All Army in Japan Se[®]ual Harassment and Assault Response and Prevention



<u>Contact Us ...</u> Building 101, Room W-121

<u>Non-Emergency:</u> Office 263-3567 From Off Base 046-407-3567

Emergency: 24-hr Hotline 090-9395-8909 From Off Base 046-407-2277 DSN 263-2277 -or- 882# Allied Telesis 98-263-2277

24-hr Medical Clinic 263-4127

Camp Zama MP Desk 263-3002 Remember to say ONLY "Please give me the number to the SARC"

If You've Been Assaulted ...

Get to a safe place

- Avoid bathing, washing your hands, brushing your teeth, and using the restroom
- Avoid eating, drinking, and smoking
- Contact the SARC or a healthcare provider
- Seek medical care as soon as possible
- Avoid cleaning or straightening up the crime scene
- Write down, tape or record by any other means all the details you can recall about the assault and your assailant

Restricted Reporting

- Available to Military & Family Members 18+ yrs
- Ensures confidentiality
- Access to Victim Advocacy & Medical Care
- Does <u>NOT</u> launch an official investigation

Unrestricted Reporting

- Available to Military, Civilians, and Family Members
- Access to Victim Advocacy & Medical Care
- Launches an official investigation

10 Things You Should Know

- 1. You are entitled to support no matter how long ago the assault occurred
- 2. Resources are available to aid recovery
- Recovering from a sexual assault usually occurs more quickly with help
- 4. There are reporting options available to you
- 5. Everyone responds to sexual assault differently
- Avoid sharing details with those you do not know well or those not serving as response professionals
- 7. Recovery is <u>very</u> important and <u>does not</u> occur on a strict timetable
- 8. You are not alone, we are here to help!
- 9. Sexual Assault is NOT tolerated
- 10. Your safety is most important!