

About Sexual Assault

Sexual Assault is ANY unwanted or forced sexual act or behaviour without your informed consent.

Sexual Assault and Abuse is perpetrated by all sorts of people in all kinds of settings and against all age groups and genders. You can never tell if someone 'is like that' or "would do a thing like that" - it could be a stranger, acquaintance, or someone you know well such as a family member, friend, work colleague, team mate, or neighbour.

Sexual Assault is a criminal offence, ranging from lightly touching in a sexually explicit way to forceful handling and rape.

If the perpetrator is your husband, wife, de facto or intimate partner or ongoing boyfriend/girlfriend then the Sexual Assault is considered a form of Domestic Violence and is also a Criminal Offence.

Sexual Assault is an act of power and control.



Sexual Assault is NOT about intimacy.

It is NOT a shared experience and it has NOTHING TO DO with love or affection.

For more detailed information about Sexual Assault go to www.dvconnect.org



How we help

We provide telephone support and counselling to women, men and young people - who have been

sexually assaulted or abused.

Whether the assault took place today, last week or twenty years ago; our experienced telephone counsellors provide a sensitive, non-judgmental service. We listen to your story and individual situation to help us identify the best advice and support to offer you.

We can provide information about how to contact local specialist services, offer practical advice and information about forensic and medical examination, and how to make a complaint to the police.

We provide support and practical advice for parents, relatives, friends and work colleagues to help them to support someone who has been sexually assaulted or abused and also assist professionals and workers in the community who are supporting survivors of sexual assault.

We can also arrange for interpreter services where necessary



Funded by



DVConnect
Anyone can make the call

www.dvconnect.org

PO Box 10575 Adelaide Street Brisbane 4000

1800 010 120

7.30am to Midnight / 7 days

1800 010 120

7.30am to Midnight / 7 days

Telephone support and counselling for Queenslanders affected by sexual abuse or assault

The facts about Sexual Assault and the perpetrators of Sexual Assault

Sexual Assault is all about an act of power and control.

It is not about sexual intimacy, it is not a shared experience and it has nothing to do with love or affection!

No matter what you are doing, what you are wearing, how much you have had to drink or if intimacy has started, "NO means NO!"



Perpetrators of Sexual Abuse or Assault are responsible for their own actions.

No one deserves to be raped or sexually assaulted.

No one brings Sexual Assault or rape upon themselves.

Sexual Assault is about predatory and opportunistic behaviour, -perpetrators often have a plan of action in mind, believe they can 'get away with it' and will prey on the vulnerability of the victim.

Perpetrators will rely on the shame and fear of the victim and the fact that most Sexual Assaults occur on a one to one basis – so there are no witnesses.

The perpetrators of Sexual Assault are 100% to blame and are responsible for their actions.

Sadly, most perpetrators lack insight into the pain they cause their victims and show no regret.

What to expect after Sexual Assault

The impact of sexual violence upon survivors can be considerable

It is normal for an adolescent or adult who has experienced Sexual Assault to suffer one or a range of affects or symptoms such as:-

Sleeplessness and or headaches

Nausea and dizziness

Feeling jumpy or fidgety

Feeling generally unsafe and not able to trust anyone

Feeling jumpy or fidgety or generally unsafe and not able to trust anyone

Unable to concentrate, unusually emotional or angry

Having a blank mind or sometimes the opposite

Thoughts racing through your mind

Feeling numb, alone and fearing being judged

Victims of Sexual Assault or those that care for them may also notice that their behaviours have changed or that they are doing things which are 'out of character' or possibly even alarming and self harming.



Child victims of Sexual Assault

If your child or adolescent under 18 years has suffered Sexual Assault, we can help with what to do next.

Importantly we can assist with immediate emotional support, as well as advise on local services and your reporting options.

When a child has been sexually assaulted, there is a mandatory requirement to report to the Child Protection Intervention Unit at specified Police Stations, where they have specially trained staff to work with children. We can help make an appointment at your nearest appropriate station.

What are your reporting options?

Whatever your age or circumstances, our counsellors will support you whilst you to decide what to do next.

In Queensland there are two ways you can report the crime to police.

You can report personally and direct to the police or...

If you prefer not to, for whatever reason, you can provide information to the police about what happened to you anonymously.

No matter what you decide remember that Sexual Assault is a crime and never your own fault!

If you are unsure what to do for the best, make a note of all relevant facts you can remember from the assault - such as the time and where it happened, what you remember about the location, what exactly you can recall happened to you, whether anyone else saw what happened and anyone that you told about the assault.

When you are ready - call the Sexual Assault Helpline.