

3

## Get support

There are a range of services that can give you support. Anyone, including international students and visitors can receive help and support from these services.

### Medical support

If you have been sexually assaulted, you can access free medical care at the emergency department of any public hospital. Yarrow Place Rape and Sexual Assault Service is available for free (you don't need a Medicare card).

This service provides free information, counselling, medical treatment and examinations for anyone from the age of 16 years who has been sexually assaulted. They can provide testing for sexually transmitted infections and pregnancy prevention.

Medical evidence can help prove what happened. A sexual assault examination is best done in the first 72 hours, but an examination that is performed up to seven days after the assault can still provide useful evidence that can be used in court, if the matter is taken further.

**CONTACT YOUR GP FOR LOCAL INFORMATION AND SERVICES.**

### Legal support

Free legal services can give you confidential advice about your options. This advice could

relate to your living arrangements, education and workplace as well as making a report to the police. If you are a victim of sexual assault you do not need to get a lawyer if you want to report to police.

The following are free, specialist legal services.

#### Women's Legal Service

Provides free legal advice and information to women.  
1800 816 349 | [www.wlssa.org.au](http://www.wlssa.org.au)

#### Legal Services Commission of South Australia

Provides legal information, advice and representation.  
1300 366 424 | [www.lsc.sa.gov.au](http://www.lsc.sa.gov.au)

#### TO ACCESS SUPPORT FROM VICTIMS SERVICES

##### Victims of Crime South Australia

If you are a victim of crime, you may be entitled to access a range of free services including counselling, financial support, and legal support.  
8204 9635 (9am-5pm)

### Reporting to the police

Sexual assault is a crime. Being a victim of a crime will not affect your visa or employment status. If you are a victim of sexual assault you do not need to get a lawyer if you want to report to police.

Police in Australia will investigate your report and follow it to ensure your safety and the safety of others. You can make a report to police by:

- calling triple zero (000)
- attending a police station in person
- reporting the incident anonymously through Crime Stoppers on 1800 333 000.

Support services can also help you make a report to police.

This is an adaptation of a resource produced by City of Sydney, Redfern Legal Centre and StudyNSW.

# your body your choice

Sexual assault is a crime.

It is never okay for someone to use force or threats to get you to do anything that makes you feel uncomfortable.

If you or someone you know has experienced sexual assault, you can get help from:

**Police:** Call 000 (triple zero)

**National Sexual Assault Service:**  
Call 1800 737 732  
(free call, 24 hours, 7 days a week)

**Free interpreters:** Call the Translating and Interpreting Service (TIS) on 131 450.  
An interpreter will contact any support service you request for free.



1  
Know your rights

2  
Talk to someone you trust

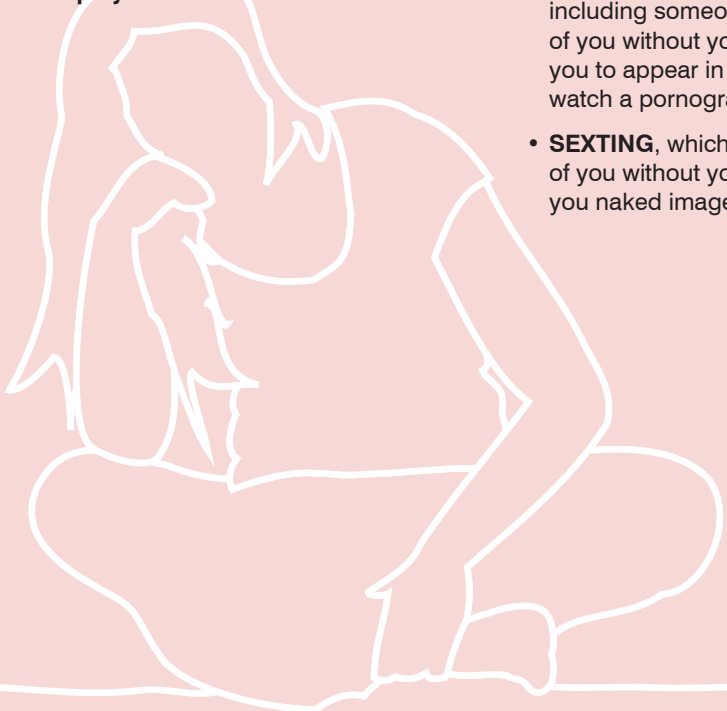
3  
Get support

# 1

## Know your rights

You have a right to choose who to be intimate with. Sex and intimacy can include sexual touching, intercourse, sexual images and sexting. Forcing you to participate in any of these activities if you have not consented voluntarily is a crime.

In Australia, a person cannot touch you, threaten you, exchange unwanted sexual images of or with you, or make sexual comments to or about you without your say. Sexual offences are serious crimes and offenders could face time in prison. Reporting a crime or being a victim of crime will not affect your visa or employment status.



## What is sexual assault?

Sexual assault describes a range of sexual crimes, including:

- **RAPE**, which is when you are forced to have sex (vaginal, anal or oral)
- **UNWANTED TOUCHING** of any sort under or over your clothing
- **SEXUAL COERCION**, which is when someone pressures or tricks you into doing sexual things you do not want to do
- **STALKING**, which is when someone follows or watches you
- **LOOKING AT YOU WITHOUT YOUR PERMISSION** while you are intimate or naked
- **INDECENT EXPOSURE**, which is when someone shows you private parts of their body
- **BEING FORCED TO WATCH OR PARTICIPATE IN PORNOGRAPHY**, including someone taking a picture of you without your permission, forcing you to appear in a video or making you watch a pornographic movie
- **SEXTING**, which is sharing naked images of you without your consent or sending you naked images you don't want.

## What is sexual consent?

### FREELY GIVEN



Consenting is when you choose without pressure, manipulation or the influence of drugs or alcohol.

### ENTHUSIASTIC



When it comes to sex, you should only agree to do things you WANT to do, not things that you feel you're expected to do.

### SPECIFIC



Agreeing to one thing (like going to the bedroom) doesn't mean you have agreed to do something else (like have sex).

### REVERSIBLE



You can change your mind at any time during sex, even if you have done it before and even if you're both naked in bed.

### TIME BOUND



Giving consent at a particular time does not mean you have given consent for the same thing at any other time.

### SILENCE IS NOT CONSENT



Many people experience a freeze response when they are very frightened. Just because you didn't speak up, it doesn't mean you gave consent.

# 2

## Talk to someone you trust

Talking to a trusted friend, family member or counselling service may help you decide what to do next. Even if you decide not to report the sexual assault, there are many places you can get confidential free help and support.

### 1800RESPECT

Provides telephone and online counselling to people impacted by sexual assault and domestic violence. 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)

### Yarrow Place Rape and Sexual Assault Service

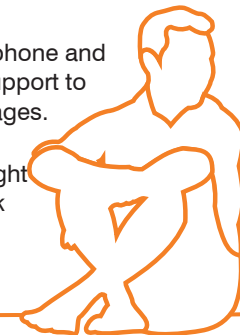
Medical and counselling services to anyone who has been sexually assaulted or abused at or above the age of 16 years and anyone who is concerned someone they care about might have been assaulted or abused.

1800 817 421  
24 hours a day 7 days a week

### Lesbian Gay Transgender Bisexual Intersex and Queer (LGBTIQ) Specific:

#### QLife

Provides telephone and web based support to people of all ages. 1800 184 527 3pm to midnight 7 days a week



Help and support is available if you have been sexually assaulted or harassed.