



U.S. CENTER FOR
SAFESPORT
CHAMPION RESPECT. END ABUSE.

Resources for Victims of Sexual Misconduct

If you are the victim of sexual abuse or assault, the following suggestions may guide you after an incident has occurred:

- **Go to a safe place as soon as possible.**
 - Speak with someone you trust and tell that person what happened.
 - If possible, immediately record the names of any witnesses and their contact information. Try to memorize details (e.g., physical description, names, license plate number, car description, etc.), or even better, write notes to remind you of details if you have the time and ability to do so. If you have injuries, photograph them or have them photographed, with a date stamp on the photo.
- **If there is any immediate danger or injury, call 911 or go to the nearest emergency room.**
 - At any time after an incident, you can contact law enforcement with jurisdiction over that location where the incident occurred.
- **Try to preserve all physical evidence.**
 - Preserving evidence can be critical for a criminal investigation or in obtaining an order of protection from a court. It is recommended that you do not bathe, shower, douche, eat, drink, smoke, brush your teeth, change clothes, or alter the scene of the incident. If you do change clothes, put all clothing you were wearing at the time of the incident in a paper, not plastic, bag. Save any text messages, instant messages, voice messages and call logs, pictures, or other documents that might be useful to police or investigators.
- **For your safety and well-being, immediate medical attention is encouraged.**
 - It is important to seek immediate and follow-up medical attention for several reasons: first, to assess and treat any physical injuries you may have sustained; second, to test for sexually transmitted infections or pregnancy and treat or take preventive measures; and third, to gather and preserve evidence that may assist in proving that the reported offense occurred or is occurring or may be helpful in obtaining a protective order.
 - Physical evidence should be collected immediately, ideally as early as possible, and generally up to 96 hours after the assault. Medical professionals can conduct or arrange for a specific medical examination (SANE Exam) to collect forensic evidence. If you do

not opt for forensic evidence collection, health care providers can still treat injuries and take steps to address concerns of pregnancy and/or sexually transmitted infection.

- Additional information regarding sexual assault and STDs can be found [here](#).
 - [Q&A on Sexual Assault](#) and STDs and Treatment Guidelines
 - Find a [local testing location](#)
- **Consider reporting to law enforcement.**
 - Victims are encouraged to report sexual violence to local law enforcement or the law enforcement agency with jurisdiction over the location where the incident occurred. Even if victims are unsure whether they wish to pursue criminal charges, a report to police to document what occurred can help to preserve the information should victims choose to take action later. Law enforcement and victim advocates can assist with information about the process of obtaining orders of protection, restraining orders, or similar lawful orders issued by the courts.
 - **Consider reporting to the U. S. Center for SafeSport.**
 - If the incident involves someone in the U.S. Olympic or Paralympic Movement, you can report to the U.S. Center for SafeSport.
 - The U. S. Center for SafeSport takes reports of any incident of sexual misconduct by Covered Individuals, conducts administrative investigations, and implements sanctions should a violation of policy be found. The Center can conduct an administrative investigation regardless of when the incident occurred and even if it is not reported to law enforcement. For more information on the Center's authority and process, or to file an online report, go to www.safesport.org.
 - **Consider seeking professional counseling or other support services.**
 - Recovering emotionally from a sexual assault can be aided by a trained professional who can provide support and assistance in the healing process.
 - The SafeSport Helpline provides live, confidential, one-on-one support specifically designed for athletes, staff and other SafeSport participants affected by sexual violence. You can access the hotline by calling 1-866-200-0796.
 - You can also contact the National Sexual Assault Hotline for information and assistance at 1-800-656-4673.
 - Resources are available in your local community. To find a local resource contact:
 - National Children's Alliance: search for a [local Children's Advocacy Center](#)
 - National Sexual Violence Resource Center's list of [state sexual assault coalitions and local rape crisis centers](#)
 - **Compensation for Crime Victims**
 - Across the country, crime victim compensation programs help victims by paying for the costs of medical care, mental health counseling, lost time at work and other expenses. [Click here to contact your state program](#) regarding eligibility and filing if you are a victim, or someone helping a victim.