

# If You or Someone You Care About Has Been A Victim of Sexual Assault

YOU ARE NOT ALONE

THERE IS **Hope**

THERE IS **Healing.**

If you have been sexually assaulted, it is not your fault. If you are a friend/family member of a survivor, the most important things you can do are to listen and believe them. Offer the survivor the following resources, but allow them to choose their own course of action.

- Get to a safe place as soon as you can, and contact someone you trust to be with you and support you.
- If there is a possibility of pursuing legal action, it is important to preserve evidence and get an exam. Do not wash, use the toilet, or change your clothing if possible. If you do change your clothes, put all clothing you were wearing at the time of the attack in a paper, not plastic, bag.
- Contact the University Sexual Assault Advocate, Ms. Janice Jimenez, by calling the MU Police Department at 872-3433. Ms. Jimenez can assist you through the entire reporting/medical care/counseling process.
- Get medical attention as soon as possible. You can contact Student Health Services (872-3250) or Lancaster General Hospital (544-5511). If you desire, an advocate from the YWCA Sexual Assault and Prevention Counseling Center (392-7273) can meet you at the hospital.
- Contact University Police through an emergency phone on campus or by calling 872-3433, 911 or 3911 from a campus phone. University Police can transport you to the hospital.
- Talk with a counselor to discuss your options and provide emotional support. Contact the Center for Counseling and Human Development (872-3122).
- Sexual assault is a violation of the University Code of Conduct. Contact the Judicial Affairs office (872-3162), if you would like to pursue University disciplinary action.

# Resources THERE IS Help.

The following resources are available if you or someone you know has been a victim of sexual assault

## Campus Resources:

Sexual Assault Advocate: 872-3433

University Police Department: 872-3433

Campus Emergency: 3911

Off Campus Emergency: 911

Student Health Services: 872-3250

Center for Counseling and Human

Development: 872-3122

Judicial Affairs: 872-3162

Empower Peer Educators: 872-3841

- Empower Peer Educators (EPEs) are trained MU students who can provide you with information on the resources available on and off campus and they also offer awareness programming and outreach

## Off Campus Resources:

YWCA Sexual Assault Prevention and Counseling

Center: 24 hour Hotline: 392-7273

- The YWCA can connect you to available community resources

Lancaster General Hospital: 544-5511

- Sexual Assault Forensic Examination (SAFE) offered as well as STI and pregnancy testing, and emergency contraception

Planned Parenthood of Lancaster: 299-2895

- STI and pregnancy testing, and emergency contraception

**Millersville University**  
SEIZE THE OPPORTUNITY

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