

**Rape** is a form of sexual assault that is performed without your consent. This includes forcing a body part or an object into your vagina, rectum (bottom) or your mouth.

**Date Rape** is when you are raped by someone you know, like a boyfriend. It is a crime. Rape is not about sex – it is an act of power by the rapist and it is always wrong.

**Date rape drug** often have no smell or taste and can be given to you without you knowing at parties or in a club – especially where alcohol is served. Alcohol can make you less aware of danger and less able to think clearly and resist sexual assault. If you are given date rape drugs, you may not be able to say “no” to unwanted sex and you may not be able to clearly remember what happened. Remember: even if you were drinking, it is NOT your fault.

**Domestic Violence** is any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partner or family members, regardless of gender or sexuality.

**Gender-based violence** refers to violence that targets individuals or groups on the basis of their gender or sexual orientation. This includes acts that inflict physical, mental or sexual harm or suffering, the threat of such acts, coercion and other deprivations of liberty.

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Help for victims of rape and abuse dial \*134\*7355# Free SMS Helpline

### You can volunteer

TEARS welcomes volunteers. If you have a passion to help others want to assist with administration, or helping victims of abuse, we would love to hear from you. Send us an email today: [volunteer@tears.co.za](mailto:volunteer@tears.co.za)

### TEARS FOUNDATION INFORMATION \*134\*7355# Free SMS Helpline

TEARS’s Help at your fingertips” is a mobile phone portal, linked to a database of service providers providing information via a cell phone using simple prompt-based technology: USSD for basic phones and Mobile and GPS for smart phones. This tracks the location of the caller and “instantly” (in approximately 45 seconds) sends back details of the nearest care facility providing immediate support to victims of rape and sexual assault

### Contact Details:

Direct: 010 590 5920	NPO: 138-020
Email: <a href="mailto:info@tears.co.za">info@tears.co.za</a>	PBO: 9300 42 695
Helpline: *134*7355#CO	Reg: 2012/182211/08
Website: <a href="http://www.tears.co.za">www.tears.co.za</a>	Facebook: TearsFoundationSA

### Bank Details

FNB: TEARS Foundation  
Business Cheque Account number: 62382302421  
Branch: 2551255 SwiG Code: FIRNZAJJ

**TEARS Founder: Mara E Glennie**  
[Mara@tears.co.za](mailto:Mara@tears.co.za) | 082 448 9324



### My Story:

<https://www.youtube.com/watch?v=CC4OGzx44xs>

### INNOVATION AWARDS



“Tears won the Impumelelo Star Award in October 2017 for Help at your Fingertips”

5TEARS received the Gold award for innovations – Help at your Fingertips – Nov 2016

TEARS was shortlisted for most innovative ideas – Medi App – October 2016

### Previous Awards:



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BRINGING HOPE AND HEALING



**\*134\*7355#**  
**FREE SMS HELPLINE**

*TEARS Foundation is a Leading anti-sexual violence organisation specializing in the assistance and support network for survivors of rape and sexual abuse. We invest in trauma-informed services, approaches and partnerships that reach the most marginalised women and girls to address the inequalities they face and respond to the complex needs that result from their experiences.*



[www.tears.co.za](http://www.tears.co.za)

BRINGING HOPE AND HEALING

## Supporting a victim of domestic violence and sexual assault

When supporting a victim of domestic violence and abuse it may help to follow these guidelines.

**Support** – If a victim tells you about a violent or abusive situation, listen, offer support and help them decide what the next step is.

**Remember to be non-judgmental** – Victims must not feel that they are being pressurised or judged by people they approach for help even if they have made a previous decision to return to or take back their violent partner

**Give victims choice** – When presented with options victims should decide for themselves what they do next so that they feel in control of their lives.

**Remind victims that the violence and abuse is not their fault.** Many who live with violence and abuse blame themselves. Whatever the circumstances violence and abuse cannot be justified. Violent partners will often blame the victim for their actions.

