

## FACTS ON SEXUAL ASSAULT

Rape can happen to anyone, anywhere, anytime. Anyone can be the victim of sexual assault, regardless of age, class, race, disability or sexual orientation.

Rape often occurs at home. Very often the offender is a relative, friend, acquaintance or neighbour. Most rapes are carefully planned, and situations are engineered so that the rape can take place. A rapist is capable of raping again and again.

Being sexually assaulted has nothing to do with your current or future sexual orientation. Your sexuality has no more to do with being raped than being robbed.

Rape is an act of power. It is a violent assault that is acted out in part, sexually. Through psychological, verbal and physical abuse, it violates not only the victim's personal integrity but also her sense of safety and control over her life.

Perpetrators of sexual assault do not have uncontrollable sexual urges. No sexual urge gives anyone the right to rape.

1 in 5 women and 1 in 20 men have experienced sexual violence since the age of 15 years.

1 in 3 women and 1 in 6 men are abused before the age of 18.

93 percent of offenders are male.

**(Australian Bureau of Statistics 2012)**

Whitsunday Counselling and Support Inc. acknowledges funding support from:

Department of Communities, Child Safety and Disabilities (Qld)

Department of Housing and Public Works (Qld)

Department of Social Services (Commonwealth)

## ADDITIONAL CONTACT INFORMATION

**National Sexual Assault, Family & Domestic Violence Counselling Line**

1800 737 732

**Queensland Sexual Assault Helpline**

1800 010 120

**DV Connect**

1800 811 811

**Mensline**

1300 789 978

**Lifeline**

131 114

**Women's Info link**

1800 177 577

**Kids Helpline**

1800 551 800

### POLICE

**Whitsunday**

(07) 4948 8888

**Proserpine**

(07) 4945 1333

**Bowen**

(07) 4786 1333

### HOSPITAL

**Proserpine**

(07) 4813 9400

**Bowen**

(07) 4786 8222

**Living Well**

[www.livingwell.org.au](http://www.livingwell.org.au)

**Beyond Blue**

[www.beyondblue.com.au](http://www.beyondblue.com.au)

### FIND US AT

**Cannonvale**

Shop 1 Cannonvale Square

157-159 Shute Harbour Road, Cannonvale

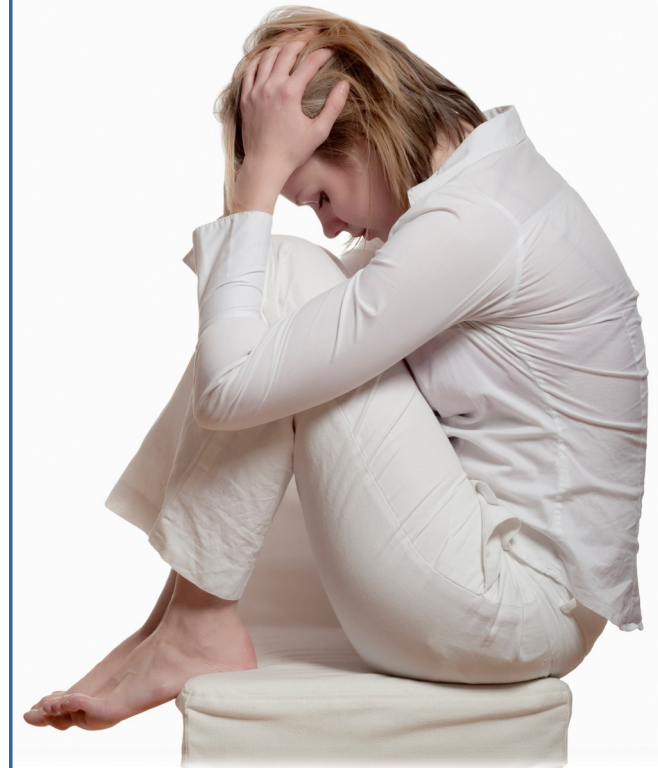
**Bowen**

20 Williams Street, Bowen

**Postal Address**

PO Box 65, Cannonvale, QLD 4802

Phone 07 4946 2999



## SEXUAL ASSAULT SERVICE

*Sexual Assault Is Never The Victims Fault*



**ihca**  
supporting excellence  
**CERTIFICATION**

Human Services  
Quality Standards  
QUALITY CERTIFIED  
ORGANISATION

## WHAT IS SEXUAL ASSAULT?

### IT IS A CRIME

The term "sexual assault" covers a broad range of unwanted sexual behavior, including rape, which is forced on you against your will.

Sexual assault is not about passion or sexual desire. It is about the use of power or force to scare another person and enable the attacker to take control of them, their body, senses and emotion and use them in a sexual way. It is this use of power, to violate, humiliate or hurt another person which gratifies the attacker.

## WHAT IS CHILD SEXUAL ASSAULT ?

### IT IS A CRIME

When an adult or someone older, involves a child in sexual activity by taking advantage of the child's trust or by using power or authority over them. Sexual abuse can range from verbal, visual &/or psychological; to tactile - including touching to oral, anal or vaginal intercourse.

Children are more often abused by relatives or people known to their families. They maybe family friends, neighbours or babysitters. About one-third of abusers are related to the child.

Sexual assault can happen to anyone and those who have experienced sexual assault often find it hard to talk about it because they may feel scared.

Anyone who has been sexually assaulted recently or in the past can contact a Sexual Assault Service.

(See back page for contact numbers)

## COMMON IMPACTS OF SEXUAL ASSAULT

Isolation	Flashbacks & Nightmares: reliving the event
Inability to sleep	Feeling unsafe
Feeling Dirty	Low self worth
Feeling like you are going mad	Disbelieved

## COMMON FEELINGS AFTER BEING SEXUALLY ASSAULTED

Anxiousness      Sick      Numb

It is important to remember that everyone is different and reacts differently to being sexually assaulted. There is no right or wrong way to feel. Just because it is listed above does not mean that you will or will not experience it.

### COMMON BELIEFS

"It's My Fault!"  
"He/She didn't mean it."  
"I deserved it!"

"No One will Believe Me."

### FACT

IT IS NEVER YOUR FAULT!  
Offenders use power and control to abuse  
No one ever deserves to be abused or sexually assaulted  
Sexual Assault workers are trained to work with people who have been assaulted.

## WHAT TO EXPECT FROM A SEXUAL ASSAULT SERVICE

Confidential, respectful and caring counselling for women and children who have been sexually assaulted.

A safe environment to talk and understand how Sexual Assault has affected the individual and supporting others

Counselling and support for non-offending family and friends.

To be believed

Support and understanding for the many normal feelings associated with the abuse/ assault

Information about Police, Court and Medical Procedures.

Community Education about Sexual Assault and Child Protection Issues.

Pamphlets and written information available to anyone.



**NO MEANS NO  
RESPECT THE ANSWER**