

## RESOURCES

If you have been sexually assaulted, **IT IS NOT YOUR FAULT!** Please get help.

Contact local law enforcement and report the assault immediately - before showering, douching, or changing clothes, so that any DNA left behind by the suspect can be collected to aid in prosecution.

If you live in Alachua, Bradford, or Union Counties, you can contact the **Victim Services and Rape Crisis Center** 24 hour Sexual Assault Helpline at (352) 264-6760 or toll-free at (866) 252-5439. The center staffs victim advocates who can provide immediate services.

Other resources regarding sexual assault reporting, prevention, and recovery are:

**RAINN** (Rape, Abuse & Incest National Network) National Sexual Assault Hotline (800) 656-HOPE or online at <https://hotline.rainn.org/online>.

**Love is Respect Hotline** - (866) 331-9474 or text "LOVEIS" to 22522. Visit their website at <https://www.loveisrespect.org/>.

**LGBT National Help Center** - National Hotline (888) 843-4564 or the National Youth Talkline - (800) 246-7743. They also have an Online Peer Support Chat (<https://www.lgbthotline.org/chat>).

**NSVRC** (National Sexual Violence Resource Center) at <https://www.nsvrc.org/>.

**FCASV** (Florida Council Against Sexual Violence) - <https://www.fcasv.org/find-your-local-center>.

**Joyful Heart Foundation** - <http://www.joyfulheartfoundation.org/>.

**VictimConnect Resource Center** - <https://victimconnect.org/> or phone/text to (855) 4VICTIM.

## CONTACT Us:

**9-1-1 FOR EMERGENCIES**

352-955-1818 FOR NON-EMERGENCIES

### *ACSO Important Phone Numbers*

ACSO Main Administration	352.367.4000
Crime Prevention Unit	352.374.1800
Crime Stoppers & Gun Bounty	352.372.7867
Dept. of the Jail	352.491.4444
Evidence Section	352.367-4076
Human Resources	352.367.4040
Narcotics Tip Line	352.374.1849
Patrol	352.367.4101
Public Information Office	352.367.4050
Property Unit	352.367.4078
Records Bureau	352.367.4006
Victim Advocate Unit	352.367.4199



BROUGHT TO YOU BY:

### *Sheriff Emery A. Gainey*

P.O. Box 5489, Gainesville, FL 32627  
2621 SE Hawthorne Road, Gainesville, FL 32641  
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ALACHUA COUNTY SHERIFF'S OFFICE



SEXUAL ASSAULT PREVENTION

## PREVALENCE

According to the 2019 National Crime Victimization Survey, an American is sexually assaulted every 68 seconds.



Approximately 1 in 5 women will experience rape or attempted rape during their lifetime. Of them, nearly 80% were raped before their 25th birthday.

Approximately 1 in 33 men will experience rape or attempted rape during their lifetime. Of them, 70.8% were raped before their 25th birthday.

Sadly, we may never know how many rapes actually occur because the crime is severely under-reported. For example, it is estimated that only about 310 sexual assaults are ever reported to law enforcement. Of the 310 reports that are filed, only 50 will lead to an arrest, with 28 leading to a felony conviction. Of those 28 suspects, only 25 will see the inside of a prison cell. The Brennan Center for Justice cites even more stark news, saying that nearly 80% of rapes go unreported because victims are afraid they won't be taken seriously, don't want to go through a criminal trial, blame themselves for the rape, or are afraid of retaliation from the rapist.

## FACTS

Here are some facts from [ourresilience.org](https://ourresilience.org) to help clear up some persistent myths:

- ⇒ Rape is not about sex; it is about power and control. The rapist wants to hurt and humiliate the victim.
- ⇒ Not all rape victims are able to fight back.

This doesn't mean that they wanted it, or are secretly enjoying it. Instead, they suffer from tonic immobility - an involuntary freeze response to extreme fear.

- ⇒ Not all rape victims are hysterical or crying after an attack. Different people respond to stimuli in different ways. Some victims might even laugh or show no emotion at all.
- ⇒ Rape is not often falsely reported. In fact, only 2% to 8% of rape reports turn out to be false.
- ⇒ How a victim dresses does not indicate their willingness to engage in sexual acts.
- ⇒ Perpetrators are known to the victim in more than half of all sexual assaults.

## LGBTQIA+ COMMUNITY

The LGBTQIA+ community is often a target for hate crimes and marginalization. This unfortunately leads to higher rates of crime, including sexual violence, against the community. In fact, around half of transgender people and bisexual women will experience sexual violence during their lifetimes. Sadly, the same marginalization that leads to more of these crimes also influences how often victims come forward to seek help from law enforcement, hospitals, and crisis centers.

## EFFECTS OF SEXUAL VIOLENCE ON VICTIMS

Sexual violence can leave devastating emotional and physical effects on survivors, such as depression, PTSD, sexually-transmitted diseases, unwanted pregnancy, substance abuse, eating disorders, panic disorders, and self-harm/suicide.

## PREVENTION

While the best way to stop any crime is to prevent it from occurring in the first place, that is always easier said than done. There are ways to help though.

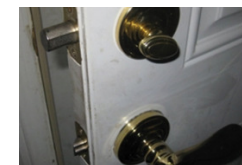
- ⇒ Learn about consent. No means no. It does not mean yes, maybe, or maybe later. A yes now does not mean an automatic yes tomorrow or even 15 minutes from now. If you find consent is confusing, "Tea and Consent" is a great video to help clear up any misconceptions you might have: <https://youtube.com/watch?v=fGoWLWS4-kU&feature=share>.

Like other crimes, opportunity is everything. You can help eliminate opportunity by:

- ⇒ Always being aware of your surroundings. If a situation is making you uncomfortable, get out of it.
- ⇒ Never drink anything you did not prepare or see prepared and never, ever, leave a drink unattended.
- ⇒ Be wary of what you post on social media, especially location information.
- ⇒ Be careful when using online dating apps. Meet new people in a public place.
- ⇒ Take a self-defense course. ACSO offers the Rape Aggression Defense (RAD) course for women. Visit <https://acso.us/rad-and-safe/> for more information or to register.



- ⇒ Secure your space by keeping windows and doors locked.



You can find many more safety tips at <https://www.rainn.org/articles/staying-safe-campus>.