Services; Support Services; and Housing Services.
  - Rapid free HIV and Hepatitis C testing in 15 minutes for \$20 fee.
  - Sliding scale option.
  - All positive results will be reported to the Pima County Health Department.
  - Mon & Wed: 8:30am-1pm/ Tues & Thur 1pm-8pm/ Fri 10am-1pm
- **Kino Teen Center: (520) 740-4600**
  - 2801 E Ajo Way
  - Need to call for appointment- they do not accept walk-ins.
  - Serves uninsured teens or teens who have insurance but want confidential services.
  - Medical services for teens ages 12-21
  - Birth control and family planning (including pregnancy testing) is offered on a sliding scale.
  - Sliding scale for STD testing.
  - Parenting classes on Wednesdays 3:30 PM to 5:00 PM

### Suicide & Mental Health Services

- **Pasadera: (520)617-0043**
  - <http://www.pasaderanetwork.org/>
  - 2502 N Dodge Blvd Suite 190 \*Use the Flower Street entrance\*
  - To schedule an appointment for therapy services, call **(520)722-9155**.
- **Cenpatico NurseWise Crisis Line: (866)495-6735**
  - <http://www.cenpatico.com/>
  - Coordinates and manages publicly funded behavioral health services for children, adults and their families. Cenpatico coordinates the delivery of mental health and substance use treatment services, and behavioral health wellness and prevention services.
- **Las Familias: (520)327-7122**
  - [www.lasfamilias.org](http://www.lasfamilias.org)
  - 3716 E Columbia St
  - Offers individual, group, and family counseling for any child or adult victim of childhood sexual abuse and their families.
- **University of Arizona Oasis Center: (520)626-2051**
  - [www.health.arizona.edu/webfiles/hpps\\_oasis\\_program.htm](http://www.health.arizona.edu/webfiles/hpps_oasis_program.htm)
  - Counseling services for the University of Arizona's students, staff, and faculty.

- **Southern Arizona Center Against Sexual Assault**
  - [www.sacasa.org](http://www.sacasa.org)
  - [www.codac.org](http://www.codac.org)
  - 24- Hour Bilingual Crisis Line: **(520)327-7273 Toll-Free (800)400-1001**
  - Business line for information: **(520)327-1171**
  - Hearing Impaired/Text Message Capable **(520)327-1721**
  - South side office – Su Voz Vale **(520)434-0195**
  - Counseling services for those who have experience sexual violence.
  
- **CODAC Health, Recovery & Wellness - (520) 327-4505**
  - [www.codac.org](http://www.codac.org)
  - Behavioral health services for:
    - Substance abuse
    - Trauma
    - Depression, anxiety, and other general mental health issues
    - Serious mental illnesses and mood disorders

## Shelters

- **Emerge! Center Against Domestic Abuse:**
  - [www.emergecenter.org](http://www.emergecenter.org)
  - 24hr crisis line & shelter: **(520)795-4266 Toll-Free(888)428-0101**
  - Services include emergency shelter and crisis lines, outreach and advocacy, children’s services, housing and community education and prevention.
  
- **Primavera:**
  - Casa Paloma Women’s Program **(882-0820):Location undisclosed-** transitional housing for up to nine unaccompanied homeless women
  - Men’s shelter **(623-4300): 200 E. Benson Hwy**
  - Greyhound family shelter: **(882-5383): Location undisclosed**
  - Homeless Intervention and Prevention: **(623-5111):702 S. 6<sup>th</sup> Ave, (Mon-Fri 9am-12:30pm)**
    - Hygiene Products
    - Food Boxes
  
- **Gospel Rescue Mission: (520)740-1501**
  - <http://www.grmtucson.com/>
  - Bethany House for Women and Children: **707 W. Miracle Mile** Ext 7101- Need appointment, no open intake
  - Men’s Shelter: **312 W. 28<sup>th</sup> St.** Ext 7215- Open intake 3-5:30pm every day, first come first serve basis (arrive around 4pm to 5:30pm).
  
