

THE COPING BOOK

HOPE

HEALTH

HEALING

Information for
survivors and their
support system

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A MESSAGE FROM STAFF & VOLUNTEERS



Dear Survivor...

Here at the Sexual Assault Response Center, we understand sexual assault happens, and there's no way to plan for if it does. It touches the lives of thousands each year and brings with it much pain and confusion.

We're sharing this booklet as a resource available to sexual assault survivors, friends, and family. We hope it can answer questions and address specific issues of concern that are sometimes difficult to discuss.

As you are working through your healing process, you may find it helpful to talk about your experience and your feelings. We encourage you to call our 24-hour Crisis Line at 706-774-5200 any time to talk with an advocate. You may also set up an appointment with our in-house counselors for an individual counseling session or join a support group by contacting our office at 706-774-5200.

We care about you and want to help.

ABOUT US



Our Mission:

Our Mission is to provide crisis intervention, advocacy, counseling, and prevention education to all members of the community, including men, women, children, and anyone who may be in need.

Our Services:

- 24-hour Crisis Hotline
- Advocacy and Crisis Intervention
- Information and Referrals
- Counseling and Support Groups
- Community Education
- Promotion of Survivor's Rights

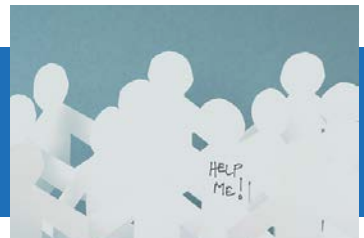
Sexual Assault Response Team:

Your Advocate can act as a liaison with the following:

- SANE nurse: forensic evidence collection
- Law enforcement detective: investigation process
- Assistant District Attorney (ADA): prosecutorial process
- Compensation to victims
- Other community partners

If you have any questions about the process, an advocate is available to help 8:30am - 4:30pm during the week by calling the Sexual Assault Response Center office at (706) 774-5200.

24/7 Crisis Line: (706) 774-5200
Website: www.sarcgeorgia.org
Email: info@sarcgeorgia.org



MYTH VS. TRUTH

The term “sexual assault” refers to sexual contact or behavior that occurs without the explicit consent of the victim. Sexual assault includes, but is not limited to, rape, attempted rape, incest, indecent exposure, child molestation, forced sexual contact, and sexual harassment.

If you have experienced a sexual assault, it is normal to have many fears and anxieties about what happened, why it happened, and how it happened. Knowing the facts about sexual assault can allow you to deal with your concerns more effectively.

Myth: Most sexual assaults are committed by strangers.

Truth: Most sexual assaults are committed by someone the survivor knows. The perpetrator of the assault is usually a friend, acquaintance or family member. The National Sexual Violence Resource Center reported that, in 2010, over 50% of offenders against women were an intimate partner, and over 40% were an acquaintance.

Myth: People who have been sexually assaulted will be hysterical and crying.

Truth: Everyone reacts differently to the trauma of a sexual assault. Most survivors are not physically injured and may not appear upset. Even children who are sexually abused for many years may not show any visible signs.

Myth: Sexual assault could never happen to me because I would fight back.

Truth: Even those who resist their attacker can be assaulted. When faced with a gun, a knife, or the threat of injury, most people freeze. In addition, many sexual assaults that do not involve weapons involve some kind of manipulation. If an assailant were to threaten the lives of family members or loved ones, for example, some survivors may consent in order to save them. Regardless of what the situation is or how you react to it, **remember that sexual assault is not your fault.**

Myth: There are no male or LGBTQIA+ survivors of sexual assault.

Truth: Men can be and are sexually assaulted, and not only by other men. Though the majority of sexual assaults are perpetrated by men, women can also be perpetrators. Additionally, within the LGBTQ community, transgender people and bisexual women face the most alarming rates of sexual violence. The CDC and the National Intimate Partner and Sexual Violence Survey of 2016/2017 reported that transgender people are more than twice as likely to experience physical and sexual violence than cisgender people.

COUNSELING

Counseling can be an important part of the healing process for all survivors of sexual assault. Counseling is a confidential relationship between the client and the counselor, which means you can participate in counseling without anyone else knowing. It is very important that you find a counselor who has prior experience working with survivors of sexual assault. The counselor should be comfortable working with the issues specific to the recovery of a survivor.

SARC offers counseling to anyone affected by sexual assault.

Survivors of all types of sexual assault are encouraged to come to SARC for counseling. It is tremendously important that you have the chance to vent and sort out your feelings and emotions in a supportive environment. Most people who use the counseling service at SARC feel that it is a rewarding experience that helps ease the recovery process.

