



ARE YOU A VICTIM OF SEXUAL ASSAULT?

We can help

Is what happened to me sexual assault?

If someone made you participate in sexual activity against your will, you've been sexually assaulted. This can involve sexual touching over or under your clothes, intercourse, oral sex, being made to touch others sexually, or any other unwanted sexual activity.

What if I have a relationship with this person? Can it still be sexual assault?

Yes. In fact, victims are usually sexually assaulted by someone they know. The abuser could be a spouse, a romantic partner, a boss, a friend, or some other person you know.

I don't have any physical injuries. Is it still sexual assault?

Yes. In most cases the abuser does not use a weapon or physical force. Instead, you may be threatened, intimidated, or tricked. Using alcohol or drugs is one way abusers trick victims into sexual activity. Abusers often take advantage of people who they believe will not report the sexual assault, like a spouse, a child, an immigrant, or someone who does not speak English.

I have been having trouble eating and sleeping, and sometimes I have nightmares. I also feel afraid and confused. Is this normal?

Yes. These are common reactions following sexual assault, although every victim is different and experiences sexual assault in their own way.

Should I tell my family or friends that I have been sexually assaulted?

You decide who you want to tell. It can be difficult to share something so personal, yet talking to people you trust may help you get through this difficult time. No matter what you decide, you have the right to be safe from sexual assault.

Should I report that I was sexually assaulted to the police?

You decide if you want to report the sexual assault to the police. You are not required to do so.

Do I see a doctor if I have been sexually assaulted?

If you have serious physical injuries you should seek medical attention immediately. Call 911. If you have concerns about contracting a sexually transmitted disease or pregnancy, you should also seek medical attention.

Who Can Help Me?

This may be a confusing time and you may not know what to do, but there is help available for you. The trained counselors at the Sex Abuse Treatment Center can provide you with the support you need right now. If you need an interpreter, one will be provided free of charge.

Call The Sex Abuse Treatment Center Hotline at 808-524-7273 (24 hours a day). One of our staff members will provide you with crisis counseling and information on what you can do next. We offer:

- A free medical examination for the sexual assault (within 120 hours of the assault)
- Free crisis counseling
- Information on your legal options

Any information you tell us is kept strictly confidential unless you request that the information be shared. You do not need to report your sexual assault to the police to receive our services.

How will my immigration status be affected if I seek services?

Everyone can receive services from The Sex Abuse Treatment Center, both citizens and non-citizens. If you are not a United States citizen, United States national, or lawful permanent resident, you may be eligible to stay and work in the United States if you are the victim of certain crimes, including sexual assault, or if you're the victim's spouse, child, parent, or guardian.

If you would like additional information about your rights as an immigrant or if you're afraid to report the sexual assault to the police, please call The Hawai'i Immigrant Justice Center at the Legal Aid Society of Hawai'i, at 808-536-8826, or toll-free from the Neighbor Islands at 1-800-499-4302.

REMEMBER

You are not to blame for being sexually assaulted. You are not alone. We can help.
The Sex Abuse Treatment Center 24-Hour Hotline: **(808) 524-7273**