



RESOURCES FOR SURVIVORS



Table of Contents

- I. **Graphics**
- II. **Therapy**
- III. **Self Guided Support**
- IV. **Survivor Links**
- V. **Pursing and Investigation/Reporting**
- VI. **On campus resources (Students/Residents)**
- VII. **Supporting a Survivor**

Graphics

[LINK TO PAGE WITH DETAILS ON FOLLOWING 2 GRAPHICS](#)



NEXT STEPS FOR SURVIVORS OF SEXUAL VIOLENCE

Fear 2 Freedom, Inc.
www.fear2freedom.org

Following a sexual assault, survivors have many options for next steps.

A survivor can take all of these steps, or none of them.

Know what these options are in case you ever need them, for yourself or for a friend.

Report the Assault

- 1 Law enforcement:
A survivor can pursue the criminal justice system in the jurisdiction where the assault occurred.

- 2 Title IX:
A survivor currently enrolled in school can pursue the Title IX system with their high school, university, or college. This is not a criminal proceeding.

Seek Medical Attention

- 1 P.E.R.K. Exam:
This is a specialized medical procedure performed by trained nurses. Not every hospital has the capability to do this, so do some research before going.

- 2 Check-up:
If more than 120 hours has passed since the assault, the P.E.R.K. exam may no longer be an option. You can still go to your doctor and get treatment, referrals, and testing.

Seek Counseling

- 1 Individual therapy:
This process involves regular meetings with a psychologist or other mental health provider to develop coping mechanisms.

- 2 Support group:
Some people prefer group therapy sessions to individual ones. There are entire support groups with survivors supporting one another, as well as other groups.



TRAUMATIC EFFECTS OF SEXUAL ASSAULT

Fear 2 Freedom, Inc.
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These can include but are not limited to:



Emotional

Crying, anxiety, extreme vulnerability, panic attacks, fearfulness, anger, emotional numbness, difficulties in relationships, Depression



Cognitive

Memory lapses, loss of time, flashbacks, difficulty making decisions, decreased ability to concentrate, panic attacks, thoughts of suicide



Behavioral

Self harm, substance abuse, alcohol abuse, isolation, disordered eating, unhealthy relationships, suicide attempts, hypervigilance



Physical

Eating and sleeping disturbances, sexually transmitted infections, pain, injuries, low energy, migraines, lowered immune function



Spiritual

Guilt, shame, self-blame, self-hatred, feeling damaged or 'less than,' feeling like a "bad" person, questioning one's own purpose and religious beliefs

When Feeling Triggered

HOW TO GET GROUNDED

Plant Your Feet.

Place both feet flat on the floor. Sit up straight, feeling the chair supporting you. Feel your feet touching the floor.

Breathe.

Inhale slowly while mentally counting to 5. Then exhale completely to a count of 5. Repeat 5 times.

Notice.

Notice what you see around you. Say out loud 5 things you see, 4 things you hear, 3 things you can feel and 2 things you smell.

Trauma, Triggers & Flares

What are Triggers?



1. Reminders of past events
2. Often unrecognized
3. Come in all shapes & sizes
4. Elicit threat responses (symptoms)
5. Elicit flares in chronic disease
6. Flares represent fight, flight, freeze
7. Based on unresolved trauma
8. May not be dangerous or stressful
9. Can be identified
10. Healing triggers can help flares
11. Healing trauma helps chronic illness
12. Sensitivity to mold, infections & other exposures

Trauma Triggers Flares in Disease



Veronique Mead, MD, MA
Chronic Illness Trauma

How To Cope With Trauma That Has Just Been Triggered

Practice a grounding exercise that brings you back to this moment:

For example, practice the 5-4-3-2-1 mindfulness exercise. This is where you slowly breathe in through your nose and out through your mouth while bringing awareness to...

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Repeat a mantra to block out intrusive thoughts that don't serve you. For example:

"I am safe"

"This too shall pass"

"My life is more than this moment"

"I am patient. I am healing."

Engage your senses to bring awareness back to the present:

This may include playing with a fidget toy, aromatherapy, stretching your body, or even chewing gum.

Release yourself from unrealistic expectations:

A flashback doesn't mean you're "back to where you started" or "you'll never be free from the past". Healing isn't linear, it's complex. Be patient and kind with yourself as you progress through this journey.

8 WAYS TO WORK THROUGH TRAUMA



Forgive yourself



Practice exposure therapy



Incorporate meditation/
yoga



Journal



Exercise



Seek professional assistance



Practice self-care



Give yourself permission to heal

DO I HAVE PTSD?

