

WHAT TO DO IF YOU HAVE BEEN RAPED

Being raped or sexually assaulted is a hugely traumatic experience. Below is some advice on what to do in the aftermath of such an assault. Many countries will have specific organisations, referral centres or helplines that can support survivors through the process.



1 SAFETY FIRST

Ensure your personal safety by going to a safe place.

2 PRESERVE THE EVIDENCE

There may be evidence of the attack on your body or clothing, which can be used as evidence in a court case.

If you wish, this can be collected in a medical examination. To make sure the evidence is not damaged, before you go to a medical facility:

- Do not shower or bathe.
- Do not throw away your clothes. If you change clothes, wrap them in a paper bag if possible (not a plastic bag – moisture can collect within the bag and damage the evidence).
- Do not clean your teeth or cut your nails.

3 SEEK MEDICAL ASSISTANCE

Visit the nearest hospital or medical facility.

Get treatment for any physical injuries and preventative medication for HIV and sexually transmitted infections. Emergency contraception may also be available.

3 REPORT THE RAPE

If you want to report the rape, contact the police. You can ask a friend or family member to accompany you for support. Make a note of the name of the police officer who takes your statement and the case number, so that you can follow it up afterwards.

4 SEEK EMOTIONAL AND PSYCHOLOGICAL SUPPORT

Remember that you are not to blame for what happened, and there is no need to feel ashamed. You may wish to talk to a trusted friend or family member. When you feel ready, consider contacting a counsellor, social worker or other local support service.

**FOR SPECIALIST
SUPPORT FOR RAPE
SURVIVORS IN YOUR
AREA, CONTACT...**