



# **Sexual Assault Response Services** *of Southern Maine*

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Portland, ME 04104

P.O. Box 1605  
Sanford, ME 04073

**24-Hour Hotline: 1-800-313-9900**

infosars@sarsonline.org  
www.sarsonline.org

## **Emotional First Aid for Teens**

Rape is not only an assault on your body; it is also an assault on your personality as well. Because of this, your emotional well being is just as important as your physical wellbeing. The rape was not your fault and you deserve help. No one should have to recover alone

- Rape is not sex. It is about power. Comparing rape to sex is like comparing a slap on the face to a kiss.
- Talk about what you're going through and what you've been through when YOU are ready. If you can't tell your parents, talk to an understanding friend, relative, teacher or counselor.
- If someone you talk to hassles you, don't listen to him or her. You deserve understanding and support. Please don't let anyone put you down for something that was not your fault.
- You are not going crazy! Almost any reaction to being raped is normal. Call someone who knows and check it out – a therapist, rape counselor or understanding friend.
- Having many different feelings – anger, fear, shame, guilt, sadness, whatever – is a normal reaction to what happened to you. You may be able to forget about it for a while, but don't be surprised if you get upset when something reminds you.
- Get yourself medical attention – you deserve it. You have been hurt, you may possibly have an STD or be pregnant, and you won't know unless you go to a doctor or clinic. Get someone who understands to go with you.
- You may be feeling guilty. It's okay to get mad at the rapist for making you feel this way.
- The rape is over, and you survived.
- Being raped is a big deal, even if you think you should act like it isn't. Take care of yourself.

SARS provides free, confidential services to victims and survivors of sexual assault. These services include: a 24-hour crisis intervention hotline; advocacy with medical, police and legal services; referrals to area professionals; free, confidential, facilitated support groups for survivors; and educational programs for schools, companies, and other organizations. We understand what you are feeling, and we want to help. Our hotline is available 24 hours a day if you have any questions, need referrals, or just need to talk. Collect calls are accepted. Please call us at 1-800-313-9900.

***Help, Hope, and Healing***