

Options

following sexual assault

RVAP
24/7 CRISIS LINE
800.228.1625

Call RVAP. We support all affected by sexual violence. Services are free & confidential.

What is Sexual Violence?

A sexual act is committed against someone without that person's freely given consent. Consent cannot be obtained through force, coercion, manipulation or while under the influence of any drug(s) including alcohol.

Medical

Go to ER within 5 days of assault to collect evidence &/or receive STI & pregnancy preventative medications. Services are free.

Legal

If child decides to report, they can contact police in the city where the assault took place &/or call RVAP for more information.

Academic

You can report or potentially receive academic and safety accommodations from the office that handles sexual misconduct.

Reporting to the institution is separate from legal reporting & an investigation may begin without student's consent.



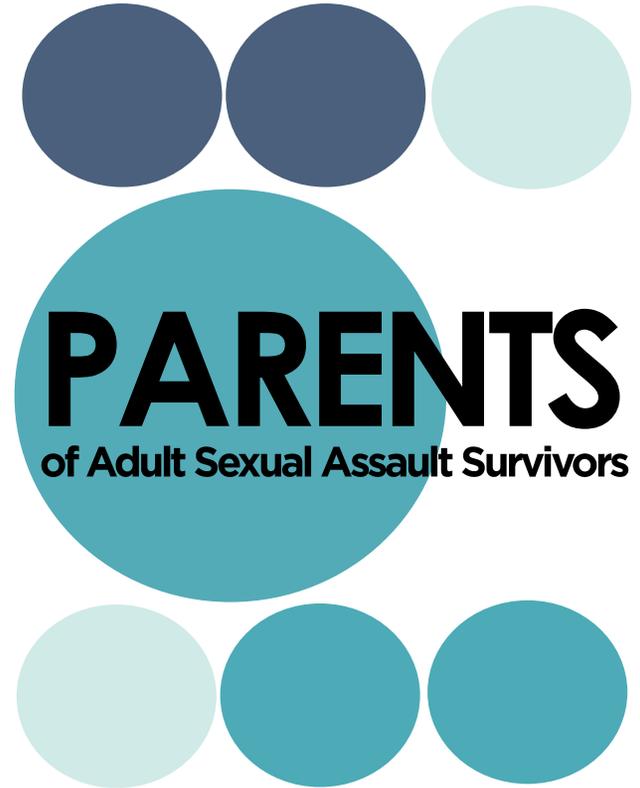
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24-Hour Crisis Lines
319.335.6000 | 800.228.1625

Local County Business Lines
Cedar, Iowa & Johnson: 319.335.6001
Des Moines: 319.541.9554
Henry: 319.541.9809
Lee: 319.541.0963
Washington & Van Buren: 319.541.2059



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Supporting your child

No matter how old, they will always be your baby. So of course, you care and want to help but where do you start?

Start by believing and not blaming

Part of believing is realizing there is no “right” way or time to heal. Sexual violence affects the mind, body and spirit so “getting over it” can be complicated and timely.

*“Compassion is not a relationship
between the healer & the wounded.
It is a covenant between equals.”*

-Gregory Boyles

Other forms of support

- Believe their story
- Don't ask why—why implies blame
- Avoid “shoulds” and “coulds” (e.g., “you shouldn't have been drinking”)
- Understand if your child does not tell you about the assault immediately
- Do not offer more than you can give
- Let them choose but offer options
 - Medical treatment
 - Counseling
- If possible, offer personal assistance (e.g., place to stay, help with responsibilities)
- Recognize your limitations; you cannot save your child.
- Maintain confidentiality
- Take care of yourself