

# Sexual Assault Support and Resources

## What To Do If It Happens To You

If you have been assaulted, you can follow these steps to receive the support and resources you need:

### **Get to a safe place as soon as possible**

### **Try to preserve all physical evidence**

Save your clothes in a brown paper bag.  
Do not shower, brush your teeth, etc.

### **Seek medical attention**

You can go to any local hospital's Emergency Room. During the first 72 hours, important concerns such as pregnancy, sexually transmitted infections, or injuries should be addressed.

### **Seek support**

### **Decide whether to report the crime to the police**

Delay can result in lost evidence.

## Resources

Title IX Office  
(801) 863-7999  
TitleIX@uvu.edu

UVU Student Health Services  
(801) 863-8876

UVU Police  
(801) 863-5555

Orem Police  
(801) 229-7070

Provo Police  
(801) 852-6210

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## How to Support Someone Who Has Been Assaulted

If someone you know has been assaulted, you can follow these steps to receive support and resources.

### **Be Gentle**

Be respectful, both in how you speak and what you do, and ask the individual what their wishes are.

### **Be Present**

Accompany the individual in any and all matters they wish you to be present for, especially if the individual wishes to report the incident to law enforcement or seek resources.

### **Check In and Offer Help**

### **Respect Their Time and Space**

### **Keep Their Safety In Mind**

### **Do Not Promise Support You Cannot Provide**

Make sure you do not overextend yourself. Find other resources or supporters to assist you.

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