

Sexual Assault -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<p><input type="checkbox"/> Common indicators of distress</p> <p><input type="checkbox"/> Considering the traumatic nature of sexual assault, all victims should be considered to be potentially at risk</p> <p><input type="checkbox"/> Indicators of stress, depression, anxiety or Post Traumatic Stress</p> <p><input type="checkbox"/> Difficulties resuming normal routines within a reasonable time after the incident</p> <p><input type="checkbox"/> Any indicators of thoughts of harming themselves or others</p> <p><input type="checkbox"/> Use of unhealthy coping mechanisms such as use of alcohol or drugs</p>	<p><input type="checkbox"/> Consider General Wingman Actions</p> <p><input type="checkbox"/> Recognize that the victim may need to exercise as much control as possible over their circumstances to include the decision to report the incident, obtain a forensic medical exam, tell friends/family about the incident, etc.</p> <p><input type="checkbox"/> First and foremost, assure the physical safety of the victim.</p> <p><input type="checkbox"/> Encouraging victims to report cases to law enforcement is critically important.</p> <p><input type="checkbox"/> Advise against the destruction of evidence (i.e., bathing or washing clothes) prior to the victim going to the medical facility.</p> <p><input type="checkbox"/> Assist with or provide transportation to the hospital.</p> <p><input type="checkbox"/> Reinforce that the sexual assault was not the victim's fault.</p> <p><input type="checkbox"/> Listen and engage in quiet support. Constant conversation is not necessary.</p> <p><input type="checkbox"/> Be aware that counseling and therapy can help victims cope with sexual assault.</p> <p><input type="checkbox"/> Recognize that the impact of sexual assault can be long-term. Continue to be aware of the victim's status and needs even after the initial adjustment period has passed.</p>	<p><input type="checkbox"/> Consider General Command Actions</p> <p><input type="checkbox"/> Notify the SARC.</p> <p><input type="checkbox"/> Be aware of how the incident is impacting the victim's family and mobilize support as appropriate.</p> <p><input type="checkbox"/> Ensure the victim's safety.</p> <p><input type="checkbox"/> Consider the victim's concerns about returning to their job and possibly working with the alleged assailant. It is highly recommended that the victim and accused work in separate locations.</p> <p><input type="checkbox"/> If the alleged assailant is another active duty member, work with that individual's command to address any safety concerns.</p> <p><input type="checkbox"/> If victim appears to be coping poorly, consider any duty restrictions that might be required to maintain safety and prevent accidents.</p> <p><input type="checkbox"/> Consult with the MHC about how to best address the victim's mental health needs.</p> <p><input type="checkbox"/> If the alleged offender is also an active duty member, realize that the legal investigation can be extremely distressing (for both the victim and the alleged assailant). Assess their level of distress and provide support as necessary.</p>