

Possible Emotional Responses to Sexual Assault

- *Feeling Dirty
- *Anxiety, Shock/Numbness
- *Embarrassment
- *Fear
- *Grief
- *Anger
- *Loss of Trust
- *Sadness/Depression
- *Guilt or Self-Blame
- *Shame
- *Flashbacks/Nightmares

"This project is funded under an agreement with the State of Tennessee. Any such notices shall be approved by the State.

"The opinions, findings, conclusions or recommendations contained within this document are those of the author and do not necessarily reflect the views of the Department of Justice."

SERVICES

HOTLINE

SUPPORT GROUPS

EMERGENCY SHELTER

SHORT-TERM COUNSELING

COMMUNITY AWARENESS

COURT AND HOSPITAL
ACCOMPANIMENT

The mission of the Family Resource Agency, a not-for-profit organization, is to serve families, children and adults in ways that improve their quality of life and enable them to be more self-sufficient, productive members of the community.

The Family Violence Program's goals:

- ◆ prevent and interrupt the cycle of domestic violence
- ◆ assist domestic violence and sexual assault survivors in dealing with the effects of trauma
- ◆ increase survivor's access to community resources
- ◆ and increase survivor's knowledge of domestic violence and sexual assault

Family Violence Program Sexual Assault Services



Hotline : 423-476-3886
Polk Co. residents may
call collect

Program Office:
423-303-3522

TTY - Hearing Impaired:
423-476-3822

Program Website:
www.fratn.com or
www.fratn.com/fvp/

"We Give Hope"

WHAT IS RAPE?



Rape is any unwanted penetration (oral or vaginal) by any body part or object. Rape can

happen to anyone—women, men, and children of all ages, income levels, and races. It happens in every area of the community, day and night.

Rape is a crime about power and control where sex is used as the weapon. Style of dress is not an issue and 85% of the time the perpetrator is someone the victim knows. Most rapes are planned.

TYPES OF RAPE

Stranger Rape: the rapist is unknown to the victim

Acquaintance Rape: is an umbrella term used to describe sexual assaults in which the survivor and the perpetrator are known to each other

Marital Rape: a term used to describe rape by the most intimate of partners

You Can Help A Victim by:

- ***Listening nonjudgmentally**
- ***Giving Comfort**
- ***Providing resources for help**
- ***Accepting the victim's choices or solutions**



IF YOU HAVE BEEN RAPED . . .

- *Call a supportive friend.
- *Call a Sexual Assault Hotline.

**In Bradley or Polk County
Call: 423-476-3886 or**

***TTY (Hearing Impaired)
423-476-3822***

- *Call 911
- *Go to the hospital
- *DO NOT shower
- *DO NOT brush your teeth
- *DO NOT throw away or burn your clothing
- *Consider whether you want to file charges
- *Get help and support
- *DO NOT BLAME YOUR-SELF