Adults who were assaulted as children are also welcome to start counseling at SARC. Even if your sexual assault occurred many years ago, you might want to consider counseling now. It is never too late for counseling.

Friends and family members of sexual assault survivors might find that they need counseling, too. SARC also offers crisis intervention for friends and family members.

In addition, SARC provides crisis intervention and support groups—where you can discuss your experience with others who have experienced the same type of trauma—for survivors of rape and sexual assault. Even if you see a therapist on a regular basis for other issues, you might want to call SARC to help you deal with the sexual assault. **All of our counseling services are free of charge.**

There is no cure for trauma, but counseling can help guide you down a path for a healthy recovery.



FEELINGS & REACTIONS



*I can't believe this happened to me...
I feel like I'm going crazy...
Will I ever feel safe again?...*

If you find yourself making statements like these, you are not alone. Other survivors of sexual assault have similar feelings.

The trauma you have experienced may affect your feelings about yourself, your relationships with others, and your physical and mental health for many months, or in some cases, even years.

There are two types of immediate reactions that often follow an assault:

1. You openly demonstrate your feelings:

You may express anger, fear, anxiety or confusion.

You may be restless or tense. You might cry hysterically.

2. You hide your feelings:

You appear to be calm and collected.

You are experiencing many feelings, but you are holding them inside.

Every survivor of sexual assault reacts differently and may feel, respond, and recover in their own way.

Physical reactions may include:

- Soreness all over, including headaches
- Sleep disturbances and nightmares
- Appetite disturbances and nausea
- Specific complaints/physical pain associated with the attack

A wide range of emotional reactions is a normal part of processing the trauma of a sexual assault. These reactions may include:

- A variety of fears
- Feelings of humiliation, degradation
- Guilt, shame, embarrassment
- Anger or a desire for revenge
- Mood swings
- Depression

FEELINGS & REACTIONS

There are no right or wrong feelings after a sexual assault. You will recover at your own pace. Whatever you are experiencing will lessen in intensity as time passes, and you will begin to feel more in control again. Making your own decisions, regardless of how minor, can be a helpful part of the healing process. You are the best judge of what is right for you. It is important to regain a sense of your own personal power.

During this time, remember that you did nothing to provoke the attack. You are not responsible for the actions of the assailant, nor are you responsible for the reactions of friends, relatives or others who may, or may not, support you. You may never completely forget the assault; however, you can learn to live with it as part of your past. It is important to understand that you can put the experience in a manageable light and go on with your life, becoming confident and self-reliant again.

Why me?



Wondering why this happened to you is not unusual. You were not assaulted because of anything you did or said. You did not deserve it, and you did not “ask for it.” The act of sexual assault is the fault of assailant. Sexual assault is an act of violence; it is a way to humiliate, to express rage and hatred, and to gain power and control.

Be assured that there was nothing you did to invite such an attack. The assailant is responsible for the crime, not you. Whether you left the door unlocked or walked down a dimly-lit street at night, the assailant is still the one to blame. Whether you fought back or were too terrified to make a sound is also beside the point. The assailant is at fault, not you.

Trying to figure out why this happened is natural. However, you may never find that answer. The most important thing is that you survived. You can cope, recover, and heal.

FEELINGS & REACTIONS

What stages will I go through?

After a sexual assault, the stages you will experience are similar to those you might experience when grieving, such as **loss, fear, anger, guilt and depression**. However, there is no particular order to the stages that you will experience. You may walk through one stage and then, seemingly out of nowhere, some of the same feelings may resurface. Your reactions, as disturbing as they may seem, are perfectly natural.

It is often important to talk with a friend, relative, or counselor as you work through your feelings about the assault. Having someone who can listen without judgment can provide a welcome release.

Sexual Assault Response Center offers support groups and individual counseling to all of our clients and their families, regardless of when the assault occurred. These services are free and provided by our in-office counselors via telehealth or in-person visits.

How do I protect myself?

Feeling an increased concern for your personal safety is a normal reaction after being attacked. Many assaulters threaten to return to harm the survivor again. Although very few ever do this, the threat is very frightening. You may find you have heightened senses or anxieties in situations similar to the assault and want to take additional precautions in these settings.

If you find yourself second-guessing what you could have done differently during the assault, please don't. **You reacted the best way that you could in order to survive.**

If you are thinking about a weapon as a means of self-protection, keep in mind that you already possess the most effective weapons: your hands, feet, and knees. Consider taking a self-defense course, as it may help you rebuild your sense of security.

SUPPORT FOR ALL

Male Survivors

Many people believe that sexual assault is solely a women's issue; therefore, the shock of the assault you have experienced may be very upsetting and difficult to accept. The truth is that sexual assault is committed against both men and women. In fact, statistics show that **one in every four men experience sexual violence in their lifetimes** (CDC, 2021). One out of every ten rape victims is male (RAINN.org).

