

# What to Do If You Experience Sexual Misconduct

There are many resources in the community to help individuals who believe they have been sexually assaulted. Start somewhere--it doesn't matter where. You choose; but we strongly encourage you to seek medical attention first!

## Seek Medical Attention and Preserve Evidence

Medical care can help:

- Treat any injuries you may have
- Take precautions to treat sexually transmitted infections or to prevent pregnancy.
- Collect and preserve evidence in case you decide to proceed with the option of legal action.
  - Note: Evidence is best collected within the first 72 hours of the assault. It is important that you do not shower, eat, drink or change your clothes before evidence is collected. Doing so may destroy important physical evidence that could be used if you decide to prosecute the assailant.
  - If you suspect that you may have been drugged, request that the hospital take a urine sample for drug toxicology testing to be done by your law enforcement agency's crime lab. A special test must be conducted to detect rohypnol or other "date rape" drugs in a urine sample.

Local Medical Facilities for Vernon College:

- Wilbarger General Hospital (Vernon, Texas) – 940-552-9351
  - 920 Hillcrest Drive, Vernon, Texas 76384
- United Regional Health Care System (Wichita Falls, Texas) - 940-764-7000
  - 1600 11<sup>th</sup> Street, Wichita Falls, Texas 76301
- Kell West Regional Hospital (Wichita Falls, Texas) – 940-692-5888
  - 5420 Kell Blvd., Wichita Falls, Texas 76310

# Contact a trained, experienced, confidential counselor or a Vernon College staff member who can refer you to emotional help

- Rape Crisis Hotline – 1-800-656-4673 The National Sexual Assault Hotline run by RAINN (Rape, Abuse & Incest National Network)
- Vernon College Counselors –
  - Vernon Campus – Student Services 940-552-6291 ext 2253
  - Century City Center – Student Services 940-696-8752 ext 3209 and 3202
- Vernon College Dean of Student Services – 940-552-6291 ext 2250
- Vernon College Director of Human Resources – 940-552-6291 ext 2328

## Contact Law Enforcement

- Vernon College Police Department -
  - Vernon Campus Osborne Administration Building 940-552-6291 ext 2272
  - Century City Center Wichita Falls 940-696-8752 ext 3207
- Vernon, Texas Police Department – 911 or 940-553-3311
- Wilbarger County Sherriff's Department – 940-552-6205
- Wichita Falls, Texas Police Department – 911 or 940-761-7792
- Wichita County Sherriff's Department – 911 or 940-766-8170

Assistance is available from Vernon College and local law enforcement 24 hours a day, year-round.

Vernon College will escort any Vernon College community member to a safe place, provide transportation to the hospital, assist in coordination with local law enforcement (including filing a crime report or seeking a protective order), and provide information about Vernon College complaint processes.

# The Time Period After A Sexual Assault Can Be Very Confusing

- You do not have to deal with this alone.
- There are no right or wrong answers.
- Remember: it is not your fault.
- As soon as you have a quiet moment where you feel safe, try to write down everything that you remember happening, with as much detail as possible. This will help in the healing process, identifying the assailant, and in any legal action that may be taken.
- All decisions about how to proceed belong to you--you have the resources to help you!