# What Do I Do if I'm Sexually Assaulted?

If you were sexually assaulted, there are some things you may want to consider doing to keep yourself safe and healthy. You may also want to think about preserving the evidence and reaching out to people who are ready to listen.

**Consider Taking These Steps**

- Go to a safe place away from the alleged offender. If you are in danger or feel threatened, contact PMO/law enforcement immediately.
  Note: You cannot file a 'Restricted Report' if you disclose a sexual assault to PMO/law enforcement and/or previously elected to make an Unrestricted Report by signing a DD Form 2910 on the same sexual assault incident.
- Preserve evidence of the assault. For instance:
- Do not take a shower or a bath.
- Do not wash your hands or brush your teeth.
- Do not clean up or remove anything from the crime scene.
- Contact a Sexual Assault Response Coordinator (SARC), or SAPR Victim Advocate (VA), who will:
- Keep your report confidential.
- Inform you of the Restricted & Unrestricted reporting options.
- Provide you with resources and support.
- Seek medical care to take care of physical injuries, risk of pregnancy, or sexually transmitted infections.
- Request a Sexual Assault Forensic Exam (SAFE) to collect evident from the assault.
- Consider a blood test or urinalysis if you suspect you were drugged. (Note: For unrestricted reports only)

**No matter where you are in the world, free and confidential help is available.**

Contact the DoD Safe Helpline - 24/7 Confidential Toll-free call at 1-877-995-5247 or at www.safehelpline.org and search by unit or installation name or zip code to find SAPR resources or rape crisis centers near you.

For those on or close to a USMC Installation, call your local 24/7 SAPR helpline. Each helpline is staffed by a trained SAPR VA who will talk to you and refer you to resources that might be helpful.

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## Related Articles

- Reporting Sexual Assault: Know Your Options
- How 24/7 Support Lines make a difference
- What do I do if I'm Sexually assaulted?