

If you or a friend have been

# SEXUALLY ASSAULTED

and need advice or help contact:



In an emergency, if you feel you are in danger, or if you have been assaulted: **CALL 911**

## Community and National Resources

- Emergency: 911
- Pendleton Police: 541-966-3650 option #1
- St. Anthony Hospital: 541-276-5121
- Domestic Violence Services, Inc: 541-276-3322 [www.dvs-or.org](http://www.dvs-or.org)
- Umatilla County Health Dept. 541-278-5432 [www.co.umatilla.or.us/health](http://www.co.umatilla.or.us/health)
- RAINN (Rape, Abuse & Incest National Network): [www.rainn.org](http://www.rainn.org) 800-656-HOPE

## BMCC Resources

- Health and Wellness Center: 541-278-5835 [healthhelp@bluecc.edu](mailto:healthhelp@bluecc.edu)
- Director of Athletics & Student Life: 541-278-5937

## Do's and Don'ts after an Assault

- Do notify the police of the crime
- Do contact community or campus resources
- Do get medical attention
- Do get counseling
- Do remember, it's not your fault!
- Do not straighten or clean up the scene of the assault
- Do not cover up a physical injury
- Do not bathe, wash, or shower
- Do not douche
- Do not change clothes
- Do not urinate

While extremely difficult, these steps are important because evidence can be gathered at the scene by the police and on your body and clothes by a sexual assault nurse examiner/doctor in the event of legal proceedings. We strongly encourage victims of sexual assault to pursue one or all of the options listed above. Please consider talking with someone.

**IT IS NOT YOUR FAULT, AND YOU ARE NOT ALONE**

### What is sexual assault?

The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim.

### What is rape?

Rape is a form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent.

### What is force?

Force doesn't always refer to physical pressure. Perpetrators may use emotional coercion, psychological force, or manipulation to coerce a victim into non-consensual sex.

### What is consent?

Consent is an agreement between participants to engage in sexual activity. Consent should be clearly and freely communicated.

**Consent cannot be given by individuals who are underage, intoxicated or incapacitated by drugs or alcohol, or asleep or unconscious.**

\*Information provided by RAINN Organization

You may also contact the Health and Wellness Resource Center at BMCC for further guidance and assistance at [healthhelp@bluecc.edu](mailto:healthhelp@bluecc.edu) or 541-278-5965. Due to BMCC practicing remote learning, email is the most effective form of communication with the HWRC at this time.