

You deserve to be safe

A booklet about sexual assault

What is it?



How might it make you feel?



Your safety



Your options



What is sexual assault?



Sexual assault is when someone says or does sexual things that make you feel unsafe or uncomfortable.

Some of the things that could be sexual assault



Making you have sex with them when you do not want to.

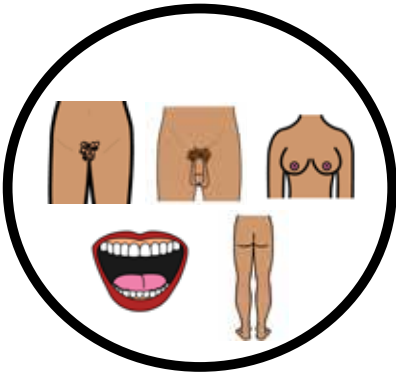


Touching your private parts when you do not want them to.



Making you touch their private parts when you do not want to.

Putting something in your private parts.



Private parts can be your vagina, anus, penis, breasts or your mouth.

You might use other words for your private parts. That is ok.

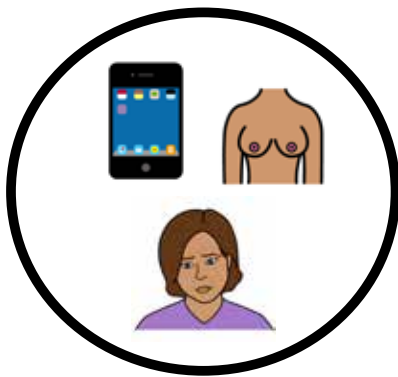


Having sex when you are too drunk or too affected by drugs or medication to say yes.



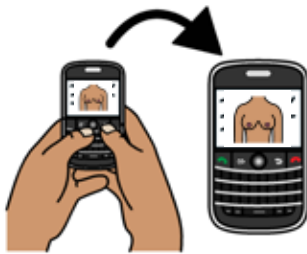
Stopping you from using contraception when you want to.

Taking off a condom without telling you or without you saying yes.



Making you take a naked or sexual photo of yourself when you do not want to.

Taking a naked or sexual photo of you when you do not want to.



Sharing pictures or videos of you naked or without you saying yes.



Making threats to share pictures or videos to get you to do what they want.



Making you watch porn or look at naked photos when you do not want to.

Consent



Being sexual or “having sex” should be

Something you like or enjoy.



Something you both want to do.

Something you can change your mind about.

Unless you consent, it is a sexual assault.



Consent is

When you say yes to something you know you want to do.



You understand what you are saying yes to.

Feeling free to change your mind.



You cannot consent to sex if you
Are badly affected by drugs or alcohol.



Are not awake.



Feel pressured into saying yes.

Are scared or worried about what will happen if
you say no.

It can happen in all kinds of relationships

Boyfriend or girlfriend.



Ex-boyfriend or ex-girlfriend.



Husband or wife or partner.

Ex-husband or ex-wife.



Family.

Friend.



Neighbour.



Worker or carer.



People you live with.

People you work with.



Stranger.



It can happen to anyone at any age.

Your feelings



If you have experienced sexual assault
you might



Have headaches.

Feel sick in the tummy.



Cry.



Shake.



Feel like you cannot relax.

Have bad dreams.



Have memories of what happened that feel
real. These are called flashbacks.

Feel like something bad might happen at any time.



Feel lonely.



Blame yourself.



Feel like other people are blaming you.



Feel angry.

These feelings are all normal.

There is no right or wrong way to feel after a sexual assault.

Your safety



If you have been sexually assaulted, the most important thing is your safety.



If you are in serious danger or you are being hurt you can call 000 any time.



You do not need credit on your phone to call 000.

Your health



It can be a good idea to see a doctor after you have experienced sexual assault.



You could see your GP or go to hospital.

Seeing a doctor can be important



If your body is injured or hurt.



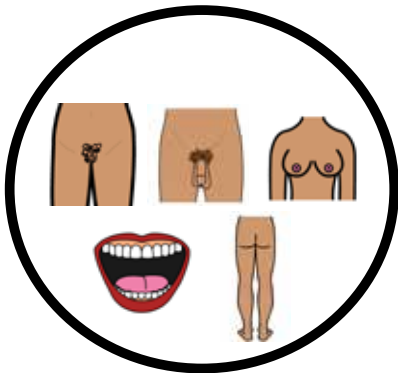
To check if you are pregnant.



