



POST ATTACK - NOW WHAT?



GET TO A SAFE AREA

Once you get aware from your attacker then get to a safe area - go to lighted, populated areas: cafes, shopping centers, grocery stores, or even a bar. Sooner the better. Never by pass on safe area for a better one or to just get home.

It is generally not advisable to just return home unless it is very close. If you plan to; make sure you aren't being followed.

Your first job is to get safe.

Once you get to a safe area then you will check for injuries and call 911 for either EMS/ ambulance or the police.

CHECK FOR INJURIES

Pat yourself down head to toe checking for injuries, blood, pain. Especially ones that need attending to now.

If bleeding apply pressure and call 911.

Dizzy or concussed - call 911 now.

Your first job it to get your injuries attended to.

Let EMS or the ER staff know you were assaulted and would like to file a police report. Ask them to record the injuries. Or you can do it with your phone.

CALL 911 LET POLICE KNOW WHAT HAPPENED

Call the Police, report what happened.

When the police arrive, if you aren't already at an ER ask for medical assistance. You might be concussed, you will have adrenaline which can make you chatty and all you say will be taken down. For example, "I am so sorry" might be misconstrued that you started it or you had an option or did something wrong. Let yourself cool down first.

Be honest, let them know you were scared, frightened, feared for your life, etc. Don't say 'I kicked that jerks butt and taught him a good lesson' - you will likely be going to jail as well.

Be nice to the police, even if they handcuff you. They don't know what happened and someone may have given them a different story.

SUPPORT YOURSELF

Call a friend or family member to be with you.

Consider taking a shower to wash the event away. This after you have been seen by police.

If you are having problems then feel free to get professional help. Don't be too proud. Listen to your body. If you feel fine - don't let someone convince you aren't or you shouldn't be. Everyone handles these things differently.

If you will need legal representation then get a good one. Consider one who has defended an innocent person before.

Cancel credit cards if taken.

Let things go.