



Information for Teens About Sexual Assault

Sexual assault is when one person forces another person to do any sexual act (touching, licking, biting, and penetrating). Contact can be done with a hand, mouth, penis, finger(s), and even objects.

Facts to know about sexual assault:

- It can happen to anyone, regardless of race, sexual orientation, ability, age or gender.
- It is not limited to intercourse or penetration between only a man and a woman.
- It includes unwanted sexual contact with the vagina, mouth, anus or penis.
- It is not just an attack by a stranger. Anyone can be the attacker, including family or friend.

What should you do if you have been sexually assaulted?

- As soon as you can, get to a safe place.
- Do not blame yourself. This is not your fault.
- Call or come directly to the Sexual Assault Treatment Center – any time, day or night.
- Evidence can be collected up to 72 hours after a sexual assault. In order to save evidence for DNA collection:
 - Do not wash any body parts until you have been seen at the Center.
 - Try not to rinse your mouth, brush your teeth, or go to the bathroom until you have been seen.
 - Save all clothing you had on at the time of the assault in paper bags. Do not wash them.
 - Save any sheets, blankets, or towels you had contact with during or after the assault in paper bags. Do not wash them.

Feelings and changes after sexual assault

After a sexual assault, you may feel many emotions and have many changes in your life, such as:

- Feeling depressed, withdrawn, or isolated
- Feeling angry
- Feeling afraid for your safety
- Feeling anxious or overwhelmed
- Having nightmares or flashbacks
- Sleeping too much or not enough
- Eating too much or no appetite at all
- Feeling misunderstood
- Feeling crazy or out of control
- Feeling fearful about sexual relationships

You may do things you would not normally do as ways to deal with what has happened, such as:

- Getting into trouble
- Drinking or doing drugs
- Pulling away from friends, family, or activities
- Having many sexual relations
- Crying all the time
- Being afraid or suspicious of people

Get the help you need

If the reactions or changes listed above last a long time, your wellbeing could be in danger. Teens who do not get the help they need may end up in “crisis.” They feel out of control and may even think about suicide, hurting themselves or others, running away, or breaking the law. **Don’t let this happen to you. Talk with someone you trust – a parent, teacher, clergy member, doctor or nurse.**

Sometimes if you have had a past experience with abuse or assault, feelings you have may be more intense. Please call us if you need help

**Sexual Assault Treatment Center
(414) 219-5555**

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.