It's okay to ask questions

You won’t cause offence by calling to ask who will support you, and which community they belong to.

Values

All services promise to:
• Listen to you
• Believe you
• Not judge you
• Support your choices, whatever they may be.

Confidentiality

Your support worker won’t tell anyone what you have shared without your permission. This means that your family, friends and community don’t have to know that you have contacted a service. You can ask questions about where your information is written down and where it is stored.

It’s your right to know!
What is sexual violence?

Sexual violence is any unwanted sexual contact or behaviour from another person. Sexual violence can make you feel distressed, intimidated or humiliated.

There are many forms of sexual violence, including:

- Unwanted sex or sexual contact
- Sexual assault or abuse, including rape
- Gang related abuse
- Sexual exploitation
- Honour-based abuse
- Female genital mutilation
- Forced marriage – if you don’t really want to get married, but you feel like you have no choice.

Not sure if you have experienced sexual violence? Services provide a safe space to ask questions.

Everyone’s experiences are different – specialist sexual abuse services are here to listen and support you, no matter what your experience may be.

Do you feel upset, frightened or unsafe?

Has someone hurt you, or made you feel intimidated?

No matter what your experience, services will LISTEN, BELIEVE & SUPPORT ANY GIRL who has experienced sexual violence.

Services that understand that all survivors have different needs and some needs may relate to your culture or identity.