

*Because
We Care
About
You ...*

*...we offer this booklet
as comfort and support,
if you have been
sexually assaulted.*

*If you have been sexually assaulted,
we offer this booklet
as comfort
and support.*

Comfort...

...in letting you know that you do not have to go through this time alone; and,

Support...

...in assisting you through the aftermath of sexual assault.

There are many professionals and people in our community who care and want to help you. We want you to know that what happened was not your fault.

You did not deserve to be sexually assaulted.

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WHAT IS SEXUAL ASSAULT?

In the State of Alaska, sexual assault is a crime that occurs when you do not give your consent to sexual contact, intercourse, or penetration.

It is also a crime if someone attempts to have sexual contact, intercourse or penetration with you and without your consent.

Sexual assault occurs when you do not give "consent" to sexual activity.

SEXUAL ASSAULT CAN HAPPEN TO ANYONE, MALE OR FEMALE.

Under Alaska law, sexual assault is "gender neutral" which means sexual assault can happen to males and females.

It doesn't matter who you are, how old you are, where you live, what culture you're from, what race you are, if you are lesbian or gay, or whether or not you have a disability.

Sexual assault can happen to anyone.

ANYONE CAN COMMIT SEXUAL ASSAULT, INCLUDING...

- ⌘ acquaintances
- ⌘ brothers/sisters
- ⌘ dates
- ⌘ pastors/priests
- ⌘ roommates
- ⌘ live-in partners
- ⌘ strangers
- ⌘ counselors
- ⌘ mental health or health care workers
- ⌘ neighbors
- ⌘ doctors
- ⌘ bosses
- ⌘ friends
- ⌘ co-workers
- ⌘ landlords
- ⌘ spouses and ex-spouses
- ⌘ partners
- ⌘ teachers
- ⌘ parents and step parents
- ⌘ dentists
- ⌘ foster parents
- ⌘ paid or unpaid care provider
 - ⌘ uncles, aunts, cousins,
grandparents

SEXUAL ASSAULT CAN OCCUR UNDER DIFFERENT CONDITIONS.

These conditions may exist prior to or during sexual activity. If someone engages in sexual activity with you by:

- ⌘ threatening harm to you or someone you care about;
- ⌘ using physical force against you;
- ⌘ using a weapon, or using an object as a weapon;
- ⌘ taking advantage of you while you are drunk or high;
- ⌘ taking advantage of your trust;
- ⌘ taking advantage of your emotional, cognitive, mental or physical disabilities; or
- ⌘ taking advantage of a position of authority over you.

*No matter
what —
it was not
your fault!*

EVERYONE RESPONDS DIFFERENTLY TO SEXUAL ASSAULT.

There is no way to know how you will respond to sexual assault. There is no way to know how or what you will feel. Take one day at a time. If you need to take time off from work or school, ask for the time off.

Responses to Sexual Assault

Although each person responds differently to sexual assault, there are generally two phases each person experiences after the assault. One is called the ***acute*** phase. The other is called the ***resolution*** or ***reorganization*** phase.

*Everyone
responds
differently to
sexual
assault.*

ACUTE PHASE – This phase occurs as your mind and body respond to what has happened. There can be strong emotional as well as physical responses. Or, you may respond very calmly and not show any strong emotions at all. Below are examples of common responses. This is not a complete list. You may or may not have these responses.

EMOTIONAL RESPONSES PHYSICAL RESPONSES

- | | |
|-----------------|-------------------------|
| ⌘ shame | ⌘ stomach cramps |
| ⌘ guilt | ⌘ facial twitches |
| ⌘ anger | ⌘ body aches |
| ⌘ numbness | ⌘ headaches |
| ⌘ shock | ⌘ dizziness |
| ⌘ depression | ⌘ nausea |
| ⌘ fear | ⌘ infection |
| ⌘ embarrassment | ⌘ loss of appetite |
| ⌘ revenge | ⌘ difficulty sleeping |
| ⌘ sadness | ⌘ uncontrollable crying |

Your daily routine, your sleep patterns, your eating habits, your work performance, and your social life may be greatly disturbed.

You may find yourself distracted or feeling detached.

You may want to be alone.

You might find that you are afraid to be alone.

You may have sudden outbursts of crying.

