The Sexual Assault Response Center is a rape crisis center in Delaware. The center is committed to providing healing, hope, and empowerment to individuals whose lives have been impacted by sexual violence. SARC provides comprehensive, free and confidential rape crisis services and community awareness and prevention services.

If you are interested in volunteering or making a donation, please visit our website at www.ywcade.org/sarc

The Sexual Assault Response Center
YWCA Delaware

Robscott Building
153 E. Chestnut Hill Road, Suite 102, Newark, DE 19713

Georgetown Professional Park
20155 Office Circle, Suite 2, Georgetown, DE 19947

Phone: 302-273-1300 | Fax: 302-224-4057

We provide services throughout Delaware.

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Justice, Office of Violence Against Women.
Sexual violence occurs when you are forced, threatened or manipulated into any sexual contact against your will. Sexual contact without your consent is sexual assault, whether the offender is a stranger or someone you know.

Sexual assault can happen to anyone at any age, place, or time. The way a person dresses or acts does not cause sexual assault. It is never the victim-survivor’s fault.

Sexual violence is a crime of power and control. It is caused by a decision to control and violate someone in the most personal way. It is not caused by sexual desire or attraction.

Reactions to Sexual Assault
A person may experience a few, many or none of the following emotions and behaviors after a sexual assault. There is no “typical” way to respond to sexual violence.

- Depression
- Shock, disorientation and difficulty concentrating
- Unwanted and/or intrusive memories and flashbacks
- Being afraid or on guard
- Anger
- Self-blame, guilt, and shame
- Suicidal thoughts
- Emotional withdrawal, numbness
- Negative beliefs about self, family, friends, or the future
- Problems with relationships
- Sleep disturbances or nightmares
- Physical symptoms (stomach aches, migraines)
- Problematic coping behaviors (avoidance of memories, denial, alcohol or drug abuse)

Trauma caused by sexual violence may influence a person’s sense of safety.

If You Are Sexually Assaulted
- Go to a safe place, if possible. If you are in danger, call 911.
- Tell someone about the assault – a family member, friend, caregiver, service provider or other trusted person.
- Call the 24/7 SARC Helpline – A Sexual Assault Response Advocate (SARA) is trained to help you understand your medical and legal options and provide emotional support.
- Consider going to a hospital emergency department for a medical exam. They can provide a forensic exam to collect evidence, determine if you have any injuries, test for sexually transmitted infections and provide treatment options.
- If possible, to preserve evidence, try not to bathe, change clothes, comb your hair or urinate. If you cannot wait until you arrive at a facility, and suspect you have been drugged, save your first urine in a clean container and take it with you to the hospital. If you have changed clothes, place your clothes in a paper bag and bring them to the hospital. A forensic exam can collect forensic evidence that may be on your body and clothing that can assist with case investigation and prosecution.
- Consider reporting the assault to law enforcement. Sexual assault is a crime. Your report may enable police to hold the perpetrator accountable and may prevent another assault.
- If you have experienced any online harassment or abuse, safely save any emails, screen shots, or pictures on a secure device where you can easily access them. Protect your device and back up your data. The more information you can connect on the abuser’s name, username, or time and date of the occurrence the better.

If Someone You Know Has Been Sexually Assaulted
- Encourage them to talk. Listen without judging.
- Tell them you believe them, no one deserves to be sexually assaulted and it is not their fault.
- Ask if they are safe. If they are still in imminent danger, call 911.
- Offer to go to the hospital with them. Even days or weeks after an assault, medical attention may be needed.
- Offer to call the SARC Helpline for more information and support.
- Ask if they need any accommodations to access help.
- Support their right to make their own decisions about reporting the crime and seeking medical attention, to the extent possible.
- Do not tell others without their permission unless you are mandated to report. If you are mandated to report, and the situation meets the mandatory reporting requirements of suspected abuse, neglect, or an emergency situation involving an adult who is incapacitated or a minor, contact Delaware Department of Services for Children, Youth and their Families online or by phone at 800-292-9582.