

**If you or someone you know has been sexually assaulted, call the police or the Rape Assistance and Awareness Program. RAAP's hotline is anonymous and it's free. You can get help.**

- ▶ 24hr Hotline: 303-322-7273
- ▶ Linea de Crisis Sobre Asalto Sexual (español): 303-329-0031
- ▶ TDD (Hearing Impaired): 303-329-0023

## **Helping a Friend**

Remember, the person you care about, like yourself, has the right to human dignity. He or she NEVER asked to be hurt or raped. Sexual assault is a crime that is just as bad, or worse than other crimes.

Treat the person you care about with patience and compassion.

### **Don't:**

**Don't** tell him or her what they should have done.

**Don't** question your friend's judgment.

**Don't** ask why he or she was drinking or why they went with someone.

**Don't** expect him or her to be the same as before the assault.

**Don't** tell your friend that he or she should just get over it, move on with their life, or that they should be over it by now. Healing from a sexual assault is a long process.

**Don't** focus your feelings on revenge towards the assailant. This may make you feel better, but it is usually not helpful for your friend.

**Don't** blame your friend. Realize that it is the fault of the assailant who **chose** to take advantage of the situation and hurt your friend.

### **Do:**

**Do** be a good listener. Ask your friend what she or he needs. Assist them in getting the help they want. This may mean providing phone numbers, information, transportation, or shelter.

**Do** assure your friend that it was not his or her fault.

**Do** assure your friend that she or he did the right thing, whatever it was. Remind him or her that cooperation does not mean consent and that during a sexual assault most victims fear for their safety.

**Do** assure your friend that you will be available to talk. Some victims need to talk a great deal about the assault.

**Do** validate your friend's feelings. It is important not to judge a victim's reactions or feelings toward a sexual assault.

**Do** remember to take care of your own feelings regarding your friend's assault.