

TELL ME ABOUT..

Sexual Violence

the facts

Rape and Sexual Assault

Sexual violence is any unwanted sexual act or activity. There are many different kinds of sexual violence, including rape, sexual assault, child sexual abuse, sexual harassment, forced marriage, honour-based violence, female genital mutilation (FGM), grooming, child sexual exploitation (CSE), and ritual abuse. It can happen anywhere, to anyone by a stranger, friend or family member. 100% of an attack or abuse is the responsibility of the perpetrator. If you have been raped or experienced any other kind of sexual assault against your will, no matter where you were, what you were doing, what you were wearing, what you were saying, if you were drunk or under the influence of drugs, it was not your fault and you did not deserve this.

1 in 5 women aged 16-59 has experienced some form of sexual violence since the age of 16. Only 10% of rapes are committed by strangers, 90% are by someone the survivor knows and may even trust or love. Rape is an act of violence and control not sexual attraction. It can happen to men, women, boys, girls and the elderly.

If you think you might have been raped or are the victim of sexual abuse speak to a trusted adult. If you are not ready to tell someone you know then speak to a trained advisor at a Rape Crisis Centre who can help you decide what to do next. You can also go to a Sexual Assault Referral Centre (SARC) where you can discuss your options. Here you can have a forensic examination, as well as tests for pregnancy and STI's.

The SARC will not report to the police and can store any results and DNA evidence until you make up your mind whether to report an assault or attack.

IF YOU NEED

HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

useful contacts

SARC

Find your nearest SARC Tel: 111

National Rape Crisis Helpline

Tel: 0808 802 9999 (12pm-2.30pm/
7-9.30pm plus 3-5.30pm weekdays)
<http://rapecrisis.org.uk>

Peterborough, Lincs & Fenland

Tel: 01733 317899 (Wed 7-9pm /
Sat 10-12pm)
www.peterboroughrapecrisis.co.uk

NSPCC (CSE & Grooming)

Tel: 0808 800 5000 www.nspcc.org.uk

CEOP (Internet Safety ages 5-17)

<https://www.thinkuknow.co.uk>

CEOP (To report a crime)

www.ceop.police.uk
[https://www.ceop.police.uk/
safety-centre](https://www.ceop.police.uk/safety-centre)

other contacts

Help on any other issues that affect young people can be found at:

CAMBS

<http://www.youthoria.org>

LINCS

[https://www.lincolnshire.gov.uk/
teeninfo/lincs/](https://www.lincolnshire.gov.uk/teeninfo/lincs/)

NORFOLK

<https://www.whatsthedealwith.co.uk>

NATIONAL

www.youngminds.org.uk