

Sexual Assault Response Guide

Get to Safety.

Get **Support** from someone you trust who will listen.

Report to police & follow their instructions. **or**

Defer reporting until you are ready.



Steps to help you or a friend after sexual assault

Collect evidence before showering:

1. Stand on a sheet.
2. Drop everything you are wearing onto it.
3. Wipe your entire body with a towel.
4. Wrap everything (including the towel) in the sheet.
5. Store in a paper or breathable bag.

Report when you are ready.

Self-care.
Write everything down. Make time to rest and heal.

Visit a **GP.**
Treat it like any other trauma or injury.