



Sexual Assault

Support and Information

An Accessible Booklet



AN BHOINN DE LA AGUS CIRT AGUS COMHIONANNAS
DEPARTMENT OF JUSTICE AND EQUALITY



INCLUSION IRELAND



The National Office for the Prevention of
Domestic, Sexual and Gender-based Violence

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Introduction



What is this booklet about?

This booklet is about sexual assault and rape.

It tells you what sexual assault is.

It tells you what you can do if you have been sexually assaulted and where you can get help and support.



Sexual assault can happen to anyone.

It can happen to men or women, young people and older people.

Remember it is never your fault.



What is Sex?

Sex is when people get pleasure from touching each other's bodies.

It is your choice if you want to have sex.

To have sex you and the other person need to be 17 years old.



It is your choice to have sex. Both people involved need to agree.

Both people need to give consent to have sex. Consent means that you agree.

What is sexual assault?



If someone does sexual things to you that you do not want them to do, this is called sexual assault.

If you are forced to take part in a sexual act that you don't want to do or have not agreed to, this is called rape or a sexual assault.



Being forced to take part in a sexual act can mean:

Using words that threaten.



Being talked into doing something you do not want to do.



Being physically
overpowered.



Sexual assault is when
someone touches your body
or your private parts when
you do not want them to.

It is wrong for someone to
kiss you when you do not
want them to.



It is wrong for someone
to say sexual comments
that make you feel
uncomfortable.

It is wrong for someone to
say things to try and make
you have sex when you do
not want to.



It is not OK for someone to offer you money or presents to do something sexual that you do not want to do.



It is wrong when someone makes you touch their body when you do not want to.

What is rape?

If someone has sex with you when you don't want to, this is rape.

It is wrong for someone to make you have sex when you don't want to.



Respect with your personal care needs.

Sometimes people need support with their personal care, like going to the toilet or having a bath.

This should be done in private and with respect.

No one else should watch you getting personal care in a way that makes you feel uncomfortable.



Films and Photos

It is not right for someone to show you films or photos of sex if you do not want to see them.

You should not be photographed or filmed in poses that make you feel uncomfortable.



Who can abuse?



An abuser is the person who sexually assaults or rapes you.

Abusers look like everyone else.

Men and women can be abusers.

An abuser might be someone you know and trust.

Sometimes a stranger can try to sexually assault you.



An abuser can be:

Your friend.

Someone you work with.

Someone who uses the same service as you.

Your partner.





An abuser can be:

Your support worker or carer.



Your parent or someone in your family.



Your neighbour.

A stranger.



Someone who lives in the same house as you.

Your feelings are important



People may react differently after a sexual assault.

Whatever you feel is important.

You may feel afraid, terror, helpless, humiliated, shame, angry and pain after an assault.

Sexual assault and rape can be painful and difficult human experiences.



If you have been raped or sexually assaulted it is never your fault.

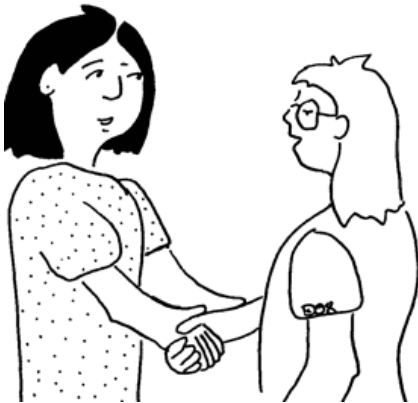
You have done nothing wrong.



Your feelings are important:

The person who raped, assaulted or abused you might tell you not to tell anyone.

This is because the abuser knows that what they did was wrong.



You should try to talk to someone you trust.

You could talk to people you trust like a friend, a supporter you trust, a family member you trust, your Doctor or a social worker or a rape crisis centre.

Talk to someone you trust



You should tell someone if you have been assaulted it can help you feel safe and find out where to get support.

It can make you feel better to talk to someone you trust.



Support can help you deal with how you feel. With support you can go on to have a good life.

RAPE CRISIS HELP

SPECIALIST HELP AND SUPPORT ON SEXUAL VIOLENCE



Rape Crisis Centres

You can contact your local Rape Crisis Centre for help if you have been sexually assaulted.

See rapecrisishelp.ie for details of your local centre.

The Dublin rape crisis centre has a National 24 hour helpline for immediate help and support.



You can call **1800 77 88 88** 24 hours a day every day of the year.



Talk with a counsellor

The Rape Crisis Centre has trained counsellors you can talk to.

A counsellor is a person who has been trained to listen to people talking about things that have happened to them.

They give advice and support to anyone who has experienced rape or sexual assault.

A counsellor can help

A counsellor can help you work out what you want to do.

Most things you tell a counsellor are private.

Your Doctor can help you find a counsellor also.





Visit a Doctor

When a person has been raped or sexually assaulted they need to see a doctor as soon as possible.

Sexual assault and rape may cause an infection from a sexually transmitted disease.

A woman who has been raped may be at risk of becoming pregnant.



You may need medical treatment if you have been injured or hurt.

Sexual assault and rape are against the law



Sexual assault and rape are against the law.

They are crimes and abusers may go to prison.



If you want to report the crime to the Gardaí you should contact the nearest Garda station to you or call 999 or 112.



If you want to report this crime to the Gardaí they will write down what you say.

You can have someone you trust with you when you do this.

Medical examination for Garda evidence



You may be asked to have a medical examination so evidence can be collected.

If you want you can agree to this.

The Gardaí can bring you to the sexual assault treatment unit or other medical services for the examination.

Evidence collected will be used to support your case.



Sometimes it might be hard for the Gardaí to find enough proof to take your case to court.

This does not mean the Gardaí will not believe you.



It is never your fault

Remember if you are raped or sexually assaulted it is never your fault.

You have done nothing wrong.



Try and tell someone you trust what has happened to you.

With help and support you can deal with what happened to you and move on.

Useful information

In an emergency always call – 999 or 112

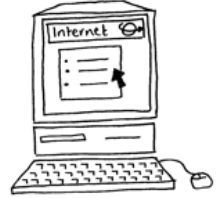


Sexual violence

Helpline for men and women - 1800 77 88 88

Domestic Violence

Helpline for Women - 1800 341 900



Helpline for men - 046 902 37 18

Elder Abuse

Helpline - 1850 24 1850

Cosc, The National Office for the Prevention of Domestic, Sexual and Gender based Violence.

For information on local and national services visit www.cosc.ie

Rape Crisis Network, Ireland, Provides Specialist information and resources on rape and all forms of sexual violence.

For information on sexual violence visit www.rapecrisishelp.ie

An Garda Síochána has a directory of local Garda stations.

Visit the Website www.garda.ie

Sexual Assault Treatment Units or SATU gives information on 6 Sexual Assault Treatment Units in Ireland.

These units provide services to women and men who have been recently assaulted or raped. Visit the Website www.hse.ie/satu

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