

Recognizing Harm. Reclaiming Power.

Examples of Sexual Assault Include:

- Rape or attempted rape
- Unwanted touching or groping
- Sexual coercion or pressure
- Sexual activity with someone unable to consent (due to age, intoxication, or disability)
- Any sexual act that occurs without mutual agreement

Consent must be:

- *Freely given*
- *Informed and enthusiastic*
- *Ongoing and reversible*

Silence is not consent. Past relationships are not consent. Consent can be withdrawn at any time. Sexual assault is never the victim's fault. If something happened to you or someone you care about, support is available—and healing is possible.

Speak Up
Stand Strong
Stop Assault

SUICIDE HOTLINE
(800) 273-TALK

24-HOUR CRISIS LINE
(765) 288-HELP

Loveisrespect.org
Ucasa.org

Dove Center
435-628-0458
Se habla Espanol

Utah Legal Services
(435) 628-1604
Washington County Justice Court
(435) 634-5728
5th District Court
(435) 986-5700
Washington County Attorney's Office
(435) 301-7100
Children's Justice Center
(435) 301-7190
Doctor's Volunteer Clinic
(435) 656-0022

National Center for Victims of Crime
(202) 467-8700
www.ncvc.org

Rape, Abuse & Incest National Network
(800) 656-HOPE or (800) 656-4673
www.rainn.org

National Sexual Violence Resource Center
(877) 739-3895 WWW.nsvrc.org



Brittany Wright

bwright@hurricane.utah.gov

435-635-9663

Mon.- Thu. 8:00 am-5:00 pm

118 Lion Boulevard

Springdale, Utah

435-772-9096

Dispatch 435-634-5730

Officer: _____

Incident#: _____



At Springdale Police Department, we recognize the courage it takes to report sexual assault. Our approach is trauma-informed, victim-centered, and designed to promote safety, compassion, and justice.

IF YOU'VE BEEN SEXUALLY ASSAULTED WHAT YOU NEED TO KNOW

Experiencing sexual assault is traumatic, and you may feel overwhelmed, confused, or unsure of what to do next. You are not alone—and what happened is not your fault.

Here are some important steps and options to consider:

1. Ensure Your Safety

Find a safe place and someone you trust. If you are in immediate danger, call 911.

2. Seek Medical Attention

You can receive a medical exam to address injuries, prevent pregnancy or STIs, and collect forensic evidence if you choose. Exams are available at:

- St. George Regional Hospital
- Hurricane Emergency Department You do not have to report to police to receive care.

3. Consider Reporting

You have the right to report the assault to law enforcement—but it is your choice. If you decide to report, a trauma-informed officer and investigator will guide you through the process with care and respect.

4. Connect with a Victim Advocate

An advocate can help you understand your rights, access resources, and support you through medical, legal, and emotional recovery. Services are free and confidential.

5. Take Your Time

There is no “right” way to respond. Whether you choose to report now, later, or not at all—your healing is valid, and support is available when you’re ready.

YOUR STORY
MATTERS

YOUR VOICE IS
POWER


Utah Rape & Sexual Assault Crisis Line (24/7)

☎ 1-888-421-1100



LEARN THE FACTS ABOUT SEXUAL VIOLENCE

 **1 IN 5 WOMEN**
have experienced
sexual violence
other than rape

 **1 IN 5 WOMEN**
have experienced
attempted rape in
their life

1 IN 3 WOMEN
experience physical or
sexual violence by an
intimate partner


 **1 IN 5 WOMEN**
reported
experiencing
physically
aggressive
harassment

1 IN 6 BOYS
are sexually abused
before age 18

 Only 26.2% of
men who
experienced
sexual violence
disclosed it at
the time

 **18 % OF MEN**
reported experiencing
sexual harassment

**Nearly 1 in 67
men** are raped
or experience
attempted rape



FEWER THAN 5%
of completed or
attempted rapes
are reported
to the police



 **67.5% OF INSTANCES OF RAPE
ARE ESTIMATED TO GO UNREPORTED.**

Utah ranks 9th in the U.S. for
rapes per capita. Only about
12% of sexual assault survivors
in Utah report to law

Among college women,
9 out of 10 students knew
their person who sexually assaulted



**SEXUAL VIOLENCE THRIVES WHEN IT IS NOT TAKEN
SERIOUSLY AND VICTIM BLAMING GOES UNCHECKED.**

USE YOUR VOICE TO PREVENT IT

- BELIEVE SURVIVORS
- CHALLENGE VICTIM BLAMING
- RESPECT BOUNDARIES

After the Assault What You May Be Feeling There's No Right Way to React Only Your Way

Sexual assault is a traumatic experience, and everyone responds differently. Whether it happened recently or years ago, your reactions are valid. You may feel a mix of emotions—or nothing at all. That's normal.

Common Emotional and Physical Responses:

- Shock, numbness, or disbelief
- Fear, anxiety, or panic attacks
- Guilt, shame, or self-blame
- Anger or mood swings
- Sadness, depression, or hopelessness
- Trouble sleeping or nightmares
- Flashbacks or intrusive thoughts
- Avoiding people, places, or reminders
- Feeling disconnected from your body or surroundings

Long-Term Effects May Include:

- Post-Traumatic Stress Disorder (PTSD)
- Difficulty with trust or intimacy
- Changes in relationships or social withdrawal
- Substance use as a coping mechanism
- Chronic health issues or pain

These are normal responses to trauma, not signs of weakness. Healing is not linear, and there's no timeline. What matters most is knowing that you are not alone—and support is available when you're ready.

**Healing isn't about
forgetting,
it's about reclaiming
your peace.**