

What to do after an assault

It is important that survivors of sexual assault understand that no matter where they were, the time of day or night, what they were wearing, or what they said or did, if they did not want the sexual contact, then the assault was in no way their fault.

If you or someone you know has been the victim of sexual assault, get help immediately.

- Get to a safe place.
- In order to obtain evidence, do not eat, drink, shower, or use the restroom.
- Call the police.
- Go to the emergency room.
- Call a family member, friend, or Northwest Arkansas Rape Crisis

It is important that survivors deal with what has happened to them in order to begin the recovery process.

You don't have to do this alone.
Help is available.

Check these out...

For more information on sexual assault issues, check out these websites:

www.rainn.org — Rape, Abuse, Incest National Network: 1-800-656-HOPE

www.dcdsg.wv.gov — Arkansas Coalition Against Sexual Assault: 1-866-63-ACASA

www.nsvrc.org — National Sexual Violence Resource Center: 1-877-739-3895

www.promotetruth.org

Northwest Arkansas Rape Crisis, Inc.

Who are we?

Northwest Arkansas Rape Crisis, Inc. (NWARC) is a private, non-profit agency dedicated to the support of sexual assault survivors and their families, and the prevention of sexual assault through the education of our community.

Our Mission:

NWARC focuses on the critical issue of sexual assault by:

- Assisting those affected
- Promoting community awareness and understanding
- Serving as a catalyst for social change

Our ultimate goal is the elimination of sexual assault.

If you are in need of our services, or would like to speak with an advocate, please feel free to call our office at 479-927-1025, or the 24-hour hotline at 1-800-794-4175.

The healing process starts with you—it is your decision to seek help and break the silence.

Services en Español



Northwest Arkansas Rape Crisis

614 E. Emma Ave., Suite 247

Springdale, AR 72764


Office: (479) 927-1025

Fax: (479) 927-1023

24-Hour Hotline:

1-800-794-4175

Northwest Arkansas Rape Crisis, Inc.



Recovery
Prevention
Education

**24-Hour Rape
Crisis Line
1-800-794-4175**

General Information About Sexual Assault

Many people deny the fact that sexual assault occurs. People believe that this heinous act only happens to women who are: dressed provocatively, under the influence of a drug or alcohol, out late at night, etc. While some of these factors can contribute to the occurrence of sexual assault, they do not CAUSE sexual assault.

Only the perpetrator is responsible for sexual assault. It is NEVER the survivor's fault.

Staggering Statistics*:

- 1 in 3 women and 1 in 6 men will be the victim of sexual assault by the time she or he reaches the age of 18.
- 70-80% of all sexual assault victims know their assailant.
- 75% of all sexual assaults involve alcohol or drugs.

What is Sexual Assault?

Sexual assault is any type of sexual activity to which you do not agree, including: inappropriate touching, vaginal penetration, sexual intercourse, attempted rape and child molestation. Sexual assault and abuse can also be verbal, visual, or any other form which forces a person to participate in unwanted sexual contact or attention like voyeurism, exhibitionism, incest, forced prostitution, exposure to pornography, sexual harassment, etc.

Arkansas' legal definition of rape: a person commits rape if he or she engages in sexual intercourse or deviate sexual activity with another person:

1. By forcible compulsion; or
2. Who is incapable of giving consent because he or she is physically helpless, mentally defective or mentally incapacitated; or
3. Who is less than fourteen years of age; or
4. Who is less than eighteen years of age, and the actor is: the victim's guardian, uncle, aunt, grandparent or step-grandparent/guardian, grandparent by adoption, brother or sister of whole or half-blood or by adoption, nephew, niece, or first cousin, or more than three years of age older than the victim.

* Statistics from Arkansas Commission on Child Abuse, Rape and DV.

NWARC Services for Survivors

Recovering from Sexual Assault...

NWARC can help men and women who are survivors of sexual assault or incest find their road to recovery through the use of agency services. All services are FREE, and all are offered in English and Spanish.

Crisis Line

For intervention and information, our crisis line is available 24-hours a day, 7 days a week, 365 days a year. The line is answered by trained, professional volunteers and staff members dedicated to the well-being and safety of the survivor.

Advocacy

Volunteer advocates and staff members provide support, information and materials to survivors for sexual assault during visits to local hospitals, police stations and courts.

Support Groups

Designed for survivors of sexual assault, friends and family members of survivors and adult survivors of incest. These are set up to encourage survivors to gain positive coping skills, receive advice and support from other group members, and ask questions. Support group topics and members remain confidential.

One-on-one Support

Designed for individual survivors who are not comfortable with group settings, to discuss issues surrounding their sexual assault. A staff member can meet with survivors in the office, or a comfortable setting of the person's choice. These sessions are completely confidential. Walk-ins are welcome.

NWARC Educational Services

NWARC, in its efforts to help reduce the risks of sexual assault, offers educational services to Benton, Madison and Washington Counties in the form of:

Community Education

NWARC provides community education in the form of presentations to area schools and civic groups. We cover all topics associated with sexual assault, including date rape, dating violence, stalking, and risk reduction.

In-Service Training

Sexual assault prevention and awareness trainings are available for area professionals such as police, hospital staff, and educators.

Resource Library

NWARC's resource library is available to the entire community and is stocked with books and videos that are available for loan.

Volunteer Opportunities

Advocacy

NWARC offers training for those interested in being advocates for sexual assault survivors. Requires a 12-hour initial training, 2 on-call shifts per month and attendance at a monthly meeting.

Speakers' Bureau

Provide prevention and educational information through community presentations.

Community Booths

Represent the agency at community, volunteer and health fairs, as well as other special events throughout the year.

NWARC Board of Directors

Meets once a month to help guide the organization through subcommittees and interaction with staff.



Together, we can
Decide to End
Sexual Assault.
You Have a VOICE!