You may find yourself giggling or laughing nervously when describing what happened.

RESOLUTION PHASE — This phase occurs when you begin resolving your feelings about what happened. In this phase, the assault will have less effect on your daily routine. This can happen during the acute phase or sometime later. For some people, it happens right away, for others it can take many years.

Resolving your feelings can include talking about what happened. It can be unpleasant, but talking about it with someone who is supportive and caring may help you.

Family and friends may offer you that support. If you are a member of a church, there may be someone able to offer you counseling and spiritual guidance.

*Resolving
your
feelings
takes time.*

There are also many specially-trained counselors in our community that can help.

This phase is sometimes also called the "Reorganization Phase."

HOW CAN COUNSELORS HELP?

Counselors have received special training to help you recover. Some will be certified counselors, others might be advocates. Whatever thoughts or feelings you have can be shared with a counselor. They will listen to you and provide you with support. This can be especially important if you feel alone.

There are many counselors in our community. It may take time to find a counselor that is right for you. If you are not comfortable with your current counselor, it is okay to seek help from another counselor. Whichever counselor you choose, you should be able to share your thoughts and feelings.

As you talk more about the assault, you may begin to blame yourself for what happened. You may think there was something you could have done to prevent it. For example, your thoughts may be: "What if I had done this?" or "What if I had done that?"

Remember, it is not your fault.

Your counselor can help you work through these questions. They can also help you develop a self-care plan.

Choosing a counselor is a very personal choice.

Your counselor will listen to you and provide you with support.

ABOUT FAMILY AND FRIENDS

As part of your self-care plan you may decide to tell your family or friends about the assault. They may be able to offer you valuable support.

However, some family members or friends may struggle with what has happened. They may feel some of the same emotions you do, such as guilt, anger, or sadness. They may want to be alone to sort out their feelings. They may not believe you. They may feel uncomfortable with their feelings toward you. A boyfriend, spouse, or partner may withdraw from you.

Family and friends may unknowingly say things that hurt your feelings. Sometimes, loved ones believe they need to take control of the situation. They may try and tell you what to do. Or, they may focus on the details of the assault, instead of trying to understand your feelings. Family and friends may not know what to say or how to help you.

Family and friends are not trained to help you recover from sexual assault.

Your family and friends may need to see a counselor. A counselor can help them sort out their feelings about the assault. Or, you and your loved ones may decide to see a counselor together. If so, this should only happen when you feel you are ready. You and your feelings are the most important issues to consider at this time.

IF YOU'VE BEEN SEXUALLY ASSAULTED BY SOMEONE YOU KNOW.

Being sexually assaulted by someone you have a relationship with can leave you with a lot of different feelings. Relations can include a spouse, an ex-spouse, a live-in partner, a boyfriend, an ex-boyfriend, a family member, or a friend.

It doesn't matter how long you have known someone, or whether or not you've had sexual experiences before with that person. If you did not give that person permission, it was not okay.

You may feel angry. You may feel betrayed. You may feel that you can never trust anyone again. You may want to tell mutual family and friends. You may be very embarrassed and think it was your fault. Respect your feelings — and remember that you did not deserve to be sexually assaulted.

Your safety is very important. If you feel unsafe in your home or work environment you do have options. Begin to establish a safety plan to give yourself time and space to heal.

If you are afraid that the person who assaulted you will harm you again, you can call for help. You can call the police department, a community crisis agency, or State Adult Protective Services. Their numbers are listed in the back of this booklet.

*If you
are afraid...
you can call
for help.*

DOMESTIC VIOLENCE

If you experience unwanted sexual contact, touching, or intercourse with your marriage or domestic partner, it is sexual assault.

Sometimes in a marriage or domestic partnership, women and men do not realize that sexual assault does occur and is against the law.

Sexual abuse often occurs with domestic violence and is just as painful and difficult as other forms of sexual abuse.

It is important for you to know that there is no relationship that allows someone to sexually assault you.

IMMIGRANT ISSUES

The Department of Homeland Security will not be contacted if you seek police protection, medical care or social service assistance. Your immigration status is irrelevant to you receiving safety and protection.

If you are an immigrant and have been the victim of a sexual assault, your cooperation with a police investigation or criminal prosecution may assist you with your immigration status.

