

HAD UNWANTED SEX?

**GET HELP.
IT'S YOUR RIGHT.
IT'S FREE.**

1-800-489-7273
www.helpnowvt.org

**Forced?
Pressured?
Didn't want to?**

In Vermont, no matter where you are, no matter who you are...if you have been forced or pressured into having sex, you have the right to FREE services.

Need an Advocate, support, information, help? Call this 24/7 hotline to speak anonymously to a real person:

1-800-489-7273.

Or visit www.helpnowvt.org

**You have the right...
...to a FREE medical exam.**

After unwanted or forced sex, you might have been hurt in ways that aren't immediately obvious. **Even though you may be scared, or feeling other confusing emotions, it is important to seek medical attention as soon as possible.** You don't have to go to a hospital, but it is highly recommended that the initial exam be done by a Sexual Assault Nurse Examiner (S.A.N.E.). S.A.N.E.s are only available through hospital emergency rooms. You do not have to have health insurance, or give any health insurance information, to get this exam.

**You have the right...
...to request a S.A.N.E. at the hospital.**

A **S.A.N.E.** can check for injuries that may not be obvious and can perform the medical exam (and forensic exam for evidence collection, **if you choose to have one**). S.A.N.E.s are trained in the medical treatment of sexual violence and **will inform you of your options and rights.** If a S.A.N.E. is not available, you can request a care provider of your preferred gender.

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**You have the right...
...to request an Advocate.**

An Advocate is a person who can help you figure out your options, inform you of your rights, and provide support to you. **You can call 1-800-489-7273 to talk to an Advocate before you decide to go to the hospital, or you can request an Advocate once you arrive at the emergency room or health care center.** Everything you say to an Advocate is **confidential.**

You have the right....

...to a forensic exam for evidence collection.

If you choose to have this exam, the hospital (usually in the Emergency Room) can collect evidence that may be on your clothes and body. Going to the hospital immediately after an assault will help provide the best evidence against the assailant. Try not to eat, drink, wash, or change your clothes. If you do change, bring the clothes you were wearing in a **paper** bag.

GET HELP. IT'S YOUR RIGHT.

You have the right...

...to FREE follow-up medical care.

In the following weeks you can get free follow-up exams, including evaluation and testing for Sexually Transmitted Diseases (STDs), at a clinic of your choice. You have the right to privacy during the exam and follow-up care.

If you are 18 or over: You have the right to choose whether or not to report to the police.

If you are under 18: You have the right to all of the free services listed here and you have the right to privacy during the exam. However, hospitals are required to report acts of sexual violence involving a minor to state authorities.

You have the right...

...to FREE confidential support and advocacy services. There are many kinds of support available to help you:

- One-on-one peer support
- Support Groups
- Emotional support
- Legal support
- Safety planning
- Shelter

...to name a few.

Call 1-800-489-7273 to be connected to your local sexual violence program.

You have the right...to all of the FREE services listed above, even if you choose not to have evidence collected.

Get Tested. Get Treated. Time Counts...

It is important to seek medical treatment **right away**. This is because some treatments work best when used as early as possible, and some only work within a certain time period.

► **HIV: Get screened within 48 hours.** During your medical exam, the S.A.N.E. can have you screened for risk of exposure to HIV from the assault. You may be given medication to prevent HIV infection and referred to a local infectious disease specialist. These drugs are powerful, and you must be medically supported for at least six weeks while taking them. The medications, treatment and follow-up care are fully paid for. Your insurance is never billed.

► **STDs: Get screened within 72 hours.** The drugs are most effective when taken immediately.

► **Predatory Drugs: Get tested within 24 hours.** Drug testing is most accurate when a urine sample is taken immediately. If you suspect that you were drugged with a predatory drug such as Rohypnol, GHB, or Ecstasy, a S.A.N.E. can test you for drug traces. These tests are free even if you haven't had forced or unwanted sex, but believe that you were given predatory drugs within the last 24 hours.

► **Pregnancy: Get treated within 72 hours.** A S.A.N.E. can provide you with an emergency contraceptive to avoid pregnancy as a result of sexual violence.

Call an Advocate to learn more and get help. 1-800-489-7273. This call is confidential.