

I've Been Sexually Assaulted. What Do I Do?

- 1. Go to a safe location away from the attacker.**
- 2. Preserve all evidence of the assault.** Do not bathe, wash your hands or brush your teeth. If you are still where the crime occurred, do not clean, or straighten up, or remove anything from the crime scene.
- 3. Contact one of the following:**
 - ◆ Your local Sexual Assault Response Coordinator (SARC);
 - ◆ Your local Victim Advocate (VA); or
 - ◆ Military OneSource at
Stateside: 1-800-342-9647
Overseas: 00-800-3429-6477
Overseas Collect: 1-484-530-5908
Military OneSource will be able to explain different reporting options, identify your local SARC or VA, and connect you with sexual assault services.

- 4. Seek medical care as soon as possible.** Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease. Ask the health care personnel to conduct a sexual assault forensic examination to preserve forensic evidence.

You can always get help!

No matter how long its been since you were sexually assaulted, your DoD support system is here for you!



Contact your local SARC:



Sylvia Aldaz-Osborn

Over 21 years of experience as a credentialed advocate working with all victims of violent crimes.

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SARC 24/7 Duty Phone: (505) 853-7595
(505) 241-9791

The Commitment



Program Overview

SARC 24/7 Duty Phone: (505) 853-7595
(505) 241-9791

DOD Safe Helpline 24/7: 877-995-5247
Text: *55-247
OCONUS text: (202) 470-5546

HURTS ONE. AFFECTS ALL.

Sexual Assault Prevention and Response Office

The Sexual Assault Prevention and Response Office (SAPRO) serves as the single point of responsibility and oversight for DoD sexual assault policy, providing guidance to DoD components, and facilitating the resolution of issues common to all military services and joint commands.

Our Vision is to “enable military readiness by establishing a culture free of sexual assault.”

The objectives of the Department’s sexual assault policy are to enhance and improve:

- ◆ Prevention through training and education
- ◆ Victim response
- ◆ Program oversight

Prevention

The Department requires all Service members, both in the Active and Reserve Components, to receive annual awareness training. In addition, sexual assault awareness instruction is a mandatory component of all initial entry training, professional military education programs, and pre-command courses.

The Department has put special emphasis on teaching Service members to prevent sexual assault by using a technique known as Active Bystander Intervention. This technique calls on every Service member to step in and intervene in situations that may lead to a sexual assault.

Victim Support

Each Military Service maintains a comprehensive worldwide 24/7 response capability through two key channels of support.

Sexual Assault Response Coordinators serve as a

center of gravity to coordinate sexual assault victim care and track service referrals from the initial report of a sexual assault through the final disposition and/or until the victim no longer desires services.

Victim Advocates provide victims essential non-clinical support and information on available options and resources, and also maintain communication and contact with the victim as needed for continued victim support.

Military installations may also have agreements with civilian providers for off-base services.

Consent

Consent: Defined as "consent" means a freely given agreement to the conduct of an issue by a competent person. An expression or lack of consent through words or conduct means there is no consent.

Reporting Options

Under DoD policy, military victims of sexual assault have a choice of two reporting options: Restricted and Unrestricted.

◆ Restricted Reporting

Restricted Reporting allows victims to receive advocacy support, medical treatment, counseling, and a sexual assault forensic examination (SAFE) without triggering a criminal investigation or being personally identified in subsequent command notification. With Restricted Reporting, victims can access resources and care while weighing their option to participate in a criminal investigation at a later time.

◆ Unrestricted Reporting

If a victim chooses Unrestricted Reporting, a report is filed through normal reporting channels including the victim’s chain of command, law enforcement, and legal personnel to maximize accountability of sexual assault perpetrators.

***Air force Sexual Assault Prevention and Response (AF/CSV) establishes and implements program policy using (AFI) 90-6001, SAPR Program, 18 March 2016. Sexual Assault is a crime. It violates Army and Air Force Core Values. Every Airman who is aware of a sexual assault must immediately report the incident.

**PREVENTING SEXUAL ASSAULT
IS EVERYONE’S DUTY**