If you have any questions regarding your immigration status, please contact the Immigration & Refugee Services Program at Catholic Social Services at 276-5590.

WHAT IS A SELF-CARE PLAN?

A self-care plan is a guide to help you take care of your emotions, your body — your well being.

Taking care of yourself is very important.

BE AWARE — Drugs and alcohol slow down your recovery. Avoid using them. Instead, focus on positive things to do for yourself. Here are some suggestions:

- ⌘ Ask for help when you need it.
- ⌘ Expect good days and bad days.
- ⌘ Trust your feelings and emotions.
- ⌘ Develop a daily routine.
- ⌘ Seek the help of a counselor.
- ⌘ Be examined by a doctor when you have physical pain.
- ⌘ Exercise, eat right, and get plenty of rest.
- ⌘ Keep a journal of your thoughts and feelings.
- ⌘ Be around friends or family who are supportive, helpful and non-judgmental.

REPORTING THE ASSAULT TO THE POLICE...

You have the **choice** to make a report to the police. This is a decision that only you can make. If you decide to make a report, you can call the Anchorage Police Department. If the assault occurred outside of Anchorage, you can call the Alaska State Troopers. Tell them you have been sexually assaulted and want to make a report.

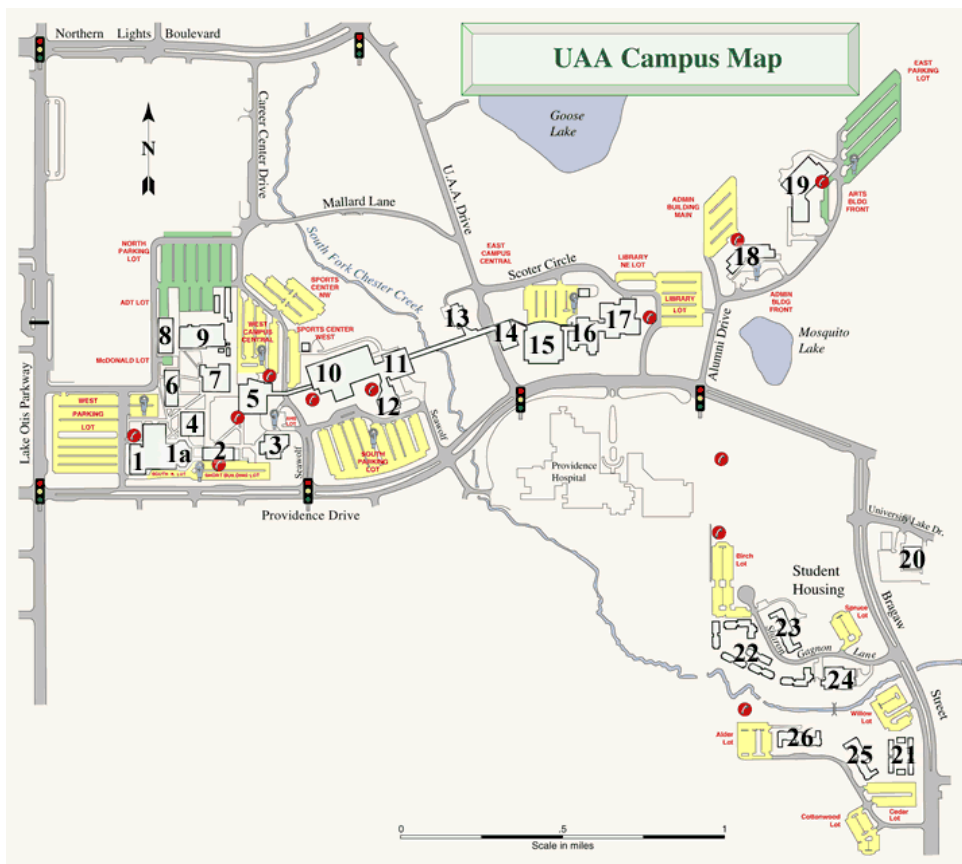
The police officer will ask if you will consent to have a medical examination. You can make a report to the police, even if you decide not to have a medical examination.

By reporting the assault to the police, there is a possibility for prosecution. Prosecution means that the person who assaulted you is charged with a crime. The State District Attorney's (D.A.s) Office, not the person harmed, charges the person with the crime.

