

What to do if you are raped or abused?

First response:

Your goal is to stay alive and get to a safe place as soon as possible!

Contact a friend / family member:

Contact a friend or family member you trust for support. The first person you tell about the rape or assault is called the first witness. This person may need to make a statement to the police about your condition and if possible, should accompany you to the hospital, police station or counselling centre.

Don't bath or change your clothes:

Do not wash yourself or throw away your clothes no matter how much you want to. There might be hair, blood or semen on your body or clothes that can be used as DNA evidence of rape. Put your clothes in a paper bag.

If you were drunk or stoned at the time of the rape:

Do not let that stop you from reporting the matter and getting medical treatment - being intoxicated is not a crime, rape is! Go straight to a hospital, community health centre or doctor.

Try and remember:

Provide as much detail as you can of the incident to the person helping you as this may serve as useful evidence.

Dealing with the police:

Initially, only a brief statement is required from you. Make sure you read over the statement before signing it. You can provide a more detailed statement later. Ask for a copy of your statement. If you fear retribution or intimidation from the rapist(s) or abuser(s), make sure the police are aware of this and ask that the perpetrator not be allowed on bail or apply for a protection order.

At the police station you have the RIGHT to:

- Make your statement in a private room
- Make your statement to a female officer (if there is one)
- Make your statement in your own language
- Have a friend/family member with you for support

Reminder:

Ask for a copy of your statement (you are entitled to by law), write down the name of the investigating officer, case number and the phone number for the police station so you can call to check progress of your case.

Remember, you are not alone!

You can volunteer

TEARS welcomes volunteers. If you have a passion to help others or want to assist with administration, or helping victims of abuse, we would love to hear from you.

Send us an email today: info@tears.co.za

Information about TEARS®

TEARS Foundation
010 590 5920
info@tears.co.za
*134*7355# helpline 24/7

NPO: 138-020
Co Reg: 2012/182211/08
PBO: 930042695
www.tears.co.za

Facebook: www.facebook.com/TearsFoundationSA

Twitter: @Tears_SA



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TEARS' Past Achievements



Avon Communications
X-change: 2015 – Lifeboard
shortlisted as a top 5 finalist in the International competition.



TT100: 2014 – GBV
Hotspot Mappings -
shortlisted in top
100 emerging qualifier



Accenture: 2013
– Help at your
fingertips shortlisted
as top 5



SAFA: 2013 –
Shortlisted top 5 in
Big Idea, Small
budget

Please donate your points today
to TEARS Foundation



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BRINGING HOPE AND HEALING



***134*7355#**

Free SMS Helpline

tears®



www.tears.co.za

BRINGING HOPE AND HEALING

Help for victims of rape and abuse

Dial *134*7355#

Free SMS Helpline

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 drugs 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 partners 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. Together with "sexual violence" and "violence against women", "gender-based violence" is used interchangeably.

TEARS' "Help at your fingertips" is a mobile phone portal, connected to a database of service providers providing contact information via a cellphone using simple prompt based technology: USSD for basic phones and Mobi and GPS for smartphones. This tracks the location of the caller/rape victim and 'instantly' (in approximately 45 seconds) sends back details of the nearest care facility providing immediate support to victims of rape and sexual assault.

Works on any phone! *134*7355#

Free SMS Helpline

Supported by:



Invite the LifeBoard Team today to come to your school and educate the learners about rape and sexual abuse! For more information please contact TEARS on (010) 590 5920 or email info@tears.co.za.



Be part of the solution: Teach Others

LifeBoard is an engaging and non-threatening game to educate learners. It is a supplementary tool for the Life Skills curriculum. TEARS can bring LifeBoard to your school or organisation and can facilitate sessions with your Grade 4 to Grade 12 learners.



LifeBoard promotes positive change in societal values and attitudes, where the right to say "NO" is upheld as a basic human right; where victims of rape and sexual violence are treated with empathy and dignity!

Empowering our youth through education



LifeBoard is a non-threatening, interactive educational board game developed by TEARS and endorsed by the Department of Basic Education. LifeBoard is used by schools and other organisations to teach our youth about protecting themselves from the unwanted and inappropriate behaviour of others.

The LifeBoard cards can be adapted to multiple topics, including substance abuse, teenage pregnancy, HIV/AIDS and bullying etc.

Rape / Abuse Assistance

Getting Support

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 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 exists 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. Many victims say that reporting is the last thing they want to do right after being attacked. There are many good reasons to report and some victims say that reporting the sexual abuse helped their recovery and helped them regain a sense of control. Nobody should face a traumatic event like sexual abuse alone. You need to get support! Don't ignore your feelings! Your life may depend on it!

According to the Harassment Act and the Children's Act, reporting of sexual abuse of individuals 16 and younger is mandatory for adults. We hope you decide to report your attack.



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