The Signs & Symptoms of Post-Traumatic Stress Disorder

Many people develop strong or physical reactions after experiencing a traumatic event. They usually subside over a few days or weeks; for some, however, they may last longer and be more severe. These signs and symptoms can be grouped into three areas:

RE-EXPERIENCING SYMPTOMS



Flashbacks that include physical symptoms like a racing heart



Bad dreams



Frightening thoughts

AVOIDANCE SYMPTOMS



Avoiding places or objects that remind of the experience



Feeling emotionally numb



Losing interest in activities you used to enjoy

HYPERAROUSAL SYMPTOMS



Being easily startled



Feeling tense or "on edge"



Having difficulty sleeping and/or having angry outbursts

When symptoms last longer than a few weeks, it may be post-traumatic stress disorder. Research indicates that stress disorders are effectively treated with psychotherapy and, in some cases, medication.

image credit: via

Therapy

Helpful Tips

NOT FROM A PROFESSIONAL JUST FROM
SOMEONE WHO KNOWS WHAT ITS LIKE

BEFORE YOU GO (1)

WHAT KIND OF THERAPIST
DO YOU WANT TO SEE?
THINK ABOUT:
•GENDER, ETHNICITY,
RACE(IMPORTANT YOU
FEEL REPRESENTED AND
HEARD)

BEFORE YOU GO (2)

DIFFERENT THERAPISTS
SPECIALIZE IN DIFFERENT
THINGS:
•EX. CHILDHOOD TRAUMA,
CANCER PATIENTS,
DEPRESSION, ADHD, ECT.
PICK WHAT FITS FOR YOU OR
JUST NORMAL
PSYCHOLOGIST FOR N/A

HOW TO FIND ONE

GO TO "PSYCHOLOGY
TODAY" AND PUT IN ZIP
CODE THEN CALL TO
SEE IF THEY TAKE YOR
INSURANCE-->

Psychology Today

City, Zip or Name



Bryan Vasquez

Drug & Alcohol Counselor,
CATCIII

Verified | Ask

Lake Forest, California
92630

you or a loved one are struggling with addiction
now the challenges of this lifestyle. You do not
ve to go to 'rehab' to make lasting changes in

Email

(657) 214-7574

SCHOOL COUNSELING

GOOD FOR THOSE WHO
DONT HAVE INSURANCE
BC FREE WITH TUITION
BUT MAKE SURE TO LOOK
INTO WAIT TIMES AND
HOW MANY SESSIONS
YOU GET



Debra S Woog

Marriage & Family
Therapist, MA, MAPC, LMFT

Verified | Ask

Lake Forest, California
92630

Find a Therapist link

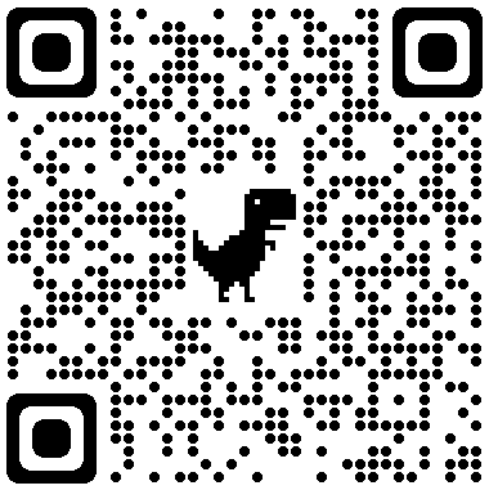
(<https://www.psychologytoday.com/us/therapists>)

Self Guided Support

(link to buy workbook to help with self healing via Amazon)

[Self Workbook for Healing, Therapy Alternative](#)

