

## Recent sexual assault

If you think you have been recently sexually assaulted and you are in the State of Victoria, Australia you can contact the Victorian Sexual Assault Crisis Line (SACL) or the Victorian Police both of which are 24 hour services on 1800 806 292.

If you contact SACL you will be able to speak to a Counsellor/Advocate on the telephone about how you are feeling. You will be able to receive information in relation to medical and legal services and to discuss what you might like to do. The Counsellor/Advocate will be able to arrange for you to meet another counsellor/advocate face to face from the nearest Centre Against Sexual Assault.

The meeting will take place at a safe place. In some areas this will be in a major teaching hospital emergency department. The following will be available to you

- emotional crisis support
- information about medical and legal rights and how you might feel
- appointments for future counselling
- Sexual Offences and Child Investigation Team Police Members if you wish to have them contacted
- a medical examination, either forensic or hospital based, if you wish
- a support person such as a friend, relative or counsellor

### REMEMBER

**It is never your fault**

**You have a right to say "No" to sexual contact at any time**

**The offender is always to blame**

**Sexual assault is a crime but it is up to you whether you wish to report to the Police or not**

You do not have to pursue any of the above options if you do not wish to do so. However, there are five important reasons why you may need medical attention.

1. A medical is essential to determine whether you have been injured at all. Often after a sexual assault you may be in a state of shock and not conscious of any injuries
2. You may require emergency contraception and wish to discuss the prevention of an unwanted pregnancy.
3. HIV and Hep B Prophylaxis need to be administered within a short period of time of the likelihood of infection. A medical will enable you and the doctor to undertake a risk assessment of the possibility of infection
4. You may wish to make a follow up appointment for testing for sexually transmitted infections
5. If you wish to report the assault to the Police forensic evidence will need to be collected for evidence purposes

If you have been assaulted and are unsure as to the course of action you wish to take come and talk to us we will help you work out the best option for you. However, if you are undecided it is better if you can

Resist the urge to shower, bath or douche

Try not to disturb the scene of the crime

Keep the clothes on that you were wearing during the assault

Do not clean your teeth, drink or eat if there was oral penetration

Bring a change of clothes with you to meet the counsellor/advocate, if you would prefer to wear your own clothes, as your clothes may be kept for evidence. The CASA will be able to provide you with a change of clothes if you would prefer that.