If you are a male survivor, you may feel alone, but remember you have done nothing that justifies this violent attack, and the assault has nothing to do with your present or future sexual orientation.

You may experience some of the same emotions and feelings that female survivors have, but you may also have additional concerns you want to discuss, such as:

- Sexuality and masculinity
- Medical examination and evidence collection
- Reporting to law enforcement
- Telling others
- Finding resources and support

LGBTQIA+ Survivors

We recognize that survivors who are lesbian, gay, bisexual or transgender may face additional challenges after a sexual assault.

You may experience fear or concern about coming forward for help and/or reporting the assault due to the possibility of facing discrimination. We know this is a valid concern, and while we can't assure you about every aspect of your experience, we will be there with you every step of the way, whether or not you choose to report an assault.

In addition, our licensed counselors are here to support you with free, confidential counseling. We can also provide referrals to counselors in the community who have experience working with LGBT clients to support your long-term recovery.

SUPPORT FOR ALL

Minors, Elders, and Disabled Adults

People under the age of 18, over the age of 65, or over the age of 18 with a qualifying disability are considered vulnerable populations. If you fall under these categories, there are special considerations to discuss with your advocate, including:

- Giving consent for the FME and any testing or medications
- SARC's ability to provide proper treatment
- Who can offer the right counseling for you
- DFCS/CPS and APS reporting

The pain you are experiencing is real, but you do not have to face it alone. Sexual Assault Response Center offers supportive services for you and all victims of sexual assault, regardless of gender, age, or sexual orientation.

LOCAL RESOURCES:

Equality Clinic | (762) 218-2226 | www.equalityclinicaugusta.com
1014 Moore Avenue Augusta, GA 30904

An interprofessional endeavor dedicated to abolishing barriers to health care, serving the health needs of the underinsured LGBTQ community, and educating current and future providers on cooperative, compassionate patient care.

Augusta Pride | (762) 233-5313 | www.prideaugusta.org

The primary Mission of Augusta Pride is to promote visibility and pride and to provide cultural unity and diversity education for the Lesbian, Gay, Bisexual, Transgender, Questioning, and Ally (LGBTQA) communities of the Central Savannah River Area (CSRA).

Find more on our Community Services and National Resources pages (19-21).

- Anti-Violence Project (www.avp.org) LGBTQ and HIV-affected support
- LGBT National Hotline (1 (888) 843-4564)
- 1 in 6 (www.1in6.org) support for men with unwanted/abusive sexual experiences

FORENSIC MEDICAL EXAM (FME)

The most common medical concerns following a sexual assault are physical injuries, sexually transmitted diseases (STDs), and pregnancy. Treatment should be sought as soon as possible, even if you decide not to report the assault to law enforcement.

Before your FME, try not to bathe (or douche), eat, drink, use the restroom, or change clothes, as this could destroy evidence. However, if you have done so, do not let that stop you from seeking medical attention and reporting the crime. Your FME can be completed up to 120 hours after the assault.

During an FME

This exam is needed if you think you want to report the assault (even anonymously). You will have time to decide if you want to pursue a legal case, but if you think you might, you should get evidence collected.

The physical exam will be completed either by an emergency room doctor or a **SANE** (Sexual Assault Nurse Examiner) and involves collecting a **SAK** (sexual assault kit). The exam may consist of the following based on what details the patient discloses about the assault:

- Conducting a pelvic exam, if female, to obtain samples from the vagina, cervix, and vulva
- Obtaining samples from the mouth for DNA reference, and also if oral sexual assault occurred
- Obtaining samples externally and/or internally from the anus if anal sexual assault occurred
- Combing pubic hair to obtain any foreign hairs
- Clipping fingernails for possible skin or soil samples
- Checking for bruises or lacerations
- Pictures may be taken for use as evidence
- Taking samples of dried blood or semen
- Taking a blood sample, if necessary
- Taking clothes as evidence (SARC will help provide a change of clothing if needed)

After an FME

It is very important that you have a follow-up exam with your primary care physician, OBGYN, or the Health Department within three weeks following the assault for additional tests for pregnancy and/or STDs. The follow-up exam is important to your health even if you do not report the assault to law enforcement. If you have any questions regarding follow-up care, please do not hesitate to call the Sexual Assault Response Center.

FORENSIC MEDICAL EXAM (FME)

Going to the Sexual Assault Response Center (SARC) Office

If you do not have physical injuries, you can call the SARC Crisis Line (706) 774-5200 and request to be seen at our office. At SARC, a SANE can help to test for pregnancy and STDs and can conduct an FME for you. The office is also a safe place for a police interview to be held. An advocate will be available to help you through each step.

