

What Should I Do if I Am Sexually Assaulted or Sexually Harassed?

If Immediately After:

Go to a safe place. Consider going to your room, a friend's room, or anywhere you will feel safe.

Do not clean up. It may be difficult to keep from cleaning yourself up, but if you do you may destroy evidence that could be useful should you decide to report the assault to the police. Don't wash up, douche, change clothes, eat, brush your teeth, go to the bathroom or brush your hair. Even if you are not sure about reporting the assault, it makes sense to preserve the option of reporting until you make a final decision.

Call someone you trust. Call a friend, a family member, a campus advisor, or someone else you trust who can be with you and give you support. The local Sexual Assault Support Center can assist you throughout the entire process at 706-571-6010 or 1-800-656-HOPE.

Go to a hospital emergency room or the Student Health Clinic. Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a healthcare provider the risk of exposure to sexually transmitted infections and the possibility of pregnancy resulting from the sexual assault.

You have choices for reporting sexual violence:

- 1) If you would like to take criminal actions or think that at some point you might want to take criminal actions, notify University Police at 706-507-8911. If you feel unsafe at any time you should call University Police.
- 2) You may also choose to take actions with the University by reporting to the Office of the Dean of Students at 706-507-8730 or submitting an BART report online at <https://publicdocs.maxient.com/incidentreport.php?ColumbusStateUniv>

Reporting the crime can help you regain a sense of personal power and control and can also help to ensure the safety of other potential victims.

Talk with a counselor. The Columbus State University Counseling Center is a free and confidential service for all students. It is located on the third floor of the Schuster Student Success Center and the phone number is 706-507-8740. For after- hours counseling please contact the Sexual Assault Support Center or University Police, who will contact an on call Columbus State University counselor.