

Understanding Sexual Assault

Recognizing Harm. Reclaiming Power.

Sexual assault is any sexual contact or behavior that happens without clear, voluntary, and informed consent. It can take many forms and can happen to anyone—regardless of age, gender, or relationship to the offender.

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

What Consent Really Means

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 Consent can be withdrawn at any time.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

Where to Turn for Help

SUICIDE HOTLINE

(800) 273-TALK

24-HOUR CRISIS LINE

(765) 288-HELP

ONLINE RESOURCES

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



Victim Advocate

Brittany Wright

bwright@hurricane.utah.gov

435-635-9663

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

Springdale Police Department

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

18 % OF MEN
reported experiencing
sexual harassment

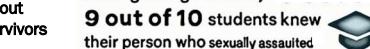
FEWER THAN 5%
of completed or
attempted rapes
are reported
to the police

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

Nearly 1 in 67
men are raped
or experience
attempted rape

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.**