If you do not want to report to law enforcement, the SAK will be restricted up to one year and then destroyed. If within that year you decide to pursue legal action, you can un-restricted the SAK to be run for evidence. You can ask for a SARC advocate to contact you with a reminder before the SAK is destroyed.

Advocates are part of SARC, not law enforcement or the legal process. Their only focus is to support you. Our main goal is to give you the knowledge to put choices about your care back into your hands, so you're free to deny advocacy at any time.

Going to the Emergency Room (ER)

You may choose to go immediately to the emergency room, especially if you think you have injuries. **The hospital is legally obligated to notify the police of every sexual assault.** However, this does not mean that you have to file a crime report. If you decide to report the assault to law enforcement, the FME will be required to collect physical evidence. Otherwise, the doctor will only check for injuries, sexually transmitted diseases, and, if applicable, pregnancy.

In most jurisdictions, the police will automatically transport a sexual assault victim to the hospital ER of your choosing. If so:

- You should be taken directly to a private exam room.
- The nursing staff may take some general information—such as your physical condition—to make sure you do not need immediate care.
- The hospital or the police will notify SARC that you are in the ER.
- An advocate from SARC will come immediately to give support and answer your questions. Do not hesitate to ask about anything. The advocate will be there with you while you talk to the police and throughout the entire hospital interview process.
- An FME will take place only if you choose to have one. You may decide for anyone to be present or removed for the duration of the exam, including the advocate.

The hospital staff may request your insurance information, and you may be billed for emergency room care. There is a fund to help compensate you for this. The advocate can assist you with this process. The evidence-collecting exam itself is free of charge. The state has a fund that allocates money to the medical care of crime victims.

FINANCIAL CONCERNS

As a survivor of a violent crime, you may need medical or psychological care. Georgia has a **Crime Victims Compensation Program** to assist you with crime-related expenses if the assault is reported to the police. The program can help compensate you financially for services such as medical expenses and counseling. Under certain circumstances, the program can also compensate for lost wages.

The claim may be made even if your problems do not begin immediately following the sexual assault. You have three years to file the claim, and a minor victim has 3 years from the time they turn 18 to file. The Crime Victims Compensation Program does not compensate for pain and suffering or personal property stolen during the crime.

Be sure to keep copies of all bills, receipts, and canceled checks related to your post-assault expenses. You will also need a copy of the initial police report to complete your documentation for the claim. Contact SARC if you have any questions about your eligibility or for more information about how to file a claim. **An advocate can help you with filling out the compensation forms.**

CRIME VICTIMS COMPENSATION PROGRAM

HOW TO FILE

- 1. Please complete the entire application. Please attach any other police reports or evidence as requested.
- 2. If you have a criminal record that has the victim or witness name, it is a requirement of the victim or witness name, and a summary of the incident.
- 3. The State Accounting Office will handle all payments for the CVCP. Please request a bill form for new papers to verify your identity. Submitting a completed bill form with your Complete Application Form will assist with processing of any approval requests.
- 4. The Georgia Crime Victims Compensation Program (CVCP) allows you to file the form of a victim or witness to receive financial compensation for medical, dental, hospital, funeral, and other expenses. You must file the form within 3 years of the date of the crime, or 3 years after you turn 18 if you are a minor. The program does not compensate for pain and suffering or personal property stolen during the crime.

Medical Expenses - \$10,000
Funeral Expenses - \$5,000
Loss of Support Expenses - \$5,000
Out-of-Pocket Expenses - \$5,000
Crime Victim Reimbursement Expenses - \$1,000

CONTACT INFORMATION

If you do not have some of all of the required information, you may still be eligible to apply. You may also contact a representative of the program for assistance. You may also contact a representative of the program for assistance. You may also contact a representative of the program for assistance.

GEORGIA CRIME VICTIMS COMPENSATION PROGRAM

1000 Peachtree Street, Suite 1000, Atlanta, GA 30309

Office: 404.537.2211 (Toll-Free: 800.547.7655)
TTS: 404.543.7655
Fax: 404.537.2211
www.cjcc.ga.gov

CRIME VICTIMS COMPENSATION

SECTION 1: APPLICANT INFORMATION

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email: _____

SECTION 2: CRIME INFORMATION

Date of Crime: _____
Location of Crime: _____
Type of Crime: _____
Police Report Number: _____
Arrest Number: _____

SECTION 3: EXPENSES

Medical Expenses: \$ _____
Funeral Expenses: \$ _____
Loss of Support Expenses: \$ _____
Out-of-Pocket Expenses: \$ _____
Crime Victim Reimbursement Expenses: \$ _____

SECTION 4: SIGNATURES

Applicant Signature: _____
Date: _____

SECTION 5: STATEMENTS

I hereby certify that the information provided is true and correct to the best of my knowledge and belief. I understand that providing false information is a criminal offense and may result in the denial of my application and the imposition of criminal penalties.