Survivor Links



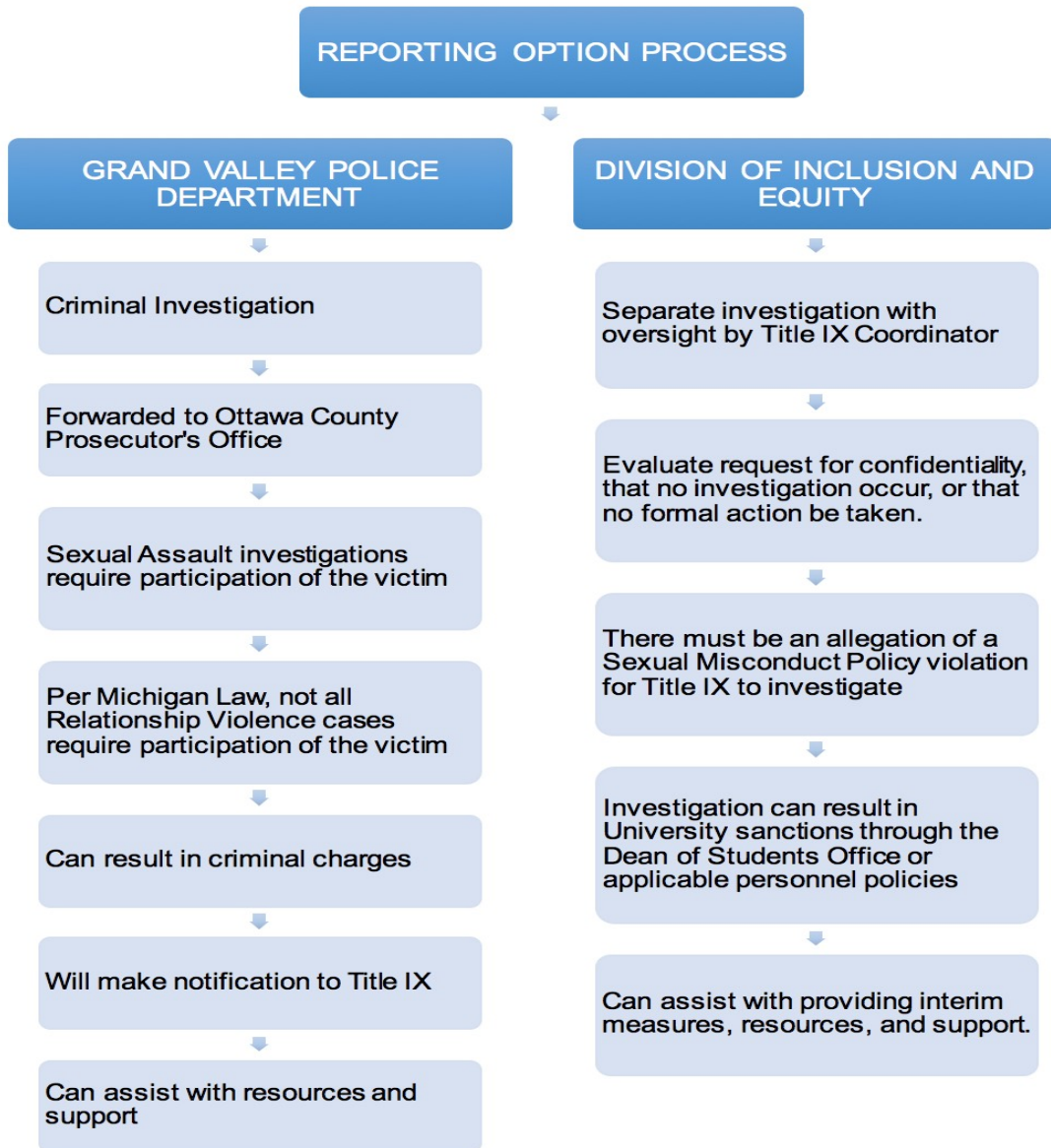
EXTENSIVE RESOURCES FOR SURVIVORS via

<https://www.advocateforvictims.com/resources>

Listed resources provided by:

<https://www.advocateforvictims.com/resources>

(pdf friendly)



This changes depending on what state/school you are located in. For the most part the process however is similar and the most informative graphic found. The Left is a legal process (through your city/state) and the Right is an administrative process through your University.

**Know your rights regarding Title IX
(reporting assault on campus)**

SF State Specific/ CSU

<https://calstate.policystat.com/policy/6741651/latest/>

<https://calstate.policystat.com/policy/8453514/latest/>

<https://calstate.policystat.com/policy/8453516/latest/>

<https://calstate.policystat.com/policy/6742744/latest/#autoid-58zq4>

Information on New Title IX changes

<https://www.knowyourix.org/college-resources/hands-off-ix/>

Education <https://www.advocateforvictims.com/educational>

SFWAR <https://www.sfwar.org/resources.html>

On campus resources

Mandated reporters (MR): (they must report to Title IX office any assault disclosed to them, whether you choose to peruse a Title IX investigation after the report is your decision)

Residential Assistants: *MR*

Students, can refer you to other places. Many not be the most informed as students but have a whole department to ask for support they can refer to

Professors: *MR*

Faculty, can refer you to on campus resources

Confidential (c): not mandated to report:

Safe Place-c

student services (across from village c) room 205

@safeplacesfsu

This service is ran by university, non students. Has wait times, only a certain amount of counselors and certain amount of free sessions allowed

Title IX Coordinator	
Counseling & Psychological Services*	415-338-2208
The SAFE Place*	415-338-2208
Student Health Services	415-338-1251
Dean of Students, Deputy Title IX Coordinator	415-338-3888

*CONFIDENTIAL- except as noted by law, program staff/faculty are not required to report incidents of sexual violence to the Title IX Coordinator without consent of the victim.

