



## What can you do if you've been raped?

Some options are:

- Call a crisis line
- Seek medical attention
- Talk to a counselor
- Talk to friends and relatives
- Report to the police\*

\*Bodily evidence can be collected up to 120 hours after an assault. If you are reporting a rape to the police, do not shower, douche, nor wash your clothes.

The most important thing is to do what is most comfortable to YOU. Give yourself the same love, understanding and patience that you would give a friend or family member.

**In time, you will recover.**

## FREE & CONFIDENTIAL services in these counties:

Butler..... 641-456-8949  
Cerro Gordo ..... 641-424-9071  
Floyd..... 641-832-8456  
Franklin ..... 641-456-8949  
Grundy ..... 319-823-0116  
Hamilton ..... 515-851-1123  
Hancock..... 515-295-8646  
Hardin..... 319-823-0116  
Humboldt ..... 515-851-1123  
Kossuth..... 515-295-8646  
Mitchell ..... 641-832-8456  
Webster..... 515-570-4565  
Winnebago..... 515-295-8646  
Worth..... 641-832-8456

### Crisis Intervention Service

P.O. Box 656  
206 Third NE  
Mason City, IA 50402-0656

[cis@cishelps.org](mailto:cis@cishelps.org)  
[www.cishelps.org](http://www.cishelps.org)

### 24-Hour Crisis Line

641-424-9071  
800-479-9071



If you are assaulted,  
please remember ~

**IT IS NOT YOUR FAULT.**

# You are a survivor

not a victim



**and you are not alone**

One in five women and  
one in 71 men will be  
raped in their lifetime.

**Even survivors need a  
little help sometimes**

**We are here for you  
Crisis Intervention Service**

641-424-9071  
800-479-9071  
[www.cishelps.org](http://www.cishelps.org)



Not sure you were raped?  
Here's how you know:

**No consent = sexual assault.  
Period.**

Being drunk is not consent

Being asleep is not consent

Staying quiet is not consent

A past relationship with someone  
is not consent

Flirting is not consent

Not saying "No" is not consent

Your partner must  
hear you say this:



(and you can change your mind  
whenever you please)

### **"From Victim to Survivor"**

We understand a victim is never at fault for being raped, yet may feel guilty. Sexual assault is a violent crime that may leave a victim feeling helpless, alone, afraid, confused, embarrassed, and sometimes even non-emotional or numb.

**With understanding and support, a  
victim can become a survivor.**

# SEXUAL ASSAULT STATS

# of victims

1 in 5



1 in 71



80% of rapes are committed by  
someone the victim knows

0%

PERCENTAGE OF  
RAPES THAT ARE THE  
VICTIM'S FAULT



IN 1 IN 3 RAPES, THE  
PERPETRATOR WAS  
INTOXICATED

Victims come from:

100%

Races

100%

Cultures

100%

Economic  
Levels

100%

Sexual  
Identities



CRISIS INTERVENTION SERVICE  
24-HOUR HOTLINE: 1-800-479-9071

Want help? Here is how  
Crisis Intervention Service  
can be there for you:

- You can call our **24-Hour Crisis Line** for support. A certified sexual abuse advocate will be happy to help you (and you don't even have to give your name).
- You can receive confidential, free crisis **counseling**.
- Places like law enforcement buildings, courts and hospitals can be intimidating. We can be there with you every step of the way with free **legal and medical advocacy**.
- Need **Information** or a **referral**? Call us.
- Is someone who loves you struggling to help? We provide free **counseling and support for victims' loved ones**.