Signature: _____
Date: _____

SECTION 6: ADDITIONAL INFORMATION

Other Expenses: \$ _____
Other Information: _____

SECTION 7: CONTACT INFORMATION

Agency Name: _____
Agency Address: _____
Agency Phone: _____

SECTION 8: DECLARATION

I hereby declare that the information provided is true and correct to the best of my knowledge and belief. I understand that providing false information is a criminal offense and may result in the denial of my application and the imposition of criminal penalties.

Signature: _____
Date: _____

You can access this form online at the Criminal Justice Coordinating Council (CJCC) Georgia Crime Victims Compensation Program website: www.crimevictimscomp.ga.gov/about-us/forms/ (Select the “Crime Victims Compensation Application” pdf) You can also register to apply online at www.victimscmpportal.cjcc.ga.gov

For South Carolina: www.scag.gov/inside-the-office/crime-victim-services-division/crime-victim-compensation/

THE LEGAL PROCESS

As a survivor of sexual assault, it is your choice whether or not to report the assault to the police and whether or not to prosecute (press charges on) the assailant. The legal system exists to protect you and to ensure that justice is served. Because the legal system can be confusing and intimidating, SARC has a team of advocates who can help you through the court system. The advocate is not an attorney but is available to provide you with information and support, every step of the way.

POLICE INTERVIEW:

Even if you do not want to prosecute the assailant, it can be important to tell the police all of the details of the assault. The information you provide to the police may help them determine a repeat rapist's pattern, which may help them capture a rapist or target a high-risk area for increased patrols.

While you are being interviewed, think about every question you are asked. Answer only those questions which you understand and to which you have clear answers. Ask the police to explain anything you do not understand. We know how difficult it is to share the details of your assault over and over again. Please know that no one is asking you to repeat your story because they're doubtful of your account, and that it's just to be thorough and help you remember anything you may have forgotten.

You have the right to read over everything in the police record. You may even write your own version to be added to the police report if you are not satisfied with the police version.

INVESTIGATION:

During the course of the police investigation, you may be asked to look at any pictures of possible suspects or to look at evidence. If a suspect is detained, you may be asked to identify the assailant in a lineup.

THE CRIMINAL JUSTICE SYSTEM AND FELONY CASES:

The crimes of rape, attempted rape, child molestation, and incest are classified as felony infractions under Georgia law. A felony is a serious crime, usually punishable by a prison sentence of more than a year. Most sexual assault cases involve the steps through the criminal justice system outlined on the following page.

YOU ARE A WITNESS:

As a victim of a crime, you are legally considered a witness for the State. If you choose to press charges, **you do not need to have a lawyer**. The District Attorney's office will handle the prosecution of the assailant. The Assistant District Attorney handling your case will answer any legal questions you have once the case has been bound over to Superior Court.

It is important for you to stay in close contact with the District Attorney's office or your SARC advocate so that you know when your presence is needed in court. Be sure to contact the District Attorney's Office and your advocate if you change your address or phone number.

THE LEGAL PROCESS

WARRANT AND ARREST:

- A warrant is a document that gives police the authority to arrest the accused.
- A judge must issue a warrant.
- **Arraignment** will be completed within 72 hours of the arrest, meaning that bond will be set and a preliminary hearing date will be scheduled.
- If the accused is able to pay the bond (bail), they will be released from jail; this does not mean the case is dismissed.

PRELIMINARY HEARING:

- Usually held within one month of the arraignment.
- Witnesses (including the survivor) are often subpoenaed to appear.
- The judge listens to the testimony of witnesses to decide if there is probable cause for the case to go to a higher court. If probable cause exists, a misdemeanor offense is sent to State Court, and a felony offense is sent to Superior Court.
- In the State of Georgia, sexual assaults are prosecuted as felonies.

GRAND JURY HEARING:

- The case will be assigned to the Assistant District Attorney for the duration of the legal process, starting with this hearing.
- May be held 2+ months after Preliminary Hearing, depending on the county.
- 23 Grand Jurors hear testimony from any witnesses who are subpoenaed by the Assistant DA to decide if there is enough evidence to indict the defendant.
- Conducted in private; neither the defendant nor their attorney are present.

CALENDAR CALL:

- If the Grand Jury indicts (brings formal charges) against the defendant.
- At this hearing, the defendant and their attorney appear before the judge and indicate whether they plan to plead guilty or to ask for a jury trial.
- No witnesses are subpoenaed to this hearing.

