

Sexual Assault -When Sex is not okay



This is for you:

- So you can find out what sexual assault is
- How you may feel if you have been sexually assaulted
- Where you can go for help.

What is sexual assault?



- Sexual assault happens when a person gets you to sexual things that you do not want to do.
- Some of the sexual things, which could be sexual assault, are:
 - Someone looking at or touching your private parts if you do not want them to (these are the parts that are covered by your underwear).
 - If any person asks you to look at or touch their private parts, or puts their mouth on your private parts, or wants you to do that to them and you don't want to.

■ It is also sexual assault if they put their private parts, a finger or anything inside you and you don't want them to.

■ If someone took photos of you without your clothes on you didn't want them to or made you look at books or videos of sexual things that you didn't want to watch, that is sexual assault.

Remember it is sexual assault when you do not want these things to happen to you.

Sexual assault is never OK, it may hurt and it is against the law.

It can happen to girls and boys, women and men.



It could have happened a long time ago, not so long ago or it could still be happening.

The person who has hurt you could be someone you know and trust or a stranger.

They may be in your family, a friend, someone you live with, your boss, teacher or somebody who is your carer.

If this happened to you, it means you have become a victim of sexual assault. Sexual assault is not your fault and you are never to blame.



You can tell a friend, someone from your family or a support worker who can help.

How you may feel or act.

Sometimes sexual assault can make you feel confused, sad, angry, scared worried and upset.

Sometimes you might find it hard to talk about how you feel.

You might have bad dreams and some parts of you body may hurt.

Sometimes people or places may remind you of what happened.

These feelings may come and go. On some days you might feel OK and other days not so good.



Talking to someone about your feelings may help you. This person may take you to the police so they can help you.

If you tell the police

They will:

- Ask another person to support you while you tell them about the sexual assault
- Listen to you and ask you questions
- Write down your story about the sexual assault
- Offer to take you to a Centre Against Sexual Assault (CASA), which is a place that helps people who have been sexually assaulted
- Prepare a case for court.



Sexual Assault is against the law and the job of the police is to talk to you and the person who has hurt you to make the abuse stop and help you.

At the CASA

- You will see a person whose job it is to help you and support people who have been sexually assaulted. This person is called a counsellor.
- The counsellor will talk to you about your feelings, keeping safe and what you can do about sexual assault. They can also help you to talk
- to other people if you need to.
- If the sexual assault has happened only a few days ago, yesterday or is still happening, you can go to the Crisis Care Unit, which is part of CASA.
- At the Crisis Care Unit the counsellor can get a doctor to look at your body to make sure it is not hurt.



You can have a friend, someone from your family or a support worker you trust, go with you to a CASA.

If you want to, you can visit a counsellor a few times and talk about any worries you may have about the sexual assault.

Remember you did the right thing by telling someone about the sexual assault

It is not your fault and you are never to blame.

We all have the right to feel SAFE at all times:

- Remember: nothing is so bad that you cannot tell someone about it.



- TALK: even if you are scared or worried about what has happened.
- Find someone to TELL. Talk it over with someone:
 - Who is an adult
 - Who you can trust
 - Who will listen
 - Who can help.

Sometimes that person may not be home or busy or may quite not understand you so keep telling until someone helps you.

TRUST your own feelings. If something does not feel right talk about it.

Some secrets do not keep us safe. If it worries you or does not make you feel right, it is okay to tell.

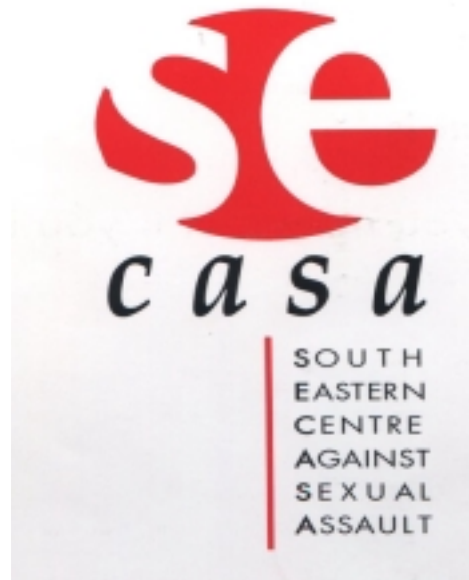
SEX IS NOT OKAY WHEN:



- You have said NO.
- You do not feel safe.
- You do not know what is happening.

For help ring:

9594 2289



**Crisis Care Unit
Monash Medical Centre
246 Clayton Road
CLAYTON 3168**

Some other places you can go for help.....

SECASA Crisis Line	9594 2289	(24 hour)
CASA House	9344 2210	(24 hour)
Office of Public Advocate	9603 9500	(24 hour)
	1800 136 824	Toll free

Your Case Manager at the Department Of Human Resources

Human Services Disability Office

9581 2222

Web link <http://www.dhs.vic.gov.au/disability>

Acknowledgements:

Reichstein Foundation for their generous grant.
Margarita Windisch – CASA House
Linda Watson – SECASA
Women’s Health West, Disability Support Group
Mallee Sexual Assault Unit
Patsie Frawley – Intellectual Disability Consultant
Christine Smith – SECASA
Marianne Townsend – SECASA
Michelle Spinks – SECASA Student
Carolyn Worth – SECASA
Timothy O’Leary – SECASA
Andrew Townsend – Cover Design
Graham Macdonald – Design
Uniprint – Printing

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