

Immediate steps to consider if you have been sexually assaulted:

Get to a safe place immediately; call 911 to reach the police or 717-358-3939 to reach F&M's Department of Public Safety if you feel unsafe.

- Once you are safe, contact someone who can help you: The F&M Sexual Assault Response Line at 717-560-7311, Department of Public Safety at 717-358-3939, or the Police at 911.
- Remember, sexual assault is never your fault. Do not blame yourself.

The F&M Sexual Assault Response Line will help you think through your options regarding medical attention, counseling support and reporting options. This call is confidential, it neither constitutes notice to the College or Police, nor obligates you to take any further action. The F&M Sexual Assault Response Line is a confidential service staffed by the College's Student Wellness Center and the Sexual Assault Response Team, all of which have the ability to offer confidentiality.

When you call this line, you will speak with an off-campus answering service and be connected to the on-call professional. This person will listen and support you and will explain your options for receiving medical attention, counseling support and reporting the assault. You are in control of deciding what is best for you to do. A call to the F&M Sexual Assault Response Line does not obligate you to make a report to the College, and will not be taken as a report to the College that places the College on notice. All information discussed with the professional on this line is confidential and will not be released without your written permission. While the reporting student has the choice of delaying a report to the College, such delay may negatively affect the quality of the evidence and investigation. Do not shower, drink, eat, douche, brush your teeth, brush your hair, or change your clothes. These activities destroy physical evidence that will be important if you decide to prosecute the assailant.

Other steps

- Get medical attention as soon as possible. You may have hidden injuries and should explore options regarding pregnancy and the possibility of sexually transmitted diseases.
- Consider going to Lancaster General Hospital for a forensic exam. Take a change of clothing with you, as your clothing may be kept as evidence. Lancaster General Hospital is the only local hospital where the SAFE exam, with specially trained nurses, is done. If you go to another hospital they will very likely transport you via ambulance to LGH. For instructions on what to do before going to the hospital please see this guide, "Steps to Take if You Have Been Assaulted" (www.fandm.edu/sexual-assault-awareness/what-to-do-if-you-have-been-sexually-assaulted).
- Write down everything that you remember about the event(s), with as much detail as possible. This step can help both with your own healing process and in any legal or disciplinary action you might decide to take.
- Seek counseling or other sources of support. Talking with a trained mental health professional may help in coping with the aftermath of a sexual assault. Family and friends may also be a source of comfort and support. It is most important that you are comfortable with and trust the individuals in whom you choose to confide. Franklin & Marshall's Counseling Services is available free of charge to meet with students. Hours are Monday–Friday 8:30 until noon and again from 1- 4:30 p.m. There are also walk-in hours daily between 3 and 4 p.m. You can also call for an appointment at 717-544-9051.
- F&M Health Services can provide free emergency contraception and sexually transmitted infection evaluation and treatment for students who do not require or choose not to have a forensic examination. Hours of service are Monday –Friday 8:30 a.m.–5:00 p.m. 717-544-9051. Afterhours access these confidential services through the Sexual Assault Response Line 717-560-7311.