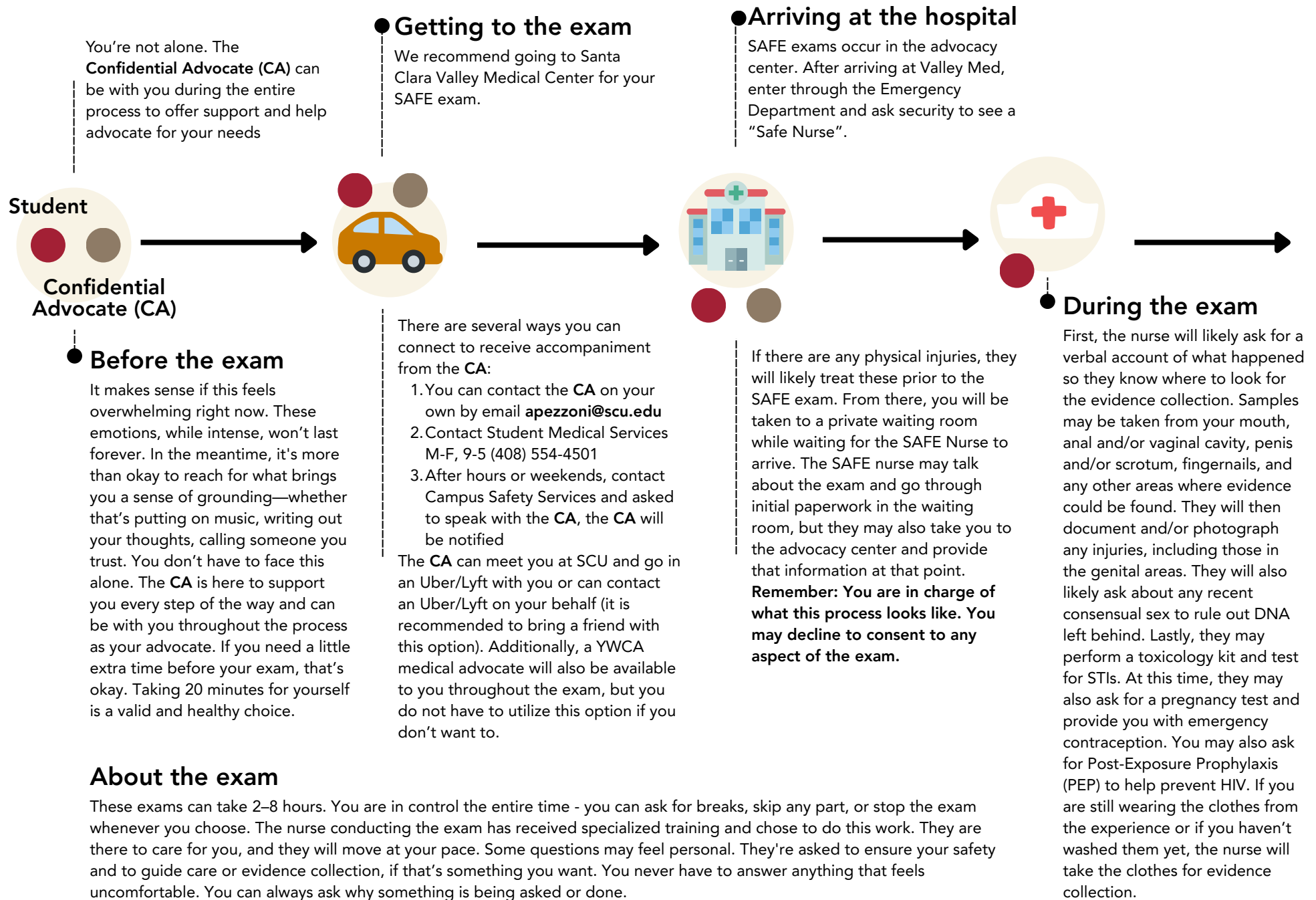


What to Expect During a SAFE Exam



What to Expect After a SAFE Exam



● Arriving back home

It's completely valid to feel a wide range of emotions: drained, sad, numb, scared, tired, relieved, or anything else. However you're feeling right now is okay. There's no "right" or "wrong" response.

● The Next Day: There is no "right" way to heal.

What matters most is that you decide what feels right for you next.



● SAFE exam next steps

Following the exam, they will provide you with a Sexual Assault Forensic Exam Kit number. This is the number that you can use to track your kit through Track-Kit. They will also discuss follow-up plans with you. This can include repeat STI exams, prescriptions for PEP and/or emergency contraception, as well as follow-up for any injuries. Toxicology reports can take around 12 weeks to become available and you can access the results by entering your SAFE Kit ID into kitstatus.doj.ca.gov



This is a time to care for yourself in whatever way feels most comforting and authentically you. That might mean changing into cozy clothes, watching a familiar show or movie, eating something you enjoy, taking a nap, journaling, reading, or doing something creative. If it feels right, spending time with friends, chosen family, or a trusted community can also be a powerful way to care for yourself. Healing doesn't have to happen alone. Whether you want quiet time or connection, this is your time. You deserve space, support, and care.

And remember, you can always reach out to the **CA** if you'd like to talk or explore what's next. We're here for you.



If meeting with the **CA** feels helpful, we can schedule that. If going to class feels right, you can do that. If you're worried about missing class, an advocate can help support you with communication to your faculty, we're here to make that easier. If staying in bed is what you need today, that's okay too.

And if you're not sure what to do right now, that's completely okay. Just give us a call, and we'll figure it out together.

You are not alone. You matter, your experience matters.