PLEA HEARING:

- If the defendant chooses to plea guilty.
- The judge may **sentence** the defendant at this hearing or at a later date.
- No witnesses are subpoenaed to the plea hearing.

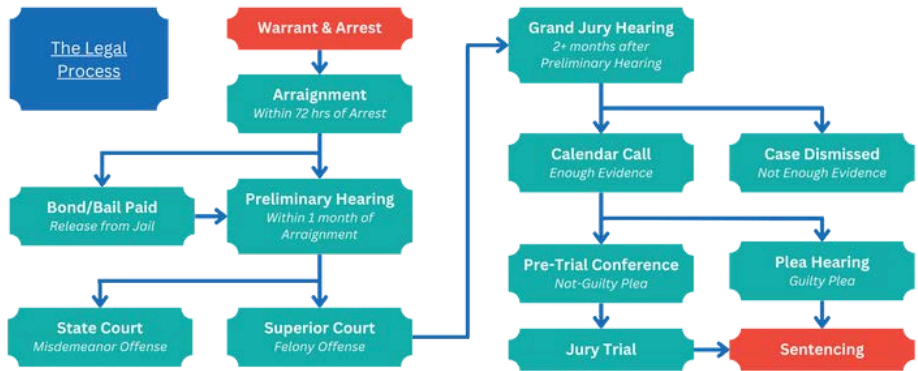
PRE-TRIAL CONFERENCE:

- If the defendant pleads not-guilty and requests a jury trial.
- Usually the final hearing before the trial.
- The two attorneys appear before the judge and decide any legal questions and a tentative trial date is set.

JURY TRIAL:

- A jury of 12 citizens will listen to the testimony of the witnesses and determine whether to find the defendant guilty or not-guilty.
- In order to convict the defendant, all 12 jurors must agree that the defendant is guilty beyond a reasonable doubt.
- Witnesses are subpoenaed to a jury trial.
- The judge may **sentence** immediately after conviction or order a presentencing investigation (PSI).

THE LEGAL PROCESS



TO LEARN MORE:

Richmond County Victim & Witness Assistance | Augusta, GA

- Website: www.augustaga.gov/839/Victim-Witness-Assistance
- The Victim and Witness Assistance Office offers aid to victims of crimes and helps crime victims exercise their rights. Services are confidential and free of charge for both victims of crimes and witnesses to crimes.
- Services include case status information, notice of court proceedings, information about the criminal justice system, escort to court proceedings, and moral support in the courtroom.

RAINN (Rape, Abuse & Incest National Network)

- Website: www.rainn.org/after-sexual-assault
- As the nation's largest anti-sexual-violence organization, RAINN created and operates the National Sexual Assault Hotline (800-656-HOPE) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice.

Justice can mean different things to different people, and reporting a crime to law enforcement is an individual decision. Many who have decided to report to law enforcement have described it as the first step in seeking justice for the crime by holding the perpetrator accountable for their actions. It may not be an easy decision to make, but it's a choice that may have a positive impact on your recovery.

GEORGIA CRIME VICTIMS BILL OF RIGHTS

The Georgia Crime Victims Bill of Rights, O.C.G.A. 17-17-1, et seq., provides individuals who are victims of certain crimes specific rights. Effective January 1, 2019, with the passage of SB 127 and SR 146 (also known as Marsy's Law), these rights are constitutionally protected and enforced (Georgia Constitution Art. I, Sect. I, Paragraph XXX).

These rights include:

- The right to reasonable, accurate, and timely notice of any scheduled court proceedings or any changes to such proceedings;
- The right to reasonable, accurate, and timely notice of the arrest, release, or escape of the accused;
- The right not to be excluded from any scheduled court proceedings, except as provided by law;
- The right to be heard at any scheduled court proceedings involving the release, plea, or sentencing of the accused;
- The right to file a written objection in any parole proceedings involving the accused;
- The right to confer with the prosecuting attorney in any criminal prosecution related to the victim;
- The right to restitution as provided by law;
- The right to proceedings free from unreasonable delay;
- The right to be treated fairly and with dignity by all criminal justice agencies involved in the case; and
- The right to file a motion in the criminal case within 20 days of a court proceeding requesting to be heard if the victim has properly requested notification and is not given notice of said court proceeding.

Georgia Legal Services Program

www.glsp.org



As a victim of a crime, you do not need to hire a lawyer for the prosecution of the assailant. However, if you would like to pursue other legal routes on top of or instead of prosecution, you may want additional professional help.

