Information about Sexual Assault

People who have experienced sexual assault have experienced a profound violation. Their sense of safety and predictability has been shattered. Survivors’ reactions may vary profoundly depending on their life circumstances and amount of social support.

**Self-Care for the Survivor**
- First and foremost, it is important to take care of your physical health. Get a physical exam by medical personnel. Locally, you may visit:
  
  Pomona Valley Hospital Medical Center  
  Emergency Services  
  1798 North Garey Avenue  
  Pomona, CA 91767 (909) 865-9611
- Attend to your own safety. If needed, stay with loved ones while you recover.
- Get the support of loved ones. Talk is healing.
- Be aware of the ways you can gently nurture your well-being. Yoga, meditation, prayer, exercise, journaling, and reading can be soothing. Find out what works for you.
- Give yourself frequent breaks from studying.
- Educate yourself about safety concerns. Knowledge is power!
- Be aware that survivors sometimes try to numb the pain they feel with alcohol or drugs. This is not a good solution; in the long run, alcohol and drugs generally intensify depression and anxiety.
- The choice of whether to initiate the university disciplinary process, and whether to press charges with outside legal authorities, is the survivor’s alone. This is a choice well worth careful consideration: many survivors find the process of advocating for themselves to be empowering.

**Campus Resources**
Contact the Dean of Students’ Office at your College
- Claremont Graduate University (909) 621-8965
- Claremont McKenna College (909) 621-8114
- Keck Graduate (909) 607-0389
- Harvey Mudd College (909) 621-8125
- Pitzer College (909) 621-8241
- Pomona College (909) 607-2248
- Scripps College (909) 621-8277
- Campus Safety (909) 607-2000
- Monsour Counseling and Psychological Services Center (909) 621-8202
- Student Health Services (909) 621-8222
- Health Education Outreach (909) 607-3602
- Chaplains (909) 621-8685

**Community Resources**
Project Sister - Sexual Assault Crisis & Prevention Services
Hotline: (909) 626-4357
http://www.projectsisiter.org/

Planned Parenthood
1550 N. Garey Ave; Pomona, CA 91766
(800) 576-5544
http://www.plannedparenthood.org
**Books/Print Resources**

- *Reclaiming Your Life After Rape*, by Barbara Olasov Rothbaum & Edna B. Foa. (available at Health Education Outreach – HEO)

**Support Networks**

RAINN - Rape, Abuse & Incest National Network - information and resources about sexual assault and abuse (includes an online "hotline" and also a lot of research statistics about sexual assault as well as abuse):
http://rainn.org/

National Center for Victims of Crime - resources to get legal as well as counseling help after experiencing a sexual assault or other types of crime (e.g., stalking, dating violence, etc.):

Darkness 2 Light - information and resources about child sexual abuse:
http://www.darkness2light.org/

Off-campus groups for adult survivors of childhood sexual abuse:
http://www.darknesstolight.org/GetHelp/support_adult_survivor.asp