- **Tohono O’odham Nation Domestic Violence Program: (866)666-4889**

- Emergency shelter for women, and women with children. Will provide food and clothing for tribal members.
- **Church on the Street**
  - <http://www.cotstucson.org>
  - 1402 S Tyndall
  - Men's Shelter: **(520) 312-0967**
  - Women's Shelter: **(520) 204-7838 or (520) 204-6920**
- **Salvation Army- (520) 546-5969**
  - <http://www.salvationarmytucson.org/>
  - 1002 N Main Ave

### Legal Help & Advocacy

- **Emerge! Center Against Domestic Abuse: (520)795-8001 (888)428-0101** **Toll-Free**
  - [www.emergecenter.org](http://www.emergecenter.org)
  - 2545 E. Adams Street, Tucson, Arizona 85716
- **Department of Child Safety (DCS): (888) 767-2445**
  - <https://dcs.az.gov/>
  - Statewide child abuse/neglect reporting
- **Davis-Monthan Air Force Base Family Advocacy Program: (520) 228-2104**
  - Domestic violence, sexual maltreatment, child abuse services, individual, group and family counseling, parenting education and other services for DMAFB families.
- **Orders of Protection/Injunction Against Harassment** \*\*For all courts:  
Hours Monday-Friday 8:30am – 4:30pm \*\*
  - Tucson City Court:103 E. Alameda, 1<sup>st</sup> Floor **(520) 791-4971**
  - Pima County Justice Court:240 N Stone Ave **(520) 740-3171**
  - Pima County Superior Court:110 W Congress St, 1<sup>st</sup> Floor **(520) 740-3210**
  - **After 4:30 p.m. weekdays, or at any time on a weekend or holiday, an emergency order of protection can be requested by contacting the Tucson Police Department (741-4444) or the Pima County Sheriff's Department (351-6000).**
- **Southern Arizona Legal Aid: (520)623-9461 Toll-Free (800)248-6789**
  - <http://www.sazlegalaid.org/>
  - 2343 East Broadway Blvd., Suite 200
- **Pima County Bar Association- Lawyer Referral Service**
  - **(520)623-4625**
  - [www.pimacountybar.org](http://www.pimacountybar.org)
  - Charge for 30 minute consultation with an attorney is \$35

- **Pima County Victim Compensation Program: (520) 740-5525**
  - <http://www.pcao.pima.gov/victimcompensation.aspx>
  - 32 N. Stone Avenue
- **Tohono O’odham Nation Victim Witness (Sells): (520) 383-4590**
- **Pascua Yaqui Tribe Victim Services: (520)879-5777**
  - For Tribal Members only. Mon-Fri. 8:00a.m.-5:00p.m. Advocates are available to assist in travel or court advocacy related to the crime.
  - 24-hour Crisis line: **(520)975-4064** Toll-Free **(800)572-7282**

### 24-Hour Hotlines/ Helplines

**EMERGENCY: 911**

### **SEXUAL VIOLENCE**

#### **Southern Arizona Center Against Sexual Assault:**

- [www.sacasa.org](http://www.sacasa.org)
- **(520)327-7273** Toll-Free **(800)400-1001**
- **(TTY/TDD/SMS): (520)327-1721/After-hours (520)235-3358**
- Sexual violence crisis line for Tucson and southern Arizona

#### **Wingspan’s 24-Hour Anti-Violence Bilingual Crisis Line:**

- **(520) 624-0348** Toll-Free **(800)553-9387**
- [www.saaf.org](http://www.saaf.org)
- Crisis line for LGBTQI survivors of sexual or relationship violence, hate crimes, or harassment/discrimination. Also works with non-LGBTQI survivors

#### **RAINN- Rape, Abuse, and Incest National Network**

- **(800)656-HOPE (4673)**
- <https://www.rainn.org/>

### **DOMESTIC VIOLENCE**

#### **Emerge! Center Against Domestic Abuse:**

- **(520) 795-4266** Toll-Free **(888) 428-0101**
- [www.emergecenter.org](http://www.emergecenter.org)
- Provides emergency shelter, crisis intervention and safety planning for survivors of domestic violence

#### **National Domestic Violence Hotline:**

- **(800)799-SAFE (7233)** TDD **(800)787-3224**

**Tohono O’odham Nation Domestic Violence Program: (866)666-4889**

- Emergency shelter for women, and women with children. Will provide food and clothing for tribal members.

