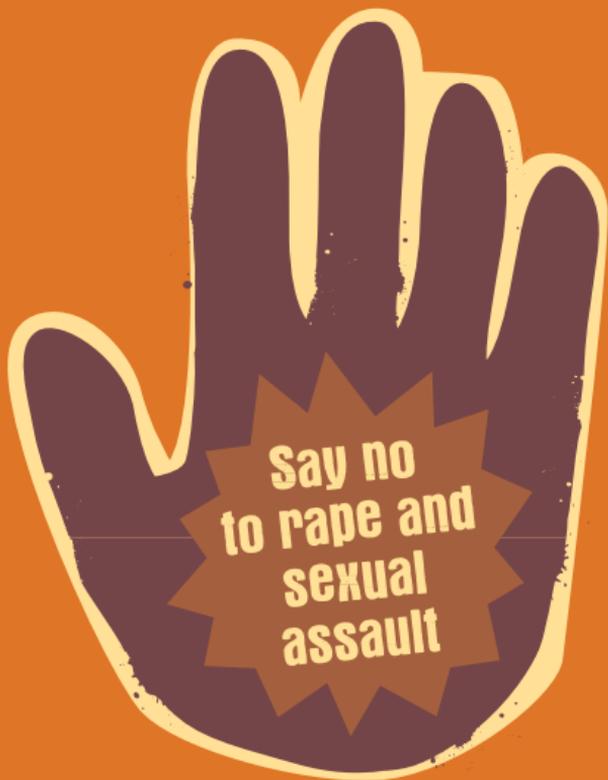


**Don't look away!**



**Break the silence**

# Break the silence!

# Say **NO** to sexual harassment and abuse

You can be sexually harassed by someone you know

Act against abuse



## What is sexual harassment?

It is when someone:

- Sends you sexual notes, SMSs or pictures that make you feel uncomfortable
- Wants sex in return for cash, cell phones or other gifts/favours
- Makes sexual jokes or comments that make you feel uncomfortable
- Touches your body when you don't want to be touched

## What is rape?

Rape is a form of sexual assault. It is when someone forces a penis or an object into your vagina, anus or mouth. Rape can happen to a girl, boy, man or woman.

## You have the right to say NO

When you say no to any sexual ideas, the other person should stop. It doesn't matter who the person is or how long you've been in a relationship with them. It doesn't matter if you've already had sex. You can change your mind and say no.

Sex with a child who is younger than 16 years is a crime

Sex between a teacher and learner is always illegal

Adults have a legal duty to report suspected abuse of a child

**Know the law**

## If you say no and someone forces you, it is rape

It is rape even if you know the person, or are in a relationship with them  
It is rape even if you had sex with the person before  
It is rape even if you have been getting heated up and are both sexually aroused  
It is rape even if the person has given you gifts, clothes or anything else

Rape is a crime

Rape can happen to anyone



## It is NEVER the fault of the person who was raped

Often, when a girl has been raped, people ask her what she was wearing. They try to say that if she looked sexy then she was asking for it because men can't control themselves. That is not true! A girl has the right to dress as she chooses. Men can choose to control themselves.

# If you are raped or sexually assaulted:



**It is not your fault!**

**1** Go to a safe place as soon as possible

**2** Tell someone you trust what happened

This may be difficult but it is very important because this person can support your story and back you up in court. If the person is a stranger ask for their name and telephone number, write it down and keep it.

**3** Do not throw away your clothes or wash yourself

Don't wash even if you want to. This is because there may be hair, blood or semen from the rapist on you or your clothes. If you decide to report the rape, this will be important evidence.

**4** Put the clothes you were wearing into a paper bag or wrap them in newspaper

Do NOT put them into a plastic packet because it can destroy the evidence.

**5** If you are hurt, go straight to a hospital or doctor

Ask the hospital to call the police if you want to report it. The sooner a doctor examines you the better. There is more chance of finding proof like blood or semen on your clothes. It is better not to drink any alcohol or take any medicine before a doctor examines you. If you do take something, you must tell the doctor.

See a doctor as soon as possible

**6** It is a good idea to report the rape

Go to the police station nearest to where the rape took place. Do this as soon as you can. This gives a stronger chance of finding proof of the attack and of catching the rapist. (If you don't go immediately, you still have 20 years to report the rape.) Ask someone to go with you for support. Keep your police case number and the name and contact number of the police officer in charge of your case. Ask for a copy of the statement you make to the police.

Rape is a crime

**7** If you fear threats from the rapist, tell the police and ask that the rapist is not allowed out on bail

If you were drunk or stoned at the time of the rape you can still report the rape and get medical treatment. Being drunk is not a crime but rape is a crime.

ACT AGAINST ABUSE

**8** Get treatment and medication within 72 hours to prevent pregnancy, HIV and other sexually transmitted infections

Make sure you get treatment from the doctor even if you do not lay a charge.

- Get antibiotics to prevent sexually transmitted infections (STIs)
- Get the Morning After Pill (MAP) to prevent you falling pregnant if you are a woman.
- Get an HIV test and anti-retroviral (ARVs) treatment to prevent you getting HIV infection.

Disclose your HIV status to make sure you get the right treatment. If you were HIV positive at the time of the rape, a full 28-day course of anti-retrovirals can be bad because it can allow the virus to grow stronger and become more resistant.

If you don't know your status, you must get a three-day starter pack of anti-retrovirals. Because it is a short course, there is no danger that the virus will build up resistance to the ARVs. If you test HIV positive, the course is stopped after 3 days. If you test negative, an additional 24-day course must be prescribed.

You must continue to take the course exactly as it is prescribed even if it makes you feel nauseous.

After the course is finished, you need to see a doctor again to check how your liver has dealt with the drugs. Usually, you will need to take vitamins after the anti-retrovirals.

After 3 months, you must go for another HIV test, just to check that you are not infected.

## Get help and support

If you, or someone you know is being sexually harassed or abused, get help to stop the abuse. Speak to someone you trust or phone one of these numbers:

Childline	0800 055 555
Life Line	0861 322 322
SAPS emergency	10111

