



# Having a Health Check After Sexual Assault



## Making Rights Reality Program

This is a SECASA program that gives extra help to adults who have been sexually assaulted and who have an intellectual disability or Acquired Brain Injury, or use aids to communicate. It is called 'Making Rights Reality'. It can help you with seeing a counsellor.

It can help you with things you might need when you have appointments with the police, or if you go to court. For example, you may need a Communication Support Worker or an Attendant Carer to be with you or help you with transport.

It can also help you ask for help to pay for things you might need to help you recover and feel better. A Counsellor can help you to work out what you might need. Springvale Monash Legal Service is working with SECASA Counsellors to help people with this.

Brokerage assistance is available for CASA clients in all regions. To find out more about Making Rights Reality call SECASA on 03 9594 2289.

### Booklets in this Series

Crisis Care After Sexual Assault  
Having a Health Check After Sexual Assault  
Making a Statement to Police  
Counselling After Sexual Assault  
Going to Court  
Money to Help You After Sexual Assault  
Sexual Assault and Family Violence- Getting Help  
Sexual Assault: When Sex is Not Ok

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Images from CHANGE: [www.changepeople.co.uk](http://www.changepeople.co.uk)

For help phone the Sexual Assault Crisis Line: 1800 806 292 any time

## What is sexual assault?



Sexual assault is when someone gets you to do sexual things that you do not want to do:



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



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



- It is never OK.
- It is against the law.

## What can you do?



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If you have been sexually assaulted you can:

- Call 000 if you feel unsafe now.



- Talk to a counsellor. They have special training to help you. Call 9594 2289.



- See a doctor to have a health check, if you think your body might be hurt.



- Call or visit your local police SOCIT Unit to tell them what happened.



- Tell someone from your family, a friend or a carer.

## If you talk to a counsellor



The counsellor can:

- Help you talk about what has happened.



- Help you work out what to do next.



- Help you call the police or see a doctor.
- Meet you at a crisis care unit.

### What is a crisis care unit?



- This is a set of rooms where you can talk to a counsellor and meet with a doctor or nurse, and the police.



The counsellors, doctors and nurses are trained to look after people who have been sexually assaulted.



- There are Crisis Care Units in lots of places in Victoria.

### If you have a health check



You can have a health check if you don't want to call the police, but want to make sure your body is OK.

- Your own doctor can do this health check in their rooms.



- Or a counsellor can help you see a doctor at the emergency department.



The doctor will:

- Take care of any injuries you may have.
- See if there are other medical things you might need.



If you have been sexually assaulted you might be worried you:

- Will get an infection in your private parts
- Will get pregnant.



The doctor will talk to you about this and help you.



If you think you may get pregnant because of what happened to you, the doctor can give you a pill to stop this happening, if you want this.

You can also buy this pill from a chemist without seeing a doctor first.

## If you talk to the police



If you call or visit the police:

- Someone from the SOCIT police will talk to you.



- SOCIT police have had special training to help people who have been sexually assaulted.



If you were sexually assaulted in the last 3 days:



- The SOCIT police will take you to a crisis care unit, to meet with a counsellor, doctor or nurse.



- You can choose to have a forensic medical examination if you report what happened to the police.



- This can help the police to catch the person who hurt you.

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## What is a forensic medical examination?



This is like a health check, but the doctor or nurse also looks for things that can help the police to catch the person who hurt you.



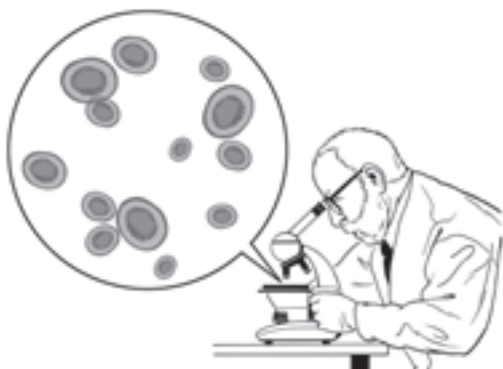
- This medical exam would be at the crisis care unit.



- The doctor or nurse looks for injuries to your body.



- The doctor or nurse also look for things left on your body by the person who hurt you, like spit, blood or semen. These are body fluids.



- These things have something called 'DNA' in them.
- A scientist can test the DNA to see if it came from the person who hurt you.





- These things are 'evidence' of what happened to you.



The doctor or nurse will take care of any injuries you have and help you get any medicine you need.



The counsellor, or someone from your family, can be with you, to support you.



Someone can be there who speaks in your language.



You can stop the exam at any time.



How long does a medical exam take?

- About 1-2 hours.



The counsellor will:

- Make you feel as comfortable as possible.



- Talk to the doctor, nurse or police for you, if you want this.
- Help you if you need to decide something.

## What happens to me in the medical exam?



The counsellor, or the doctor or nurse, will explain everything that happens in the exam.



The doctor or nurse will give you a special gown or robe.

- You take off your clothes and put this on.



The police may take the clothes you were wearing when the person hurt you.

- The counsellor will give you new clothes to wear after the exam.
- You will get your clothes back, but it might be a long time.
- Pieces might be cut out of them to help the police find 'evidence'.





If you think you might get pregnant from what happened to you, they can give you a pill to stop this happening



The doctor or nurse will write a report for the police.



The police will take the 'evidence' with them.

They will take it to a scientist who will test it, to see if the things that were found have come from the person who hurt you.



When the doctor or nurse has finished the exam:

- If you need to have some more hospital tests, the counsellor will go with you to the emergency department
- Or you can have a shower and talk to the counsellor again.



## Tests that might be done



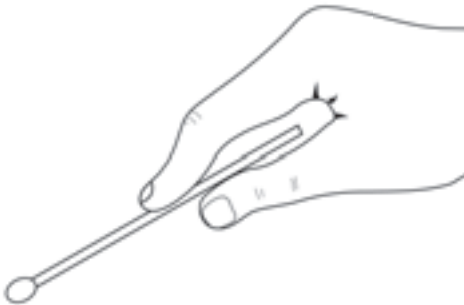
The doctor or nurse might think you need some tests.

- If so, they will tell you what they would do for each test.
- You can say 'Yes' or 'No' to any test.



The doctor or nurse might:

- Look at your private parts – your vagina or penis.



- Wipe a long cotton bud on parts of your skin to get evidence, like hairs or blood from the person who hurt you.



- Wipe a cotton bud inside your cheek/mouth, to get a sample of your body.
- Use a cotton bud to take a sample from your private parts – your vagina, penis or your anus.



- Use a special bit of equipment to look inside your vagina, to check for injuries inside you.

## About SECASA

The South Eastern Centre Against Sexual Assault & Family Violence (SECASA) provides services within the Southern Metropolitan Region of Melbourne to children and adults, both female and male, who have been sexually or physically assaulted. The Centre also works with non-offending family members, partners, caregivers and support workers.

The Southern Metropolitan Region encompasses the south east suburbs and covers the Mornington Peninsula, Westernport, Dandenong, Berwick, Cranbourne and Pakenham growth corridors.

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