



**VESTA**  
Social Innovation  
Technologies

# YOUR RIGHTS

## A Sexual Violence Survivor's Handbook

### Chapter 5: What Are My Options?



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# What Are My Options? What Can I Do After the Abuse Happened?

## How to Get Help Disclosing Your Story

If you aren't sure how to disclose your story to your family, or you want support after telling someone and they didn't believe you, there is help available.

### Here Are Some Options:

- You can speak to a therapist through online therapy.
- Call the National Sexual Assault Hotline. Call **1-800-656-HOPE (4673)** and talk to someone who is trained to help individuals deal with sexual assault.
- Chat online with RAINN. Go to [online.rainn.org](https://online.rainn.org), and chat with a trained individual who can help.

## How to Deal With Unsupportive Responses


It would be wonderful if everyone supports you when you disclose that you were sexually assaulted. Unfortunately, not everyone is going to respond in a helpful way.

They may ask questions or provide comments that aren't helpful such as:

- What were you wearing?
- What did you do to try to stop it from happening?
- Why didn't you tell me sooner?
- I don't think that really happened.

If the person you disclose it to responds in such a judgmental or unhelpful manner, remember that it's not your fault. **You are not alone.**

Also, just because someone isn't supportive doesn't mean that everyone else in your life will respond the same way.



**Should You Tell  
People You  
Were Sexually  
Assaulted?**

Source:  
[verywellmind.com](https://www.verywellmind.com)