

SEXUAL ASSAULT

What is it?

Sexual Assault is a crime of violence, a hostile attack, an attempt to hurt and humiliate. Sexual Assault is a CRIME, whether the suspect is your friend, neighbor, boyfriend, girlfriend, spouse, or relative.

WHAT TO DO IF YOU BECOME A VICTIM OF SEXUAL ASSAULT

1. If possible get to a safe place. Call 911 and report the incident to the police immediately.
2. Try to resist the urge to take a shower or douche.
3. Inform the police of all the details of the attack; however intimate, and anything unusual you may have noted about the attacker. Be sure to tell the officer of any injuries sustained, so they may be photographed as evidence.
4. The officer may take clothing worn, and other items such as bedding from the incident for evidence.

COMMUNITY RESOURCES

1. HOUSE OF RUTH HOTLINE
P.O. Box 459
Claremont, CA 91711
877-988-5559 (24 Hours)
2. YWCA Wings
P.O. Box 1464
West Covina, CA 91793
626-967-0658 (24 hours)
3. Project Sister (NATIONAL HOTLINE)
909-626-4357 (24 hours)
Rape outreach, child abuse,
incest, sexual assault crisis
and prevention
4. Victim/Witness Assistance Program
8303 Haven Avenue, Fourth Floor
Rancho Cucamonga, CA 91730
909-945-4241 (Mon.-Fri. 8am-5pm)
5. West End Family Counseling Services
855 North Euclid Avenue
Ontario, CA 91763
909-983-2020

PREVENT CRIMES

SEE IT!

HEAR IT!

REPORT IT!

**CRIME PREVENTION IS
EVERYONE'S BUSINESS**

**In the Event of an Emergency
call: 9-1-1**

Domestic Violence



**Upland Police
Department
1499 W. 13th Street
Upland CA, 91786
Phone: (909) 946-7624**

**Chief of Police
Marcelo A. Blanco**

BE AWARE

Domestic Violence is abuse committed against an adult or fully emancipated minor who is a spouse, former spouse, co-habitant, or a person with whom the suspect has had a child or has had a dating or engagement relationship according to California law.

WHAT IS ABUSE?

Intentionally or recklessly causing, or attempting to cause, bodily injury or placing another person in reasonable apprehension of imminent serious bodily injury to himself or another.

It is a crime for any person to threaten, beat, sexually assault or otherwise harm another person even if they are married.

WARNING SIGNS OF DOMESTIC VIOLENCE

- Tells you that you can never do anything right
- Shows extreme jealousy
- Keeps you or discourages you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls every penny spent in the household
- Takes your money or refuses to give you money for necessary expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go, or what you do
- Prevents you from making your own decisions

- Destroys your property or threatens to hurt or kill your pets
- Intimidates you with guns, knives or other weapons
- Pressures you to have sex when you don't want to or do things sexually you're not comfortable with
- Pressures you to use drugs or alcohol
- Tells you that you are a bad parent or threatens to harm or take away your children
- Prevents you from working or attending school

Domestic violence doesn't look the same in every relationship because every relationship is different. But one thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partner. For more information visit: <https://www.thehotline.org/> Website also offers live chat services 24/7, 365 days.

IF YOU BECOME A VICTIM OF DOMESTIC VIOLENCE:

- Call the Police or Sheriff
- Ensure your safety. Leave your home and take all important documents (birth certificate, credit cards)
- Get medical attention. Do not attempt to treat yourself. Injuries may be more severe.
- Be aware that despite official restraint (restraining order or arrest) the abuser may be released at any time.
- Seek assistance. You may ask the district attorney to file a criminal complaint. Contact your local battered women's shelter, women's support group, or victim's assistance center.

- Save all evidence (proof) you can. (You may even want to take photographs of yourself.) Whether or not you file charges now, you may later change your mind and then will need proof that you have been assaulted.

WHAT YOU CAN DO

You have the right to go to the superior court and file a petition requesting various orders of relief, such as:

- Obtaining a restraining order to restrain abuser and to prevent from entering the residence, school, business, or place of employment
- Obtaining an eviction notice refraining the abuser to enter the household
- A custody order granting the victim/parent/guardian custody or visitation with minor child or children
- Request child support that demands court-ordered payments to support minor child(ren)

You have the right to file a civil suit for losses suffered as a result of abuse.

**Contact the National Domestic Violence Hotline for more information:
1-800-799-SAFE (7233)**

A WAY OUT

REACHING OUT FOR HELP IS THE FIRST STEP TOWARDS A PATH TO SAFETY.

GET HELP TODAY. ABUSE IS NOT YOUR FAULT. YOU ARE NOT ALONE.