

*No one deserves
to be sexually
assaulted.*

Half of all sexual assaults occur within an intimate relationship.¹

Sexual assault is against the law, regardless of the type of relationship.

Most victims experience both sexual violence and other forms of physical violence.

*Sexual violence is
never the victim's
fault!*

¹ Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Help is Available

Nebraska's coalition of domestic violence and sexual assault programs provide access to safety and shelter across the state. To locate the program nearest you, visit www.nebraskacoalition.org.

National Hotline Numbers

**Rape, Abuse, Incest
National Network**
1-800-656-HOPE (4673)

National Domestic Violence Hotline
1-800-799-SAFE (7233)

National Teen Dating Abuse Helpline
1-866-331-9474



Nebraska Coalition to End
Sexual and Domestic Violence
402-476-6256
www.nebraskacoalition.org

This project was supported by Grant No. 2014-MU-AX-0008 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Intimate Partner Sexual Violence



**Sexual violence
is a crime.**

**Even in an
intimate
relationship.**

You may wish to seek counseling or advocacy services.

The 20 domestic violence & sexual assault programs in Nebraska provide free and confidential services to individuals, their dependents and supportive others who have experienced domestic violence, sexual violence, or stalking. Trained advocates can provide information and referrals and assist you with safety planning. Some programs also offer counseling and support group services.

The combination of physical violence and sexual violence in a relationship increases the risk of injury and lethality.

An advocate can help you make a safety plan and discuss options. You can talk with an advocate any time, whether or not you want to leave the relationship.

Plan for safety

- Trust your instinct
- Use a code word with a trusted individual who can call for help
- Plan an escape route
- Stash a bag with extra clothes, important documents, ID, money, keys, etc.
- Find things that help you cope with or detach from emotional pain such as thinking soothing thoughts or focusing on your physical environment

You may choose to seek medical care.

Medical professionals can examine for injuries, some of which you may not be aware of. You may also be tested and treated for sexually transmitted infections (STIs) if necessary.

Medical professionals are required by law to call law enforcement when they treat someone who has been sexually assaulted. However, the decision to make a formal report is still yours. If you seek medical attention without disclosing the assault, a report to law enforcement may not be made.

You may choose to report the assault to law enforcement.

If you are considering making a report to law enforcement, a forensic exam can be done to collect evidence, usually within 24-96 hours from the time of the assault. Staff from local domestic violence/sexual assault programs are available 24 hrs/day to meet you at the hospital or police station.

It is not unusual for you to be confused about details and the order of events. A traumatic event often makes it difficult to remember things clearly. As things become clearer, let investigators know.

If You Have Experienced Intimate-Partner Sexual Violence

It is normal to feel a wide range of emotions. Common responses include:

- Denial
- Helplessness
- Dislike of sex
- Anger
- Self-blame
- Anxiety
- Nightmares
- Depression
- Fear
- Flashbacks
- Guilt
- Mood swings
- Numbness
- Loneliness
- Social withdrawal

Everyone responds to trauma differently. You may freeze, laugh, go along with it or dissociate.

There is no "right" response to sexual violence. Whatever you did to survive the situation was okay.

It's important to talk about it.

Many individuals who have experienced IPSV feel isolated and ashamed of what's happened to them. Talking about sexual violence can be embarrassing, difficult, and scary. It's important to know that you are not alone. If you choose to talk about your experience, others can provide support and help you increase your safety.