Survivor’s Rights

To be informed of all reporting options.

To be free from pressure to make a criminal report.

To have allegations of sexual assault investigated by the appropriate criminal, civil and/or campus authorities.

To be notified of existing campus and community medical, counseling and mental health services whether or not the crime is reported to campus or civil authorities.

To receive, when required, the full prompt cooperation of campus personnel when obtaining, securing and preserving evidence.

Contacts and Resources

Campus Resources
- OU Counseling & Testing Services..... (405) 325-2911
- OU Sexual Assault Response Team.....(405) 615-0013
- OU Counseling Psychology Clinic....... (405) 325-2914
- OU Women’s Outreach Center........... (405) 325-4929
- OU Number Nyne Crisis Line............. (405) 325-6963
- OU SART Team Coordinator............. (405) 325-5352
- OU Police Department
  - non-emergency............. (405) 325-2864

Oklahoma Resources
- Rape Crisis Center Hotline............ (405) 701-5660
- Rape Crisis Line, OKC.................. (405) 943-7272
- Heartline Crisis Line.................. (405) 848-2273
- Oklahoma Safe Line.................... (800) 522-7233
- Norman Police Department
  - non-emergency............. (405) 321-1600
- Crime Victims Compensation Board.. (405) 264-5006
- Crime Victims Compensation Board.. (800) 307-1000
- Norman Regional Hospital................ (405) 307-1000

National Resources
- National Sexual Assault Hotline....... 1-800-656-HOPE
- REACH-OUT.............................. (800) 522-9054
- STD Hotline - ASHA..................... (800) 227-8922

It is important to remember that you do not have to go through this alone.
Common Reactions to Sexual Assault

There is no right or wrong reaction after a sexual assault. People are different and their feelings are going to be just as diverse. Some of the common (but not the only) feelings related to sexual assault can include guilt, shame, shock, loss of trust, anger, feelings of worthlessness, self-doubt, fear, depression, helplessness, loss of sense of self, excessive crying, nightmares, sleeplessness, eating disturbances, lack of concentration, sexual disruptions (avoiding intimacy, etc.), anxiety, emotional numbness and mood swings.

Posttraumatic Stress Disorder/ Rape Trauma Syndrome

Just like most events in our lives, there are short-term and long-term effects. Sometimes after a traumatic event, such as sexual assault, an individual may display some or all of the following:

Re-experiencing the Trauma

When we watch a television show that we like, we remember with fondness the parts we loved. When we see a scary movie, usually parts we did not like follow us. After being sexually assaulted, you may have feelings that are a hard to shake; constant thoughts that you find you are unable to rid yourself of and/or nightmares of the actual event. These responses are common. You do not have to be alone. Professionals and advocates are here for you.

Social Withdrawal

Some survivors may feel ‘emotionally numb’. These feelings of joy, anger, pain, happiness or other emotions just do not feel the same anymore. Life might feel less important. Even though this is a common reaction, it does not have to be everlasting. Confidential support is available.

Avoidance Behaviors and Actions

It is understandable to be cautious about your surroundings after you have been hurt. After a sexual assault, it may seem easier to avoid any thoughts or feelings regarding what happened. Avoiding places that remind you of the assault is understandable. However, if this avoidance becomes more of a disruption, help is available.

Increased Physiological Arousal Characteristics

It may become harder to fall asleep or stay asleep due to being hyper-alert. You might feel jumpy or uneasy. A lot of energy is spent looking around and being aware of the surroundings. It is good to be aware of your environment, but when it starts to interrupt life, do not hesitate to seek help.

What Happens During a Forensic Exam?

You will be given a medical examination to collect medical evidence and to treat any injuries you may have. The evidence is only available immediately after the assault and will be needed if you decide to pursue prosecution. You may request that an advocate stay with you during the exam to provide support, answer questions and make sure your rights are respected. At your request, the doctor can give you medication to prevent sexually transmitted diseases. You may be offered emergency contraception.

Sexually Transmitted Diseases (STDs)

Sexually transmitted diseases are infections of the genital tissues that spread by contact with infected skin or body fluids passed vaginally, anally or orally. The fluids that can pass STDs include secretions or discharge from the vagina, cervix or penis as well as any blood contact.

What Happens if I Seek Prosecution?

You have the option to file a police report or to press charges against the individual who assaulted you. The police will present the information to the District Attorney’s Office to seek criminal charges. For situations where the attacker is a student at the university, you may contact the Office of Student Conduct to inquire about the institutional disciplinary process.

If you do decide to request the prosecution, you may be required to appear in court. It takes courage to report and prosecute a sexual assault, but it is the only way to stop the assailant and may help you regain your sense of control.

If you think you may have been exposed an infection, consult a health care provider immediately, get tested and refrain from any type of sexual activity until you have been diagnosed and/or treated.

Local Testing Sites

OU Goddard Health Center
620 Elm Ave, Norman, OK 73019
(405) 325-4611, ext. 41112

Cleveland County Health Department
250 NE 12th Ave, Norman, OK 73071
(405) 321-4048