



# Sexual Assault: When Sex is Not Ok



Making Rights Reality



## 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

#### Project funded by:

The William Buckland Foundation  
The Reichstein Foundation  
Portland House Foundation  
Victorian Women's Benevolent Trust  
Department of Human Services  
Private Donors

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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 .

For example, if someone:



- Looks at your private parts, or touches them.
- Asks you to look at their private parts, or touch them.



- Puts their mouth on your private parts.
- Wants you to put your mouth on their private parts.



- Puts their private parts, a finger or anything else, inside you.



- Takes a photo of you without your clothes on.
- Makes you look at books, pictures or movies of sexual things.



It is also sexual assault if a staff member of your disability service does any of these things to you, even if you agree.



If any of these things have happened to you, it means you have been sexually assaulted.



It could have been in the last few days, some time ago or a long time ago.

## Important things about sexual assault



Sexual assault is never OK:

- 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 against the law.



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

The person may be:

- Someone in your family



- A friend
- Someone you live with
- Your boss



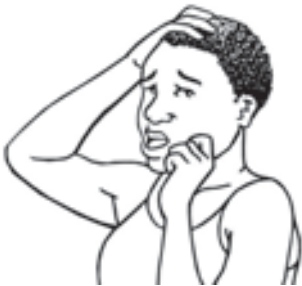
- Your teacher
- A carer

## How you may feel



Sexual assault can be a hard thing to deal with.

If you have been sexually assaulted:



- You could feel confused, sad, angry, scared and upset
- You could find it hard to talk about how you feel



- You could have bad dreams
- Some parts of your body may hurt
- People, places or things could remind you of what happened.



These feelings can come and go.

Some days you might feel OK, and other days you might not feel so good.



If you were sexually assaulted a long time ago, you might still have these feelings.

## What to do if you have been sexually assaulted



What should you do first?

- Call 000 if you are unsafe right now.
- Call or visit your local SOCIT police if you know you want to report what happened to you.



- Talk to a counsellor if you are not sure what to do and want to find out more information.

The counsellor can help you call the police or see a doctor.



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



A sexual assault counsellor has special training to help you talk about what has happened.

- The counsellor can help you call the police or see a doctor.



- You can talk to a counsellor by phone, or at a Centre Against Sexual Assault (CASA).

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



- This is a place that helps people who have been sexually assaulted.

## If you tell the police



If you were sexually assaulted in the last 3 days, the police will take you to a place called a crisis care unit.



This is a special room where you can talk to a counsellor and meet with a doctor or nurse, and the police.



Sexual assault is against the law.

The police can:

- Look for the person who hurt you, if you want this.
- Arrange for a special order, which stops the person from hurting you again. This is called an intervention order.
- Try and take the person to court, if there is enough evidence to prove that the person did sexually assault you.







If you were sexually assaulted more than 3 days ago, the police will make a time to meet with you so they can:

- Hear your story about the sexual assault



- Ask you questions.

It is your choice to tell the police your story.



If you have a cognitive disability or mental illness, the police will ask another person, called an Independent Third Person (ITP), to support you while you tell them about the sexual assault.



A volunteer from the Office of the Public Advocate (OPA) or sometimes a CASA counsellor can be the ITP for you.



A Communication Support Worker or an Attendant Carer can also be with you, if you need this.

## At the crisis care unit



The doctor or nurse will look at your body and take care of any injuries you may have.



The counsellor will:

- Support you when you see the doctor or nurse



- Explain what your rights are
- Work out what other help you might need



If you haven't told the police about what happened to you, the counsellor can help you do this, if you want to.



This is your choice.



- The police will come to the crisis care unit.



- They can arrange for you to have a forensic medical examination. This is when a doctor or nurse looks for things that may help the police to catch the person who hurt you.



For example, blood, spit or semen from the person (body fluids).



Someone else can be with you at the crisis care unit to support you, if you want. This could be:

- A friend



- Someone from your family
- A support worker

## What happens next?



You can see a counsellor as many times as you and the counsellor think you need to.

- It is free to see a counsellor at a CASA.



You can talk about any worries you might have about the sexual assault and how you feel.



If you talk to the police and go to court, you may need:

- Transport to get to these appointments.



- A communication support worker or an attendant carer to be with you.



Talk to your counsellor about any help you need to arrange these.



You may also need things to help you recover from the sexual assault, like medicines and doctor bills, or other things over a longer time.



**Victims of Crime Assistance Tribunal**

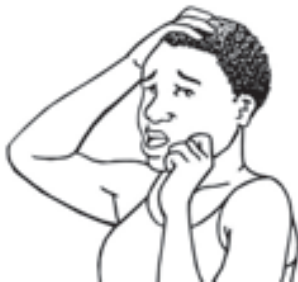
You can make a claim to the Victims of Crime Assistance Tribunal (VOCAT). Your CASA counsellor can help you find out more about this.

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

## Remember



You have the right to feel safe at all times.



Nothing is so bad that you cannot tell someone about it. Trust your own feelings. If something does not feel right, talk about it.



Sex is not OK when:

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

## 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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