If you have been sexually assaulted, you may feel confused and alone. You may not understand what happened to you, or what you can do about it. You may not know who you can tell. **There is help.**

Explore Your Options can help you gather information and make decisions about your next steps, including medical care, supportive services, and reporting to police. You can find Explore Your Options on the website for Start by Believing, a program of End Violence Against Women International.
You don’t have to be an expert to help.

Explore Your Options is also for support people, from friends and family members, to campuses, workplaces, and organizations that support survivors in the community.

In Explore Your Options, you can learn about the full range of services available to sexual assault victims. Emphasis is placed on answering real-world questions survivors are likely to have, including how to access each option, whether there are any costs involved, and whether they can bring a support person with them. An additional section provides concrete tips for how support people can respond to survivors.

If they choose, survivors can even begin the process of reporting to police using a program called SEEK THEN SPEAK. But this is only for survivors, not support people.