*You have the
choice to make
a report to
the police.*

REPORTING AN ASSAULT TO THE UNIVERSITY OF ALASKA ANCHORAGE

If the assault occurred on the main University of Alaska Anchorage (UAA) campus, report the crime to the University Police Department office at 786-1120, or to the local police. At extended colleges, such as Chugiak-Eagle River, Elmendorf, or Fort Richardson, you should call the Anchorage Police Department.



REPORTING AN ASSAULT AT THE ANCHORAGE AIRPORT

Anchorage Airport Police respond to assaults that occur within airport boundaries. Any airport employee will help contact the Airport Police. Dial 911 or 266-2411 (24-hour dispatch) for help.

If the assault occurs in the terminal building, there are white telephones with the label "Airport Safety Police or Fire Assistance." These phones are found in many areas of the airport including concourses. This phone goes directly to an Airport Police dispatcher who sends an officer to your location.

If the assault occurs in the Parking Garage, you can use yellow "Intercom Boxes" regularly spaced on concrete pillars. By depressing the intercom button, you are immediately in contact with dispatch and your location is broadcast to the dispatcher. There is a few seconds delay before the dispatcher responds. This delay is due to the system locating you in the Parking Garage. Officers will respond immediately to your location.

After attending to your safety, the officers will take you to a private room. If you decide to make a report, the airport police officer will take the report.



MILITARY INFORMATION

If the assault occurs on a military installation report the crime to Elmendorf Air Force Base Security Forces (907) 552-3421 or Fort Richardson Army Post Military Police (907) 384-0823. You may also call 911 to report.

Commander's Role

The Commander is responsible for military personnel and the administration of military justice. Commanders have a wide variety of options for discipline under the military justice system. These options include (but are not limited to) counseling, memorandum of reprimand filed in the military member's record, bar to reenlistment, administrative separation from the service, non-judicial punishment under the Uniform Code of Military Justice (UCMJ) and Court Martial.

Violations of the Uniform Code of Military Justice

Military members who commit sexual assault may be punished under the UCMJ, Article 120, Rape. The crime of rape under the UCMJ occurs when the military member 1) commits an act of sexual intercourse; and 2) that act of sexual intercourse was done by force and without consent.

Support of Family Members

If a military member and a family member have separated as a result of sexual assault, the military member must still provide support to that family member. Military members are expected to provide adequate and continuous support to their family members. Army Regulation 608-99, "Family Support, Child Custody, and Paternity", sets out the Army's policy regarding support and the procedures to follow when support is not being paid.

Air Force Victim and Witness Program (VWAP) provides guidance for the treatment of victims and witnesses of offenses under the UCMJ and victims and witnesses of offenses under the jurisdiction of local, state, other federal, or foreign authorities during those stages of the criminal justice process conducted primarily by Air Force.

VWAP applies in all cases in which criminal conduct adversely affects victims or in which witnesses provide information regarding criminal activity. Its goal is to mitigate the physical, psychological and financial hardships suffered by victims and witnesses of offenses investigated by US Air Force authorities. If you think you may qualify for assistance, please contact Elmendorf's Legal Office and ask for the VWAP representative.

For more information please contact:
Elmendorf Office of the Staff Judge Advocate
(907) 552-3046



Transitional Compensation

The Department of Defense Transitional Compensation program was created to provide monthly monetary compensation and other tangible benefits to family members of service personnel separated for a dependent abuse offense. Dependents are usually family members living with the military member. Military spouses and dependents have some military privileges or benefits. These dependents also carry military identification. Family members are eligible if the military member was on active duty for more than 30 days and the military member has been either administratively separated from active duty for reasons that include dependent abuse or separated from active duty under a court-martial sentence resulting from a dependent abuse offense. Family members forfeit their benefits if they were an active participant in the abuse, return to cohabitate with the military member, or remarry. Family members must also complete an annual certification stating that none of the forfeiture provisions apply to them.

For more information please contact:
United States Army Alaska
Office of the Staff Judge Advocate
Criminal Law Division: (907) 384-0300



MEDICAL EXAMINATION

It is important to have a medical examination to make sure you are okay. A medical exam is important to assess, document and treat any injuries you may have.