SARC can refer sexual assault and domestic violence survivors to the Georgia Legal Services Program (GLSP), a nonprofit law firm that can pursue certain legal services **free of charge**. They can assist with:

- Securing Orders of Protection
- Obtaining child custody and addressing child support
- Giving legal counsel and advice for divorce

A MESSAGE TO FAMILY AND FRIENDS

The most important thing that you can do for the person in your life who has been assaulted is to listen to them when they are ready to talk and believe what they say. Be patient, as it will take time for survivor to sort out their feelings. Reassure them that their feelings are normal responses to a traumatic event and that in sharing those feelings, they are taking steps toward working them out.

Communicate that they are not to blame for being sexually assaulted. They need to know that you realize it was not their fault. Sexual assault can happen to anyone, regardless of age, income, appearance, or physical strength. Survivors may blame themselves, feel ashamed, or regret their actions. Your role may be to help them see the event more realistically and to let them know that you still care about them.

After going through an experience in which they had no control over what happened, survivors may feel a loss of control over their life in general. One way that they can regain control is by making decisions about their life, such as reporting the assault, moving, or changing jobs. To help them regain a sense of their own personal power, support their decisions, and resist your own tendency to “take care of the situation.”

Assuming some of the blame for what happened is common among friends and family members who may feel that it was or is their responsibility to protect the survivor. Remember that no one can exist in a protected environment at all times. We are all vulnerable, regardless of how much caution we may take. The only one to blame is the assailant. Try not to become overly protective of the survivor, as this will reinforce their view of themselves as powerless.

If you are feeling the need to seek revenge against the person who did this, you are not alone. It is natural to be angry, but extreme rage toward the assailant may frighten the survivor and cause them to worry about your safety. Seeking out a third person to whom you can express your anger with may be beneficial to all. SARC provides free, confidential counseling to those close to a survivor.

If your relationship with the survivor includes being a sexual partner, you may expect some temporary disruption in the previous patterns of your sexual activity. Reactions to sexual assault differ tremendously depending on the individual and that person’s particular style of recovery. Survivors may feel anxious about how their partners will respond to them and about how they will respond to their partners. Be careful not to put pressure on your partner, and allow your partner take control of the sexual decision-making during this time.

Try to be understanding and sensitive. It will help your partner communicate more openly and continue to heal. Your support will go a long way toward their recovery.

COMMUNITY SERVICES

It is never too late to reach out for help. There are people who want to help and know what to do for those who may be hurting. SARC can provide more information for resources not listed in this booklet.



Aiken County:

Aiken County Sheriff's Office.....	(803) 642-1761
Aiken County Health Department.....	(803) 642-1604
Aiken Public Safety Department.....	(803) 642-7616
North Augusta Police Department.....	(803) 279-2121
Aiken Regional Medical Center Emergency Room.....	(803) 641-5100
Cumbee Center to Assist Abused Persons (Residential program for Domestic Violence Survivors).....	(803) 649-0480
Aiken County Victim Services.....	(803) 642-7524
Aiken County Child Advocacy Center.....	(803) 644-5100

Burke County:

Burke County Sheriff's Office.....	(706) 821-1133
Burke County Health Department.....	(706) 554-3456
Burke County Crime Victim Assistance Program.....	(706) 437-1424
Waynesboro Police Department.....	(706) 554-8029

Columbia County:

Columbia County Sheriff's Office.....	(706) 541-2800
Columbia County Health Department.....	(706) 868-3330
Grovetown Police Department.....	(706) 863-1212
Columbia County Victims Assistance Program.....	(706) 447-6780

Edgefield County:

Edgefield County Police Department.....	(803) 637-4060
Edgefield County Health Department.....	(803) 637-4035
Edgefield County Victim Services.....	(864) 803-5178
Cumbee Center to Assist Abused Persons (Residential program for Domestic Violence Survivors).....	(803) 649-0480

Fort Eisenhower:

Eisenhower Army Medical Center.....	(706) 787-5811
Eisenhower SHARP Hotline (to report sexual assault and harassment).....	(706) 791-6297
Fort Eisenhower Family Advocacy Program.....	(706) 791-3579

COMMUNITY SERVICES

Jefferson County:

Jefferson County Sheriff's Office.....	(478) 625-7538
Citizens Against Violence – Safe Haven (Residential program for Domestic Violence Survivors).....	(912) 764-4605
The Refuge Domestic Violence & Sexual Assault Shelter.....	(912) 538-9935
Jefferson County Health Department.....	(478) 625-3716

McDuffie County:

McDuffie County Sheriff's Office.....	(706) 699-7009
Thomson Police Department.....	(706) 595-2166
McDuffie County Health Department.....	(706) 595-1740

Richmond County:

