

Self Care Tips

- ♦ Be kind to yourself
- ♦ Reconnect to the things that make you happy
- ♦ Reach out to trusted friends and family for support
- ♦ Be sure to eat something and drink water
- ♦ Find a way to move your body that feels good
- ♦ Regulate your sleep schedule
- ♦ Listen to your favorite music

Take the time to care for yourself in the way that works best for you!

Remember, it is not your fault.

YOU ARE NOT ALONE.

Developed by the MA SANE Adolescent Taskforce 2020

**You made an
important decision
to get care for yourself**



Information for Teens

What's Next

You may experience a wide range of feelings, both physical and emotional. Your reactions are completely normal and there are people who you can talk to at a **Rape Crisis Center (RCC)** or **Children's Advocacy Center (CAC)** for **support or counseling**.

Local RCC phone # _____

Local CAC phone # _____

Do I need to do anything else for medical care?

Your nurse/doctor will write what medical care you may need on the pink FORM 7. When you follow up for medical care bring FORM 7 with you so your doctor/nurse practitioner will know what was done during your exam.

Do I need to get any prescriptions filled?

☐ Yes ☐ No

Was HIV prevention medication given?

☐ Yes ☐ No

If yes, you have enough medication to get you started.
The next step is to follow up with your primary care provider or _____ clinic for the rest of the 28 day prescription.

Who will pay for the exam?

You or your family should not be charged for your emergency department visit, your exam or your evidence collection kit. If you receive a bill from the hospital contact your local RCC or CAC (listed above) and they can assist.

Your Kit # is:

Place Kit Serial # Sticker Here

You can track the location of your kit here:

<https://www.mass.gov/sexual-assault-evidence-collection-kit-saack-tracking-system>

Questions

Who can see my medical records?

Most of the time medical and pharmacy information is confidential and can only be seen by you and your parent/guardian. If you have concerns, please contact your local RCC or CAC.

Who will be contacted?

Your nurse/doctor is required by law to notify the state agency that protects young people (Department of Children and Families or DCF). DCF works with other team members from the police department, Children's Advocacy Center and the District Attorney's Office. A team member may contact your parent, guardian or caregiver to discuss your options.

Who can I talk to if I feel unsafe?

If you think you are in physical danger from yourself or others call 911. You can also talk to your RCC advocate or CAC staff, nurse/doctor, or the police for help with safety planning and options.

What is the Children's Advocacy Center (CAC)?

A place with caring people who work with DCF and the police or District Attorney to investigate and provide support when a young person is harmed. For more information you can visit <http://machildrensalliance.org>.

Resources

<https://www.survivorape.org/>

<https://www.knowyourix.org/>

<https://stopsexualassaultinschools.org/>

<https://www.crisistextline.org/>

<https://www.mass.gov/respectfully>

Text HOME to 741741 for 24/7 support