If you report the assault to the police and the assault occurred less than 96 hours ago, they will determine if a forensic exam is to be completed. The forensic exam is to collect evidence from your body.

DO NOT CHANGE THE CLOTHES YOU WERE WEARING AT THE TIME OF ASSAULT

DO NOT EAT OR DRINK ANYTHING

DO NOT BATHE OR SHOWER, DOUCHE, WIPE OR WASH YOUR GENITALS

If you have already changed clothes, do not wash them.

Let the police officer know the clothing is available, if needed, for the police report.

A forensic exam may still be done even if you have done any of the above. If you have changed your clothes do not wash them, let the police officer know where the clothing is located.

A team of people will meet with you before the exam. The team includes: a police officer to investigate and assist in the prosecution of the offender; a specially-trained nurse to collect evidence and provide medical guidance; and, an advocate to provide emotional support, information and help with follow-up exams.

THE FORENSIC EXAMINATION

Because you are reporting the assault to the police and consenting to evidence collection, the investigative law enforcement department will pay for the forensic examination. This does not mean that the law enforcement department will pay for any medical tests or treatment beyond this examination.

At the hospital, the police officer, a specially-trained nurse, and an advocate, will talk with you about what happened. Questions may include:

- ⌘ Can you describe what occurred?
- ⌘ Where did the assault occur?
- ⌘ What are the names of the persons present, or who may have knowledge of what occurred?
- ⌘ What is the name of the person that caused the harm?

Your injuries could be photographed at the hospital or at a later time. Your statements and description of what occurred will be tape recorded. Your statement, photographs and other information will be used to identify the suspect and bring evidence to the State District Attorney's Office.

The nurse will talk with you about testing and treatment for Sexually Transmitted Infections (STI) and Emergency Contraceptive Pills (ECP).

*A team of
people will
help you
through the
exam.*

If you do not report the assault to the police, you should still follow up with an exam to make sure you are okay. This could be an “out of pocket” expense for you. You may also ask about sexually transmitted infections (STI) testing and emergency contraceptive pills (ECP). Places you can get an exam are:

Municipal Department of Health and Human Services
Reproductive Health Clinic — (907) 343-4623

Planned Parenthood — (907) 562-2229

Alaska Health Care Clinic — (907) 279-3500

HIV

The risk of acquiring HIV through a single episode of sexual assault is low. The risk of acquiring HIV from an HIV infected person during a single act of intercourse depends on many factors: the type of intercourse (oral, vaginal, anal), the viral load of the HIV infected person, and presence of any sexually transmitted infections (STI).

If your initial HIV test is negative, testing should be repeated 6 weeks, 3 months and 6 months after the assault.

Information about HIV and testing for HIV is available at:

Alaskan AIDS Assistance Association (4 A's)

(907) 276-4880 — HIV/AIDS Helpline

(800) 478-2437 — outside Anchorage — toll free

Anchorage Neighborhood Health Clinic

(907) 257-4600

Municipal Department of Health and Human Services
Reproductive Health Clinic

(907) 343-4623

Planned Parenthood

(907) 563-2229

S.T.O.P. AIDS Project

(907) 278-5019

THIS COMMUNITY CARES ABOUT ITS YOUNG PEOPLE.

The citizens in Alaska care about young people and protecting them from further harm of sexual assault or sexual abuse.

If you are under eighteen years of age, the medical provider that examines you is required by law to make a report of the assault to a state agency. This state agency is called the Office of Children's Services. A law enforcement officer may also need to talk to you about what happened.

*If you
are under
eighteen years
of age,
a report must
be made.*

FINANCIAL ASSISTANCE

The Violent Crimes Compensation Board (VCCB), an agency of the State of Alaska, may be able to help with unexpected costs that are a direct result of the assault. The VCCB can help eligible victims with medical, counseling costs, lost wages and other losses.

To receive financial assistance from VCCB, there are certain things you must do. For example:

- ⌘ You must report the sexual assault to law enforcement (Anchorage Police Department, Alaska State Troopers or University Police) within five days, or as soon as it would be reasonable.
- ⌘ You must file an application form with the VCC within two years from the date of the assault.