**Reassure about children** – Many victims do not seek help because of their fear that their children will be taken into care. Violent partners often play on this fear. It is important to stress that this will not happen unless there is indication of serious neglect or abuse.

**Equal Opportunities** – Domestic violence and abuse affects all victims regardless of age, race, disability and sexuality. It is important that victims are treated as individuals and that assumptions are not made about what a victim will or will not want because of their age, or because of ethnicity, disability, sexuality and or whether he/she has children

**Confidentiality** – Victims must know that any information they give will be treated as confidential, including their whereabouts, and will not be passed on without their permission unless there are safeguarding or legal reasons for doing so. (Boundaries of confidentiality should be clearly identified – refer to your own agency and for local multi-agency guidelines relevant to domestic violence and abuse and child protection.

**Believe** – Victims should not be required to provide proof of violence (e.g. bruising). Physical assault is only one aspect of domestic violence and abuse. Threats of violence and mental cruelty are equally as damaging as physical violence. Victims should be believed on the basis of their own statements and should not be required to provide supporting evidence from witnesses.

**Never assume that the violence is not serious.** Some victims will minimize their experience or only refer to less serious incidents. Always assume that they are at risk and give information accordingly, so that if an emergency occurs the victim will know what to do.

**Reassure the victim that there are many agencies that can help.** The important this is that the person feels supported. If you feel that you are not the best agency to provide advice, contact one of the specialist agencies in the Domestic Violence and Abuse Services handout

**If possible, talk to the victim somewhere in private.** Ensure that anyone who may be the perpetrator cannot overhear the conversation and check with the victim in a discreet way if they would like someone to be with them e.g. a friend

**If an interpreter is needed make sure they are clear about their role and about the rules of confidentiality under which they are working.** The victim must feel comfortable with who the interpreter is and the way they work and agree to them being present. Always speak directly to the victim and not to the support person.

**Have as much information available as possible before the discussion begins.** Basic information about options and agencies who can help is useful and will save you from having to keep interrupting the discussion.

### What you should do:

- Listen carefully
- Prioritise the victim's safety and the children's safety
- Find out what the victim wants and let them choose what they need from you
- Find out if the victim would prefer to talk to someone else (e.g. a woman, an Asian woman)

- Provide information about options and don't make choices for the victim
- Tell the victim about services
- Focus on facts, keep opinions to yourself
- Believe the victim and reassure them that it is not their fault
- Be clear about confidentiality
- Be patient and respectful
- Ask the victim what the safest way of contacting them is
- Keep clear records and don't disclose any information that may put the victim at risk

## Rape / Abuse Assistance

Rape Trauma Syndrome (RTS) is a form of Post-Traumatic Stress Disorder (PTSD) that often affects survivors. It is important to get support and counselling after being sexually abused. Counselling services are offered by many organisations. Dial **\*134\*7355#** to find the nearest care facility in your immediate location. Available in all nine provinces.

[www.tears.co.za](http://www.tears.co.za) provides free, instantly accessible, information about all aspects of sexual abuse to facilitate better care, proper support and positive outcomes for victims.

## HIV / AIDS

It is important to get antiretrovirals (ARV's) within 72 hours of penetration, attempted penetration, oral sex or anal sex. You will also receive PEP (Post Exposure Prophylaxis) medication.

## Should I report my attack to the police?

The decision is entirely yours and everyone will understand if you decided not to pursue prosecution. While there's no way to change what happened, you can seek justice while helping to stop it from happening to someone else. Reporting to the police is the key to preventing the rapist or abuser from doing it again. It's the most effective tool that exist to prevent future rapes. In the end though, whether or not to report to the police is your decision to make.

## Am I required to report my rape to police?

No, you are not legally obligated to report your sexual abuse to the police. There are times when a third party, such as a doctor or teacher is required to report to authorities if they suspect sexual abuse of a child, an elderly or disabled person.