**Youth and Teens**

**Youth on Their Own: (520) 293-1136**

- <https://yoto.org/>
- 1660 N. Alvernon
- Financial assistance, basic human needs and guidance. YOTO serves students who are in 6<sup>th</sup> – 12<sup>th</sup> grade (up to age 21) who are enrolled in public schools in the greater Tucson area

**Our Family Services: (520)867-6396**

- [www.ourfamilyservices.org](http://www.ourfamilyservices.org)
- General crisis intervention for youth. Teens in transition program, shelter for teenage parents.

**Bikers Against Child Abuse:**

- <http://arizona.bacaworld.org/arizona/pima-county-chapter/>
- Provide aid, comfort, safety, and support for children that have been sexually, physically, and emotionally abused

**Cyberstalking Resources**

**Cyber Angels:**

- [www.Cyberangels.org](http://www.Cyberangels.org)
- Online safety education program

**Safety Ed International:**

- [www.safetyed.org](http://www.safetyed.org)
- Assists the internet community by providing specific advice, resources, and information to victims being harassed or stalked on-line, as well as additional safety information.

**Federal Trade Commission, Consumer Affairs Department:**

- [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)
- Contact information if you have been the victim of identity theft or misuse of a social security number and fraudulent credit card accounts.
- FTC Hotline: **877-IDTHEFT (877)438-4338**

**Additional Resources**

**It Happened to Alexa Foundation**

- **(716) 754-9105 or 877-77-ALEXA (25392) / Fax (716) 754-4676**
- [www.ithappenedtoalexa.org](http://www.ithappenedtoalexa.org)
- Can assist in travel expenses to bring family and other supportive people to be with a survivor during the trial process

- Contact the foundation at: 125 South First Street, Lewiston, New York 14092

**National Center for Victims of Crime:**

- <http://victimsofcrime.org/home>

***THE SOUTHERN ARIZONA CENTER AGAINST SEXUAL ASSAULT  
SUPPORTS YOUR DECISION AS A SURVIVOR***

Office hours are Monday through Friday, 8 a.m.-5 p.m.

No appointment is needed to speak with an advocate.

Walk-ins are available during office hours Monday to Friday 8:00 AM to 12:00 PM and 1:00 PM to 5:00 PM.

**OFFICE LOCATIONS**

Main Office:

1600 N. Country Club Road

Tucson, AZ 85716

Phone: (520) 327-1171 / Fax: (520) 327-2992

**24-Hour Crisis Line (English/Spanish):**

**(520) 327-7273 or 1-800-400-1001**

Su Voz Vale:

El Pueblo Neighborhood Center

101 W Irvington Rd, 4A

(520) 434-0195

[www.sacasa.org](http://www.sacasa.org) / [www.codac.org](http://www.codac.org)

**Crisis line for people who are deaf or hard of hearing**

**Text message/Relay and TTY (520)327-1721/**

**After Hours (520) 235-3358**

**Special Thanks to:**

*Arizona Department of Public Safety, Centers for Disease Control, Emerge! Center Against Domestic Abuse, Old Pueblo Family Planning, Pima County Attorney's Office, Pima County Health Department, Planned Parenthood of Southern Arizona, RAINN, SAAF, Tucson City Court, Tucson Police Department, and Wingspan AVP.*

*The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the state or the U.S. Department of Justice, Office on Violence Against Women or the Arizona Department of Health Services.*