

What to do if you are raped

- Get to a safe place
- Call 911
- DO NOT take a shower, brush your teeth or douche
- DO NOT get rid of the clothing you were wearing during the assault
- Go to the hospital
- Call Operation Care's 24-hour help line. An advocate will come immediately to stay with you



Tel: 209-223-2897

**24-Hour Sexual Assault
Help Line:
209-223-2600**

Our Mission

To provide domestic violence and sexual assault support services, crisis intervention and education to our community.

Our Vision

We believe in the value and dignity of individuals, and that people have a right to live in a safe, secure environment, free from violence. Operation Care provides individuals with the opportunities and tools to end the cycle of violence.



Sexual Assault & Domestic Violence Support Services
Since 1980

Tel: 209-223-2897

**24-Hour Crisis Line:
209-223-2600**

Toll free: 800-675-3392

619 New York Ranch Road
Jackson, CA 95642
Fax: 209-223-2987
www.operationcare.org

Sexual Assault

- Stranger Rape
- Acquaintance /Date Rape



—How to keep yourself safe

—Information on what to do if it happens to you

—Where to go for help



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Made possible with funding from Office of Emergency Services RC06091628 and DHS05-45599.



What is Sexual Assault

Sexual assault is defined in the California Penal Code Section 261, as forced sexual intercourse against a person's will. Rape is a hostile and violent assault that persons commit to dominate, overpower and humiliate other persons.

Different Types of Sexual Assault:

- Stranger Rape
- Acquaintance /Date Rape
- Spousal Rape

Sexual assault has absolutely nothing to do with sexual desires and urges, it has everything to do with taking the control and power away from another.

The most common reason rapes do NOT get reported:

- Fear of being accused of participating
- Fear of being accused of provoking it
- Fear of retaliation from the offender or his/her friends
- Fear of ridicule
- Fear of police procedures
- Fear of appearing in court for the trial
- The belief that because there are so few convictions, it is pointless to report the crime

Emotional Symptoms following a sexual assault:

- Fear
- Guilt
- Anger
- Shame
- Embarrassment
- Betrayal
- Lack of Trust
- Powerlessness
- Depression

Physical Symptoms following a sexual assault:

- Nausea
- Soreness
- Headaches
- Jumpy/nervous
- Difficulty concentrating
- Hard to cry or stop crying
- Sleeping a lot
- Trouble sleeping
- Fatigue
- Nightmares
- Eating disorders
- Vaginal discharge

Important things to remember if you are raped:

- DO NOT take a shower, brush your teeth or douche
- DO NOT get rid of the clothing you were wearing during the assault

What to do if you are raped:

If you have been raped, you should get to a safe place, contact law enforcement and go to the hospital.

Call Operation Care's 24-hour crisis line at 209-223-2600 as soon as possible or have someone call for you. A trained advocate will come immediately to be with you and help you every step of the way. From the hospital examination through the court process, we are here to help, and you will not be alone.



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