There are other things you may have to do. Contact the VCCB office for more information at 1-800-764-3040. The VCCB will make the final decision on whether or not to help pay for expenses/costs based on eligibility requirements under State law.

You can get a VCCB Application form at the Anchorage Police Department, State Troopers Office, District Attorney's Office or local hospitals. Forms are available at STAR and Victims For Justice. You can also write directly to the VCCB office. That address and their telephone number is listed in the back of this booklet.

PROSECUTION

Charging the Person Who Assaulted You

Prosecution happens when the person who assaulted you is charged. This means the person who assaulted you is accused by the State of Alaska, of committing a crime. When charged with a crime, this person becomes a defendant. In our community, the State District Attorney's (DA's) Office handles the prosecution for most sexual assault crimes.

Degrees of Sexual Assault

Alaska law recognizes sexual assault offenses by "degrees." The DA's Office will determine what "degree" of sexual assault to charge the defendant.

First degree is when the defendant...

- ⌘ ***engages in penetration*** with a person
 - without their consent.
 - who they know is mentally incapable and under their legal care OR under their care in a licensed facility.
 - who is unaware of the act and the defendant is a health care worker that commits the act during the delivery of services.
- ⌘ ***attempts penetration*** and causes serious injury.

*Prosecution
happens
when the
person is
charged.*

Second degree is when the defendant engages in...

- ⌘ **sexual contact** with a person
 - without their consent.
 - who they know is mentally incapable and under their legal care OR under their care in a licensed facility.
 - who they know is *mentally incapable* or *incapacitated* or *unaware* of the sexual act.
 - who they know is unaware of the act and the defendant is a health care worker that commits the act during the delivery of services.
- ⌘ **sexual penetration** with a person who they know is mentally incapable or incapacitated or unaware of the sexual act.

Third degree is when the defendant engages in...

- ⌘ **sexual contact** with a person who they know is
 - mentally incapable, or
 - incapacitated, or
 - unaware that a sexual act is being committed.
- ⌘ **sexual penetration** while an employee of a state correctional facility with a person who is under the care or custody of the facility.
- ⌘ **sexual penetration** with a person who is eighteen or nineteen years old, and who they know is under the custody of the State Department of Health and Social Services and the defendant is the legal guardian of that person.

Fourth degree is when the defendant engages in...

- ⌘ **sexual contact** with a person who the defendant knows is under custody of the State Department of Corrections and while the defendant is employed in a state correctional facility that provides care and custody of prisoners.
- ⌘ **sexual contact** with a person who is eighteen or nineteen years old, and who the defendant knows is in the custody of the State Department of Health and Social Services and the defendant is the legal guardian of the person.

TERMINOLOGY

Contact in a sexual assault means touching directly or through clothing the genitals, anus, or female breast without consent.

Incapacitation means a person's reasoning is impaired. Incapacitation is a state of mind where someone cannot knowingly give consent. If you are incapacitated and cannot give your consent, it is a crime for another person to have sex with you. Incapacitation can be due to drinking alcohol or taking drugs. Regardless of whether someone decides to drink alcohol or take drugs, no one has the right to take advantage of another while they are incapacitated.

Mentally incapable means a person has a mental illness or cognitive disability and does not understand the consequences of another person's conduct toward them.

Sexual penetration means genital intercourse, cunnilingus, fellatio, anal intercourse, however slight, of an object or any part of a person's body into the genital or anal opening of another person's body.

Without consent means that a person, (A) with or without resisting, is coerced by the use of force against a person or property, or by the express or implied threat of death, imminent physical injury, or kidnapping to be inflicted on anyone; or, (B) is incapacitated as a result of an act of the defendant.

GRAND JURY

When and if the DA's Office charges the person who assaulted you, that person may admit their guilt. If this happens, the DA's Office may decide there is no need for a trial and the case may be scheduled for sentencing.

However, if the person charged does not admit sexually assaulting you, the case must be reviewed by a grand jury. This is because in order for a felony criminal prosecution to go to trial, the DA's Office must present the evidence to a grand jury. A grand jury is a group of 12 to 18 citizens. The grand jury reviews the evidence which may include your statement and the statements of any witnesses, as well as the results of any forensic medical examination.

