



Student Services Counseling Center

Where students are assisted with academic, career and personal needs.

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with personal, academic and career matters. Student support is our priority. Monthly, we share information on a variety of topics. Given that April is Sexual Assault Awareness month we'd like to share some helpful hints on what to do when sexual assault occurs. The following is provided in conjunction with The Women's Community of Wausau.

April is Sexual Assault Awareness Month

What is Sexual Violence?

Sexual violence violates a person's trust and feeling of safety. It occurs any time a person is forced, coerced, and/or manipulated into unwanted sexual activity. Sexual violence can include rape, incest, child sexual abuse, ritual abuse, date and acquaintance rape, sexual exploitation, sexual contact, sexual harassment and voyeurism.

Who is at Risk for Sexual Violence?

Everyone...Sexual violence can happen to anyone, regardless of gender, race, age, socio-economic status, or religion. It can occur at any time and be perpetrated by anybody. It is a common misconception that most sexual assaults are committed by strangers. You are more likely to be assaulted by someone you know; a friend, date, classmate, neighbor or relative, rather than by a stranger.

If you or someone you know has been victimized:

- 1) **Go to a safe place** ~ call someone you trust for emotional support
 - ◆ For local support, contact The Women's Community 24 hour support line at 842-7323.
 - ◆ Do go to the Emergency Room.

- 2) **Do not shower** ~ valuable evidence of the assault remains on the body and clothes after an assault
 - ◆ Try not to eat, drink, smoke, comb your hair, shower, urinate, or douche before going to the emergency room.
 - ◆ If you have done these things, still seek emergency medical care. Evidence may still remain on your body and it is important to seek care.

- 3) **Deal with your emotions** ~ a sexual assault is a serious life crisis
 - ◆ It is common for victims to experience a wide range of emotions.
 - ◆ Regardless of your feelings, know the assault is NOT your fault.
 - ◆ Acknowledge your emotions and seek counseling to deal with them.

- 4) **Where to get help**
 - ◆ **Sexual Assault Victim Services, The Women's Community** free and confidential 24-hour support line at 842-7323, or toll free at 1-888-665-1234
 - ◆ **NTC Student Services Counseling Center** at 675-3331, ext. 1850