

Community Resources

Portland Women's Crises Lines (PWCL)
503-235-5333

Sexual Assault Resource Center (SARC)
503-636-9100

National Center for Victims of Crime
202-467-8700
www.ncvc.org

Rape, Abuse & Incest National Network
1-800-656-4673
www.rainn.org

National Sexual Violence Resource Center
1-877-739-3895
www.nsvrc.org

Project UNICA Bilingual Crisis Line
1-888-232-4448

Victim Centered Approach

- Prioritizing the safety, privacy and well-being of the victim.
- Acknowledging and respecting victims' input into the criminal justice system.
- Maintaining victims' privacy and confidentiality.

If you have been raped within the last 4 days:

- Please do not eat or drink anything.
- Please do not brush your teeth, bathe, or wash clothes.
- Please do not dispose of anything that may contain evidence before evaluation and investigation including tampons.

Portland Police Bureau

Sex Crimes Unit
Phone: 503-823-0400
Fax: 503-823-0418

www.portlandpolicebureau.com

Sexual Violence

*PORTLAND POLICE BUREAU
SEX CRIMES UNIT*

What is Sexual Violence?

The term sexual violence encompasses a broad range of unwanted sexual activities, all of which are crimes that have a profound effect on victims. Sexual violence includes sexual assault, rape or attempted rape, spousal or intimate partner rape, fondling, trafficking, and forced or coerced prostitution.

Sexual assault can happen to anyone, regardless of age, racial or cultural background, gender identity/expression, sexual orientation, or socioeconomic status. Likewise, assailants can be anyone; strangers, acquaintances, friends, family members, intimate partners and other people in positions of trust such as clergy or coaches. Victims usually know their abuser.

Sex offenders are motivated by the need to control, humiliate, and harm their victims. They may use force, threats, coercion, and manipulation. They may prey on persons who are not free to consent to sexual contact due to mental incapacity, disability, intoxication (voluntary or involuntary), or because the person is under age. Whatever the circumstances, no one asks or deserves to be sexually assaulted.



The Reporting Options

How do I report sexual violence?

If the assault just occurred, dial 911 immediately. If time has elapsed since the incident, you may call the non-emergency police number 503-823-3333 or respond to your nearest Police Station.

I want help, but I am not sure if I want to make a police report?

Go to any hospital emergency room and be seen by their caring and competent staff that will provide you with help and support whether or not you want to report the incident to the police.

What Happens when I go to the Hospital?

Specially trained Sexual Assault Nurse Examiners (SANE) provide confidential and professional sexual assault specific care to victims. These highly trained nurses have substantial specialized training in forensic nursing, will provide for your comfort, answer any medical questions, conduct a physical exam and collect any physical evidence. SANE nurses are available 24 hours a day, 7 days a week.

A Rape Victim Advocate will be called for your emotional support and comfort.

What happens when I report a sexual assault?

If you desire to report to police, a uniformed officer will be dispatched to take initial information and a preliminary investigation will commence. A member of the Sex Crimes Unit will be in contact with you within a few days. Be sure to give the uniformed officer your contact information including phone numbers, email and mailing address.

How do I follow up on my report?

Call the Portland Police Bureau Detective Division at 503-823-0400 and be prepared to give your case number. Staff

assigned to the Sex Crimes Unit will contact you regarding your case.

Can my family member or friend contact the Sex Crimes Unit?

Due to the very personal and confidential nature of these crimes, we will be unable to provide information to anyone without your permission.



If you are a Victim or Survivor

Understand you are not to blame. No matter who you are, what you say or do or where you go, you do not deserve to be sexually assaulted.

Rape violates a person's sense of safety and trust. You may feel shocked or angry that it could happen to you. You may be anxious about your safety and always on your guard. You may feel guilty or ashamed, or that your family and friends blame you for the assault.

Victims often suffer a variety of physical reactions, from changes in eating and sleeping patterns to nightmares and flashbacks. These reactions can cause victims to turn inward, becoming socially withdrawn. It is also common to feel powerless, contributing to depression and a loss of self-worth.

Whatever your reactions or fears, it's important to understand that they are normal. It's also important to know that help is available – whether or not you report the crime.