Child Enrichment Center.....	(706) 737-4631
Doctor's Hospital Emergency Room.....	(706) 651-2424
Richmond County Health Department.....	(706) 721-5800
Safe Homes of Augusta (Residential program for Domestic Violence Survivors).....	(706) 736-2499
Richmond County Sheriff's Office.....	(706) 821-1000
Piedmont Augusta Emergency Room.....	(706) 722-9011
Wellstar MCG Emergency Room.....	(706) 721-4951
Georgia Legal Services.....	(800) 248-6697
Richmond County Victims Assistance.....	(706) 821-1220

Sexual Assault Response Center:

24/7 Crisis Line (crisis and non-crisis assistance).....	(706) 774-5200
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Washington County:

Washington County Sheriff's Office.....	(478) 552-4795
Washington County Health Department.....	(478) 552-3210

State Resources (DFCS/APS):

Georgia Department of Human Services Division of Family & Children Services (to report child abuse or neglect).....	1(855) 422-4453
Georgia Department of Human Services Division of Aging Services (to report elder and disabled adults abuse or neglect).....	1(866) 552-4464
South Carolina Department of Social Services (to report child abuse or neglect) (to report elder and disabled adults abuse or neglect).....	1(888) 227-3487

NATIONAL RESOURCES

1 in 6

- www.1in6.org

The mission of 1 in 6 is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives. A 24/7 Helpline Chat is offered through their website. They also support family members, friends, partners and service providers by sharing information and support resources online.

Anti-Violence Project (AVP)

- www.avp.org
- 24/7 English-Spanish hotline: (212) 714-1141

AVP empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education and supports survivors through counseling and advocacy.

Asian Pacific Institute on Gender-Based Violence

- www.api-gbv.org

The Asian Pacific Institute on Gender-Based Violence is a national resource center on domestic violence, sexual violence, trafficking, and other forms of gender-based violence in Asian/Asian-American and Pacific Islander (AAPI) communities. They envision a world free of gender-based violence for communities with equal opportunities for all to thrive.

Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center

- www.lgbthotline.org
- 1-888-843-4564

Free and confidential national hotline. Volunteers are trained to respond to sexual assaults as well as general concerns.

RAINN (Rape, Abuse & Incest National Network)

- www.rainn.org
- National Sexual Assault Hotline: 1 (800) 656-HOPE
- **Para recursos en Español:** www.rainn.org/es

As the nation's largest anti-sexual-violence organization, RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice.

Ujima: The National Center on Violence Against Women in the Black Community

- www.ujimacommunity.org
- 1 (844) 778-5462

The National Center on Violence Against Women in the Black Community, also known as Ujima, serves as a national, culturally-specific resource center to provide support to and be a voice for the Black Community in response to domestic, sexual, and community violence

SUGGESTED READINGS

- *The Rape Recovery Handbook: Step-By-Step Help for Survivors of Sexual Assault* (2003) by Aphrodite Matsakis
- *Recovering from Rape* (1994) by Linda Ledray
- *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* (2012) by Wendy Maltz

Books for Male Incest Survivors:

- *A Beautiful World* (2009) by Gregg Milligan
- *Father's Touch* (2010) by Donald D'Haene

Books for Teens:

- *It Happened to Me: Teens Guide to Overcoming Sexual Abuse* (2002) by William Lee Carter
- *How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families* (2014) by Cynthia Mather & Kristina Debye
- *Speak* (2011) and *Shout* (2019) by Laurie Halse Anderson

Books for Adult Survivors of Childhood Sexual Abuse:

- *Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* (2008) by Ellen Bass
- *Hush* (2007) by Nicole Braddock Bromley
- *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse* (1990) by Laura Davis

Books for LGBTQ Survivors:

- *Queering Sexual Violence - Radical Voices from Within the Anti-Violence Movement* (2016) by Jennifer Patterson
- *Written on the Body: Letters from Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence* (2018) edited by Lexie Bean

Additional Resources:

- *Believe Me: How Trusting Women Can Change the World* (2020) by Jessica Valenti & Jaclyn Friedman
- *False Report: A True Story of Rape in America* (2018) by T. Christian Miller & Ken Armstrong
- *I Never Called It Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape* (1988) by Robin Warshaw
- *Know My Name* (2019) by Chanel Miller
- *Not That Bad: Dispatches from Rape Culture* (2018) edited by Roxane Gay
- *We Believe You: Survivors of Campus Sexual Assault Speak Out* (2016) by Annie E. Clark & Andrea L. Pino
- *Voices of Courage: Inspiration from Survivors of Sexual Assault* (2005) by Michael Domitrz
- *Yes Means Yes: Visions of Female Sexual Power and A World Without Rape* by (2008) Jessica Valenti & Jaclyn Friedman

