



Evidence Preservation Checklist After Sexual Abuse

SurvivorsRights.com Confidential Support Resource

After sexual abuse or assault, preserving evidence early may help protect your legal options later. This checklist provides guidance while prioritizing safety.

WHAT TO DO AS SOON AS POSSIBLE

- Ensure your safety first
- Avoid showering or brushing teeth if seeking a forensic exam
- Do not wash or change clothing worn during the assault
- Save fabrics in paper bags
- Photograph injuries
- Write down what you remember

DIGITAL EVIDENCE

- Screenshot messages
- Save call logs and voicemails
- Export account data
- Keep all posts untouched
- Capture metadata where possible

MEDICAL EVIDENCE

- Consider a forensic medical exam
- Request copies of medical records
- Keep discharge papers secure
- Track symptoms over time

WITNESS & DISCLOSURE RECORDS

- Note who you told and when

- Save disclosure messages
- Record staff present if in an institution

IMPORTANT REMINDERS

- Preserving evidence does not require immediate reporting
- Safety and well-being come first

Survivors deserve support, privacy, and care.

This resource is for informational purposes only and does not require reporting or legal action.

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