A grand jury is not a trial. There is no judge at this hearing. The person who assaulted you will not be present. Moreover, the proceeding is "closed." That means only the police, individual witnesses, and you may be asked to testify before a grand jury.

If the grand jury finds there is enough evidence to proceed to trial, they will return a "true bill" called an "indictment."

TRIAL

Following the grand jury return of an indictment, if the person does not admit to the charge, the DA's Office will contact you about the trial. In a trial, a judge and a court appointed jury is present. The person who assaulted you will also be at this trial.

The DA's Office will explain to you what happens during the trial. Make sure you have told them everything you can remember about the assault. Remember to keep them informed on how to reach you by telephone or address.

The DA's Office may ask you to testify. This means that you will need to explain, in your own words, what happened. Other people may also be asked to testify. These people may include the police officer that took your statement, or the doctor or nurse who performed the medical examination.

*You may
be asked
to testify.*

During the trial, the jury will listen to everyone's testimony and look at any physical evidence admitted at trial. After the evidence has been presented, they will meet behind closed doors to make a decision. All twelve jurors will have to unanimously agree 'beyond a reasonable doubt' that there is enough evidence in order to decide whether or not the person who assaulted you is guilty as charged. When they return from the trial room, their decision will be read out loud in court.

The jury's decision is known as the verdict.

VERDICT

The jury may return with one of two decisions. A “guilty” verdict or a “not guilty” verdict.

GUILTY VERDICT — This means that the jury felt there was enough evidence to prove ‘beyond a reasonable doubt’ the person was guilty as charged. The judge will then schedule a sentencing hearing.

Another judge determines what the punishment will be at the sentencing hearing.

*What you
have to
say is
important.*

NOT GUILTY VERDICT — This means the jury felt there was not enough evidence ‘beyond a reasonable doubt’ to prove the person was guilty as charged. According to Alaska law this person is no longer accused of this crime.

This does not mean that what happened to you was not real. It does not mean the jury did not believe you.

It means according to our laws, there was not enough evidence to prove the person was guilty of the charge.

The jury’s decision was based on the evidence presented, or allowed in court by law. It is important for you to take extra special care of yourself at this time. Seek support from your family, friends, or counselor.

HUNG TRIAL

In some cases a jury may not be able to reach a decision. If this happens, the jury is said to be "hung." If a jury is "hung," the prosecutor must decide whether to take the case through trial again.

*Remember,
it was not
your fault*

SENTENCING HEARING

Before punishment is passed, you can make a "victim impact" statement. This means you can explain to the judge what you have lost as a result of the assault. You may have lost your job, money, friends or marriage. You can also explain any other feelings you experienced as a result of the assault.

What you have to say is important.

If you do not want to talk during the sentencing hearing, your written statement will be read by the judge.

Remember, it was not your fault.

WHAT HAPPENS NOW?

Take one step at a time, one day at a time.

Be kind and gentle to yourself.

Set your own pace.

Drugs and alcohol slow down your recovery. Avoid using them.

The agencies and telephone numbers listed in the back of this booklet are offered as information and support.

There are people in our community who are able to help, if you decide to call.

We Care About You ...

*Be kind
and gentle
to yourself.*

WHO CAN HELP YOU IN ANCHORAGE?

The following community crisis centers have specially-trained crisis counselors:

Alaska Women’s Resource Center

(907) 276-0528

Standing Together Against Rape (STAR)

(907) 276-7273 — Crisis Line — 24-hour service

(800) 478-8999 — outside Anchorage — toll free

(907) 276-7279 for information 8 a.m. to 5 p.m.

TTY/TDD machine access 278-9988

Southcentral Counseling Center

(907) 563-3200 — 24-hour Crisis Line

(907) 563-5006 — Crisis Intervention Services — 24-hour service

TTY/TDD machine access 261-5344



If you are active duty, dependent or retired military and a victim of sexual assault, contact the following resources:

Elmendorf Air Force Base Family Advocacy Program

(907) 580-5858

United States Air Force

Office of Staff Judge Advocate

(907) 522-3046

Fort Richardson Army Post Army Community Services

Family Advocacy Program

(907) 384-1517/1006

United States Army Alaska

Office of the Staff Judge Advocate

Criminal Law Division

(907) 384-0300

These hospitals provide sexual assault information:

Alaska Native Medical Center - Emergency Room

(907) 729-1729 — 24-hour number

TTY/TDD machine access 729-1758

Alaska Regional Hospital - Emergency Services

(907) 264-1222

TTY/TDD machine access 264-1224

Elmendorf Air force Base - Emergency Room

(907) 580-5555

Providence Hospital - Emergency Room

(907) 261-3111 — 24-hour number

TTY/TDD machine access 561-6607

(907) 561-8301 — Alaska Cares (Pediatric Investigations)



For information on HIV/AIDS, testing and referrals:

Alaskan AIDS Assistance Association (4 A's)

(907) 276-4880 — HIV/AIDS Helpline

(800) 478-2437 — outside Anchorage — toll free

Anchorage Neighborhood Health Clinic

(907) 257-4600

Municipality of Anchorage

Department of Health and Human Services

(907) 343-4611 Reproductive Health Clinic

TTY 343-4797

Planned Parenthood

(907) 563-2229

S.T.O.P. AIDS Project

(907) 278-5019

If you would like to make a police report call...

Anchorage Police Department

911— Emergency Only
(907) 786-8900 — For information
TTY - APD Records 561-4668

Alaska State Troopers — 911— Emergency Only

(907) 428-7200 — Anchorage
TTY 428-7203

Anchorage Airport Police and Fire Department

On white phone.

If you are a current student enrolled at UAA, call:

University of Alaska Anchorage Police Department

(907) 786-1120
TTY 786-1120 wait for hookup

If you are a current student enrolled at UAA, and would like support services or counseling call:

**University of Alaska Anchorage
Advising and Counseling Center**

(907) 786-4500
Text in/Voice TTY/TDD 786-4500

Student Health Center

(907) 786-4040

If you are afraid of violence by someone in your home, and need a safe place to stay, call:

Abused Women’s Aid In Crisis (AWAIC) - Anchorage

(907) 272-0100 — Crisis Line
TTY 274-6882

Adult Protective Services

(907) 269-3666
TTY 269-3691

Alaska Family Resource Center - Mat Su Valley

(907) 746-4080

If you know someone under eighteen years old who is being sexually abused, you can make a report to...

State Office of Children’s Services

(907) 269-4000

For information about alcohol or drug abuse, contact...

Akeela, Inc.

(907) 565-1200 — Administrative office/library

(907) 562-1210

Alaska Women’s Resource Center — (907) 276-0528

For more information or materials on sexual assault, call...

Municipality of Anchorage, Department of Health and Human Services, SAFE City Program

Intervention and Referral: (907) 343-6302

Cultural Resources: (907) 343-4798

Sexual Assault Statistics: (907) 343-6533

TTY 343-4797

Standing Together Against Rape (STAR) — (907) 276-7279

For more information on financial assistance, write or call...

State of Alaska Department of Administration

Violent Crimes Compensation Board

P.O. Box 111200, Juneau, Alaska 99811

(800) 764-3040 — toll free

Victims for Justice

1057 West Fireweed Lane, Suite 101, Anchorage, Alaska 99503

(907) 278-0986

*Remember
it was not
your fault.*

NOTES

NOTES

Brought to you by the
Municipality of Anchorage
Department of Health and Human Services
Social Services Division
SAFE City Program
P.O. Box 196650
Anchorage, Alaska 99519

Produced In Partnership With...

- Abused Women's Aid in Crisis
- Akeela, Inc.
- Alaska Native Justice Center
- Alaska State Troopers
- Alaska Women's Resource Center
- Anchorage Airport Police and Fire Department
- Anchorage Police Department
- Catholic Social Services Immigration & Refugee Services
- University of Alaska Anchorage, Center for Human Development
- Cook Inlet Tribal Council, Inc.
- Elmendorf Air Force Base Family Advocacy Program
- Fort Richardson Army Post Family Advocacy Program
- Municipality of Anchorage, DHHS, SART Program
- Southcentral Foundation
- Standing Together Against Rape
- State of Alaska, District Attorney's Office
- State of Alaska Violent Crimes Compensation Board
- University of Alaska Anchorage Police Department



Call (907) 343-4798 for additional copies,
questions or comments.

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