Off Campus	
SF Trauma Recovery/Rape Treatment Center	415-437-3011
San Francisco Women Against Rape	415-647-RAPE
Victim Services Division (SF DA's Office)	415-553-9044
La Case de las Madres	877-503-1850
W.O.M.A.N. Inc.	877-384-3578
Rape Trauma Services (San Mateo County)	650-692-7274
CORA (San Mateo County)	800-300-1080
Highland Sexual Assault Center (Alameda County)	510-534-9290
Bay Area Women Against Rape (Alameda County)	510-845-RAPE
A Safe Place (Alameda County)	510-536-7233
Community Violence Solutions (Marin County)	800-670-7273
CA Coalition Against Sexual Assault (CALCASA)	916-446-2520

IF YOU BECOME THE VICTIM OF A SEXUAL ASSAULT ON OR OFF CAMPUS:

- Get to a safe place.
- Contact the University Police Department (or your local police) by dialing 9-1-1 or The SAFE Place at 415-338-2208.
- Refrain from showering, bathing, douching, changing or destroying clothing. Save clothing and other evidence in a paper bag.
- Do not straighten up the area.
- Seek medical attention from the Trauma Recovery/Rape Treatment Center at SF General Hospital by calling 415- 437-3000.
- Seek emotional support from a local Rape Crisis Center such as SFWAR at 415-647-RAPE (7273).
- Save all text messages and electronic communications from perpetrator

***Coming soon* survivor support a space run by students**

Supporting a Survivor

[LINK](#) TO PAGE WITH DETAILS ON FOLLOWING 2 GRAPHICS

Use Supportive Statements

When Responding to Sexual Violence Disclosures

Fear 2 Freedom, Inc.
www.fear2freedom.org

I'M HERE FOR YOU

I'm so glad that you're safe now

I believe you


Whatever you did was right because you're still here

Your reaction is completely normal and valid

Whatever you want to do next, I'll support you



YOU ARE SO STRONG


This was not your fault



**AVOID
CRITICAL
QUESTIONING**
When responding to
sexual violence
disclosures

Fear 2 Freedom, Inc.
www.fear2freedom.org

 <p>WHAT WERE YOU WEARING? It doesn't matter what the survivor was wearing.</p>	 <p>WERE YOU DRINKING BEFORE? Intoxication is not an invitation.</p>	 <p>DID YOU KISS THEM FIRST? Consent to one sexual act is not consent to any and all sexual acts.</p>	 <p>ARE YOU SURE YOU DIDN'T ASK FOR IT? No one asks to be sexually assaulted.</p>
 <p>HAVEN'T YOU HAD ONE-NIGHT STANDS BEFORE? The survivor's sexual history doesn't matter.</p>	 <p>DID YOU TRY TO FIGHT THEM OFF? It doesn't matter if the survivor didn't try or was unable to fight the perpetrator off.</p>	 <p>WHY DON'T YOU REMEMBER? Trauma disrupts the brain's ability to encode memories.</p>	 <p>WEREN'T YOU FLIRTING WITH THEM? Flirting is not consent to sexual activity.</p>



**Potential
Triggers**
for Sexual Violence
Survivors

Fear 2 Freedom, Inc.
www.fear2freedom.org

 <p>TOUCH Unexpected physical contact. If you want to give a survivor a hug or another form of touch, ask their permission.</p>	 <p>SIGHT Seeing something that reminds them of the assault. If the survivor is triggered by something, remove the visual stimuli.</p>	 <p>YELLING Shouting, yelling, and hostile language. Be aware of your tone and how the survivor is responding to it.</p>	 <p>LOCATIONS The place where the assault occurred, or places that resemble that location of the assault. Leave if possible.</p>
 <p>CROWDS Crowds and large groups of people. Be aware of this, and have a plan to leave if necessary.</p>	 <p>SOUND Loud music, a particular song, or other noises that remind the survivor of the assault. Avoid the sound if possible.</p>	 <p>SMELL Smells can remind the survivor of the assault, like aftershave, perfume, or alcohol. Be aware and remove the smell if possible.</p>	 <p>DATE The date of the assault. Be aware of the anniversary of assaults and how you can support the survivor through this time.</p>

"Triggers: What Are They?" (n.d.) Retrieved from <https://soic.ca/learn/triggers-what-are-they/>

****All Information gathered is from a student who has worked extensively with Survivor Advocacy and Title IX Reform*