COMMON VICTIM/SURVIVOR FEELINGS

- SHOCK & DISBELIEF
- FEAR, LOSS OF CONTROL OR CONFIDENCE
- GUILT, SHAME, SELF-BLAME
- ANXIETY, CONFUSION, SHAKING
- SLEEP OR EATING DISTURBANCES
- CONCERN FOR ASSAILANT
- NEED TO DISCUSS OR REPRESS ATTACK

These feelings may come and go months or years later. They are a normal part of recovery.

24 hr. Helpline
(612) 626-9111

Appleby Hall 117
128 Pleasant St SE
Minneapolis, MN 55455
Email: aurora@umn.edu

Business: 612.626.2929

Hours:
Monday-Friday 8:00am-4:30pm

The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression.

FREE & CONFIDENTIAL SERVICES
Victims/Survivors/Supporters

WWW.UMN.EDU/AURORA

UNIVERSITY OF MINNESOTA
**Parent Role**

Believe your child.
Reassure your child: “It is not your fault.”
Empower & Listen to your child. Support their decisions. Empowering your child will help them regain control.
Avoid making decisions for your child. Offer guidance and support your child’s decisions.
Resist becoming too involved in the work of the police or prosecutor which may cause undue anxiety for your child. Focus on providing love and support.
Connect with a counselor who specializes in sexual assault recovery. The Aurora Center can help.
Take care of yourself. Recognize if you’re experiencing secondary trauma and seek counseling or other support services so you can better care for your child.

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**Reducing the Risk of Sexual Assault**

*Talk with your child about...*

- If they disclose an assault to you, believe them.
- There is no “type” of person who experiences sexual assault. It can happen to anyone.
- Healthy relationships. What do they look like? Your child deserves respectful relationships.
- Avoiding people who don’t respect your child’s personal boundaries or make sexist jokes and comments.
- If your child experienced childhood sexual abuse, make sure they have time, resources, and support to recover.
- Encourage your child to trust themselves and their ability to make good decisions.
- Know your child could experience sexual assault or abuse again, even if you’ve discussed the issue.

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**THE AURORA CENTER SERVICES**

- 24 hr. Helpline
- Walk-in crisis counseling
- Accompany to hospital
- Police report advocacy
- Legal advocacy (i.e. restraining orders and court accompaniment)
- Academic advocacy
- Safe housing advocacy
- Support groups
- Community resources

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**Sexual assault**: Any sexual contact (including, but not limited to sexual intercourse) when such contact is achieved without consent; or with the use of force, coercion, deception, or threat. Rape is a form of sexual assault.

**Consent**: Informed, freely and actively given, and mutually understood. If physical force, coercion, intimidation, and/or threats are used, there is no consent. If the victim is mentally or physically incapacitated or impaired so that a person cannot understand the fact, nature or extent of the sexual situation, and the condition was or would be known to a reasonable person, there is no consent. This includes conditions due to alcohol or drug consumption, or being asleep or unconscious.

*University of Minnesota Policy 2.6.3*

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**1 in 4-5 college women will be raped or the victim of attempted rape while in college.**

**Less than 5% of College rape victims report to the police.**

*The National Institute of Justice, 2001*

**90% of Rapists are acquaintances of the victim.**