

**MY MIND, BODY,
AND SPIRIT
ARE SACRED**

**PREVENT
SEXUAL ASSAULT**

**SEXUAL ASSAULT ANSWERS AND SUPPORT:
1-800-656-HOPE (4673)
WWW.RAINN.ORG**



IF YOU FEEL UNSAFE OR HAVE BEEN ASSAULTED, GET HELP FROM SOMEONE YOU TRUST.

- If you are in immediate danger, go to a safe place and call 911 or your local law enforcement.
- If you have been sexually assaulted, it is important to have a medical exam for sexually transmitted diseases (STDs) and pregnancy prevention, and in some cases, evidence collection. You can be seen through your local ER or clinic.
- Know it is not your fault.
- There is help available.

Call the National Sexual Assault Hotline:
1-800-656-HOPE (4673) or your local
advocacy center for support.



WWW.NPAIHB.ORG