



## **WHAT TO DO IF YOU WERE SEXUALLY ASSAULTED OR RAPED**

(Rev: 11-2017)

### **If you've been sexually assaulted or raped within the past 72 hours:**

1. Get to a safe place.
2. If you feel comfortable, find a friend you trust to be with you. You don't have to go through this alone. Remember, what happened was not your fault.
3. Seek medical attention as soon as possible. Go to the nearest Emergency Room (York Hospital) and request a Sexual Assault Forensic Exam (SAFE).

#### **If you are treated at a hospital:**

- a. It DOES NOT require you to speak with a police officer or file legal charges. (However, if 17 years or younger, a mandated report will be made.) If possible, bring your health insurance card and ID. York Hospital will request a proof of insurance but will not charge for the SAFE exam (this includes STI testing). If there are additional costs, Victim Compensation Programs can assist with expenses if applicable at [www.nacvcb.org](http://www.nacvcb.org).
  - b. Try to preserve physical evidence in case you later decide to take legal action. If possible, do not bathe, urinate, drink, eat, brush your teeth, smoke, douche, or change your clothes until going to the hospital.
  - c. If possible, bring a change of clothes.
4. Connect with your support system as you explore the options and resources listed on the back of this page.

#### **Why you need medical care:**

- To be examined and treated for any injuries
- To be tested and treated for possible exposure to sexually transmitted diseases
- To discuss the risk of pregnancy and the option of emergency contraception to prevent pregnancy

### **If you've been sexually assaulted or raped more than 72 hours ago:**

1. If you feel comfortable, find a friend you trust to be with you. You don't have to go through this alone. Remember, what happened was not your fault.
2. Seek medical attention. Go to the nearest Emergency Room (York Hospital) and request a Sexual Assault Forensic Exam (SAFE).
  - If you are treated at a hospital, it DOES NOT require you to speak with a police officer or file legal charges. (However, if 17 years or younger, a mandated report will be made.) If possible, bring your health insurance card and ID. York Hospital will request a proof of insurance but will not charge for the SAFE exam (this includes STI testing). If there are additional costs, Victim Compensation Programs can assist with expenses, if applicable at [www.nacvcb.org](http://www.nacvcb.org).
3. If you choose not to go to the York Hospital Emergency Room or request a SAFE Exam, you may schedule an appointment with a primary care physician to discuss options for physical care and monitor your health needs.
4. Connect with your support system as you explore the options and resources listed on the back of this page.

(See other side)

## Options and Resources

### On-campus Confidential Services:

- YCP Counseling Services: 717-815-6437 (8:00 AM – 5:00 PM Mon-Fri)
- YCP Health Services: 717-849-1615 (8:30 AM – 4:30 PM Mon-Fri)

### Off-campus Confidential Services:

- YWCA's ACCESS-York & Victim Assistance Center: 717-854-3131 or 1-800-422-3204 (Available 24/7). Services include: Medical advocacy and support services, support groups, individual and group counseling, and legal advocacy, information and referral services.
- Rape Abuse & Incest National Network (RAINN) & National Sexual Assault Hotline: 1-800-656-HOPE (4673) (Available 24/7) <https://rainn.org>
- Pennsylvania Coalition Against Rape (PCAR): 1-800-772-7227 (Available 24/7) [www.pcar.org](http://www.pcar.org)

### Reporting Options:

- York College Campus Safety 717-815-1314
- 911 (local law enforcement)
- *NOTE: If substance use was involved, YCP has a medical amnesty policy- See below.*
- The YCP Sexual Misconduct Policy and Reporting Procedures (<https://www.ycp.edu/about-us/offices-and-departments/campus-safety/reporting-crimes-and-other-emergencies/>) and can also be found in the Student Handbook.

## YCP's Medical Amnesty Policy

1. The College strives to maintain the highest level of safety and security for all students. In regards to medical amnesty related to a student's alcohol consumption, York College encourages students to always lean on the side of safety when deciding to call for emergency help. A student who contacts emergency medical intervention for another student who is in need of immediate medical care will receive no conduct action for the consumption of alcohol at the time of the incident under the Student Code of Conduct provided that all of the following are true:
  - a. The student is the first person to contact the Department of Campus Safety or 911 to report that a person needs medical attention due to alcohol consumption.
  - b. The student provides his/her own name to the emergency operator (Campus Safety or 911).
  - c. The student remains with the person needing medical attention until the Department of Campus Safety or emergency personnel arrive and the need for the student's presence has ended.
2. **This policy also applies to any student who is reporting that they or another student they are with has been involved in an incident of sexual misconduct.**
3. The reporting student may be required to have a non-conduct follow-up meeting with a Student Conduct Administrator.