To check whether you have an **STD**
(Sexually Transmitted Disease).



STDs are a disease you can get from having
sex.



It can happen if someone's mouth has
touched another person's vagina, anus
or penis.

Talking to someone



Talking to someone might help you to think about how you could feel safer.



You can talk to someone you trust - like a friend, family member or worker.



You can talk to a sexual assault service or hospital.



They can help you think about what you need to be safe and feel safe.



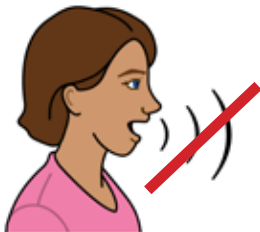
You can talk to them about worries and difficult feelings.



Talking to someone might help you decide if you would like to talk to the police.



They can help you understand what the police can do and what they can't do.



You can choose not to tell anyone until you feel ready.



If you do not get the help you need the first time you tell, keep trying.

Deciding if you want to talk to police



You do not have to tell police if you do not want to.

You do not have to tell them straight away if you do not want to.



Some people tell the police straight away.



Some people tell the police many years later.



Some people never tell the police.



Some people in your life might not want you to report to the police.



Some people in your life might really want you to report to the police.



Remember it is your choice.

If you decide to tell the police



You can ask someone you trust to help you make a time to talk to the police.



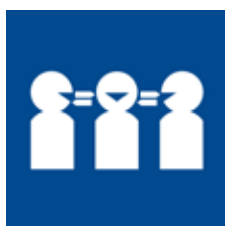
It can be a good idea to call your closest police station before you go.

You can talk to them about

What you want to tell them.



Make sure they organise the best person to talk to.



Let them know if you want to talk in a language other than English. They can organise a language interpreter for you.



Talking to the police can take a long time.

You can ask the police to have a break when you need it.



The police might ask you some hard questions that could make you sad or upset.



You can take a support person.



A sexual assault service can give you information to help you decide what is right for you.

If you have a disability



It is really important to let police know if you have a disability.



Let the police know if you need an Auslan interpreter.

In Queensland people with an intellectual or cognitive disability can have a special kind of police interview called a 93 A.



A 93 A is when you are video recorded by the police saying what happened.

Other ways to tell the police



If you don't want to talk to the police, but you want them to know what happened you can use the Alternative Reporting Option.



Alternative Reporting Option lets you tell the police what you want them to know without giving your name or contact details.



You can find out about Alternative Reporting Options on the internet, this is the website.

<https://www.police.qld.gov.au/programs/adultassault/altreportopt.htm>



You only need to answer what you would like the police to know.

The police may look at the information you give but they will not contact you unless you say it's okay.

Contacts and other places to get information



You can download the Sunny app on you phone.

You can learn more about Sunny at <https://www.1800respect.org.au/sunny/>

It can tell you about different types of violence.

It can help you tell what happened.



You can read other people's experiences.



This can help you tell what happened to a person you trust.

Contacts



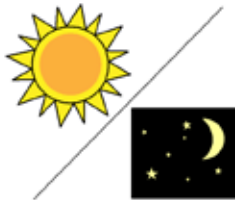
1800 RESPECT

Phone: 1800 737 732

<https://www.1800respect.org.au/>



They can help people anywhere in Australia by talking about your safety and what is happening.



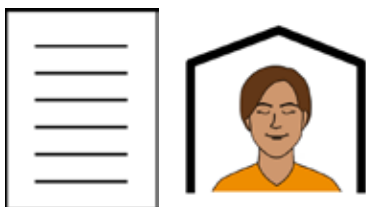
You can call anytime day or night. You can also chat online.



QLD Sexual Assault Helpline

Phone: 1800 010 012

<https://www.dvconnect.org/sexual-assault-helpline/>



They can talk to you about sexual assault and violence and help you make a plan to be safe.

You can call any day from 8:30am and 11:30pm, 7 days a week.



Queensland Sexual Assault Network

www.qsan.org.au

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This website gives a list of sexual assault services across Queensland.



WWILD

Phone: 3262 9877

www.wwild.org.au

They can help people with Intellectual or learning difficulties who are experiencing violence or sexual assault.



People With Disabilities Australia (PWDA)

Phone: 1800 422 015

www.pwda.org.au



They can help people with disabilities get the things they need to be safe.

Remember...



You deserve to be safe.



If you do not get help the first time you ask,
keep trying.



You get to decide.

It is your choice.

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