



HEALING TAKES TIME

HELPFUL INFORMATION AND RESOURCES:

- **Inform your doctor if you have any concerns about sexually transmitted infections (STIs), HIV, or pregnancy.** If you have concerns, your doctor can help to provide you with STI, HIV, and pregnancy prevention.
- **If you experience depression or suicidal thoughts, tell someone who can help.** Healing after sexual assault can be a long and difficult process. It is normal to feel overwhelmed. If you are having thoughts about self-harm, there are doctors, nurses, or counselors who can help you to keep yourself safe. Additionally, The Trevor Project is an organization that provides a free, confidential, 24/7 crisis line for LGBTQ+ individuals, 1-866-488-7386.
- **Healing is a process.** It is important to use healthy coping skills as you heal. Coping skills can include things that you like to do and things that keep you healthy, such as reading, walking, or reaching out to friends or family members who support you. If you find that you are using unhealthy coping mechanisms, including using drugs, excessive drinking, or self-harm, seek help. Remember, you can call The Trevor Project, LaFASA, or your local center's hotline at any time to receive support.

LaFASA

*Louisiana Foundation
Against Sexual Assault*

Sexual Assault Crisis Centers provide a 24-hour crisis hotline, information and referral, free counseling, and more!

www.lafasa.org

MAIN 225.372.8995
HELPLINE 888.995.7273

2133 Silverside Drive, Ste. A
Baton Rouge, LA 70808



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LaFASA

Sexual Assault & Healing for
LGBTQ+ SURVIVORS

SEXUAL ASSAULT AND LGBTQ+ INDIVIDUALS

Sexual assault can happen to anyone and can be perpetrated by anyone, including intimate partners, family members, friends, strangers, or other people you know. LGBTQ+ individuals are at higher risk of sexual assault, harassment, stalking, and intimate partner violence. Individuals perpetrate sexual violence in order to feel powerful over the people they hurt. Discrimination, including heterosexism, homophobia, and transphobia, creates vulnerability for LGBTQ+ people. Often, perpetrators will target LGBTQ+ people because of this vulnerability.

While law enforcement, hospital staff, and sexual assault centers are supposed to help everyone, feelings of distrust toward these groups of people are normal and understandable. However, reporting your assault can be a helpful part of your healing process. For some, reporting can offer feelings of empowerment.

*Sex or sexual acts
without your consent
is sexual assault.
It is illegal. It is wrong.*

*You are not alone.
It was not your fault.
It is possible to heal.*

If you choose to report, you are entitled to:

- **A caring advocate**
Advocates from LaFASA's accredited centers will provide competent care following your sexual assault and will not discriminate against you for your gender or sexual identity. They will believe you and validate your experience.
- **Access to sexual assault services without discrimination**
Our accredited centers are sensitive to your needs as an LGBTQ+ survivor. Their advocates can help you to find local resources and service providers that can also provide culturally competent services.
- **Confidentiality**
Keeping your information confidential is important to your advocate and the staff at your local sexual assault center. They will not share details of your experience, sexuality, or gender identity, except in cases involving thoughts of suicide or abuse of vulnerable people (children, the elderly, and adults with certain disabilities). You can ask your advocate for more information.

*Call the LaFASA helpline for
24/7, free and confidential
support and information services.
888-995-7273*



TRAUMA & SEXUAL ASSAULT

Your feelings following a sexual assault are normal:

- Everyone has different emotional, behavioral, and physical reactions to trauma. It is normal to experience depression, guilt, shame, fear, anger, grief, mood swings, inability to concentrate or relax, avoidance of reminders of the assault, loss of interest in activities you used to enjoy, nausea, headaches, and changes in your eating or sleeping patterns.
- Your assault does not define any part of your identity, including your sexual and gender identity. Perpetrators are motivated by a desire to control, not sexual attraction. The gender and sexuality of a rapist does not define who you are.