



Chozen 2B Whole  
Sexual Trauma Recovery - Awareness & Prevention

We're Here for You!



## Survivor's Sexual Violence Guide

Chozen 2B Whole wants you to know, **THIS WAS/IS NOT YOUR FAULT!**

After experiencing sexual violence, you will have a plethora of **valid emotions**. There are no defined set of steps, or timeline to surviving an assault, but **recovery is possible**.

### Navigating The Next Few Hours, Days, Weeks...

- **MAKE SURE YOU ARE SAFE! -MAKE A POLICE REPORT**
- **Seek Immediate Medical Attention** to assist with specimen collection, and to address potentially transmitted diseases or pregnancy.
- **DO NOT SHOWER**, change your clothes, comb your hair, or wash your face/hands. Doing any of the above can compromise biological evidence if/when you choose to pursue legal action.
- Call a trusted family member, or friend for support. A familiar person is an asset.
- If you are emotionally able, **record/write down** (*date, time, place, assailant's appearance, smells, weapons..*), of what you remember. This will preserve the accuracy of the details, and **reduces** multiple occasions of **retelling the ordeal**.
- **SEEK SEXUAL TRAUMA RECOVERY SUPPORT!**
- **Do not isolate yourself**. The next few months having support is important.
- **Do not hide, deny, or suppress your feelings**, they are **VALID!**
- Be angry, yell, cry, be intentional about **your emotional well-being**.
- Talk about the assault as often as you need to, with a confidant.
- **Be mindful of the coping devices** you lean towards. (drugs, drinking, overworking..)
- **SEEK SEXUAL TRAUMA RECOVERY SUPPORT!**
- This was/is **NOT YOUR FAULT!!**