

# SEXUAL ASSAULT HELPLINE

1800 010 120

## Who is the Sexual Assault Helpline for?

The Queensland Sexual Assault Helpline offers telephone support and counselling to any Queenslanders who has, or thinks they may have been sexually assaulted or abused. It is also for those who are concerned someone they care about might have been assaulted or abused.

- Available anonymously, anytime on 1800 010 120 between 7.30am and 11.30pm.
- The helpline is for Queenslanders of any age, any gender, any religion, any background and any disability. We help everyone. LGBTIQ, hearing impaired, or those who need a translator.
- Call us if you have been sexually assaulted or sexually abused and are unsure what to do next, or just need to talk. We will explain your options.
- Call us if you are unsure if what you experienced is sexual assault or sexual abuse. We are here to listen and explain your options.
- Call us if you are worried that someone you know may have experienced sexual assault or sexual abuse.

## What is sexual assault?

Sexual assault is an unwanted or forced sexual act or behaviour without your informed consent. Sexual violence is being forced, pressured or tricked into doing sexual things when you don't want to do. No one has the right to make you do sexual things that you don't want to do, even if you are married to them or in a relationship with them. Sexual violence can be a form of domestic violence. Sexual assault is a crime.

## Consent

Sexual Assault is an unwanted or forced sexual act, activity or behaviour without your informed consent. Sexual activity also includes anything sexual online or using a mobile phone. You can agree to something initially and then change your mind. Sexual violence can include anything sexual that makes you feel scared or uncomfortable, and unable to say no. Just because you didn't say no, doesn't mean you consented. Sexual assault is never ok and it is never your fault!

## Who commits sexual assault?

Sexual assault and abuse is perpetrated by people in all kinds of settings and against all age groups and genders. Sexual violence can include anything sexual that makes you feel scared or uncomfortable.

Sexual violence can involve strangers or people you know, including:

- Boyfriends, girlfriends, partners, husbands or wives
- Ex-boyfriends, ex-girlfriends, ex-partners, ex-husbands or ex-wives
- Carers or paid support workers
- Parents, guardians or other family members
- Casual sex partners
- Friends
- Other people you live with or see often, whether inside or outside the home
- Someone you know but aren't close to, like a neighbour, boss, or friend of a friend

It is never OK for any of these people to force you to do something that you are not comfortable with. Every person has the right to say what happens to their body.