

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.projectsister.org/>

Planned Parenthood

1550 N. Garey Ave; Pomona, CA 91766

(800) 576-5544

<http://www.plannedparenthood.org>

Books/Print Resources

- Ledray, L. E. (1994). Recovering from Rape (second edition). New York: Henry Holt & Co. (available at Claremont Colleges Library)
- I Can't Get Over It: A Handbook for Trauma Survivors, by Aphrodite Matsakis. (available at Claremont Colleges Library)
- McEvoy, A. W. & Brookings, J. B. (1984). If she is raped. A book for husbands, fathers and male friends. Holmes Beach, FL: Learning Publications. (available at Health Education Outreach – HEO)
- Reclaiming Your Life After Rape, by Barbara Olasov Rothbaum & Edna B. Foa. (available at Health Education Outreach – HEO)
- Warshaw, Robin. I Never Called It Rape. New York: Harper and Row, 1988. (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.):

http://www.ncvc.org/ncvc/main.aspx?dbID=DB_TrainingInstitute104

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