

Sexual Assault Support and Resources

What To Do If It Happens To You

If you have been assaulted, you can follow these steps to receive the support and resources you need:

Get to a safe place as soon as possible

Try to preserve all physical evidence

Save your clothes in a brown paper bag.
Do not shower, brush your teeth, etc.

Seek medical attention

You can go to any local hospital's Emergency Room. During the first 72 hours, important concerns such as pregnancy, sexually transmitted infections, or injuries should be addressed.

Seek support

Decide whether to report the crime to the police

Delay can result in lost evidence.

Resources

Title IX Office
(801) 863-7999
TitleIX@uvu.edu

UVU Student Health Services
(801) 863-8876

UVU Police
(801) 863-5555

Orem Police
(801) 229-7070

Provo Police
(801) 852-6210

Sexual Assault Support and Resources

How to Support Someone Who Has Been Assaulted

If someone you know has been assaulted, you can follow these steps to receive support and resources.

Be Gentle

Be respectful, both in how you speak and what you do, and ask the individual what their wishes are.

Be Present

Accompany the individual in any and all matters they wish you to be present for, especially if the individual wishes to report the incident to law enforcement or seek resources.

Check In and Offer Help

Respect Their Time and Space

Keep Their Safety In Mind

Do Not Promise Support You Cannot Provide

Make sure you do not overextend yourself. Find other resources or supporters to assist you.

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