

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. Centre Against Sexual Assault services are available for free (you don't need a Medicare card) 24 hours a day.

These services provide free information, counselling, medical treatment and examinations for anyone 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 24 hours. An examination that is performed up to seven days after the assault can provide useful evidence that can be used in court, if the matter is taken further.

YOUR NEAREST SERVICE

Centre Against Sexual Assault Crisis Care Units

Royal Women's Hospital, Parkville
9635 3610

Western Hospital, Sunshine
8345 1333

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.

The following are free, specialist legal services.

Women's Legal Service Victoria
8622 0600 | womenslegal.org.au

West Justice Community Legal Centre
9749 7720 | westjustice.org.au

Inner Melbourne Legal Centre
9328 1885 | imlc.org.au

TO ACCESS SUPPORT FROM VICTIMS SERVICES

If you are a victim of a crime, you may be entitled to access a range of free services from Victorian Victims of Crime, including ongoing counselling and financial support.

Victims of Crime Helpline
1800 819 817 free call
(24 hours a day, 7 days a week)

Reporting to the police

Sexual assault is a crime. Being a victim of a crime will not affect your visa or employment status.

Police in Australia will investigate your report and follow it up 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.

your body your choice

Sexual assault is a crime.

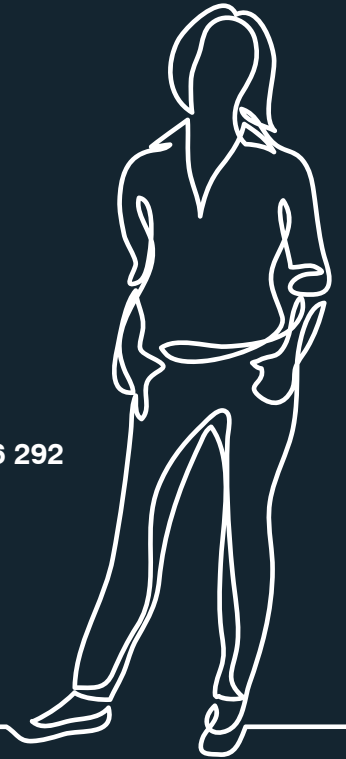
It is never okay for someone to use force or threats to get you to do anything that makes you feel uncomfortable.

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

Victoria Police: Call 000 (triple zero)

Centre Against Sexual Assault: Call 1800 806 292 (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

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This resource was adapted from the original version produced by the City of Sydney, Redfern Legal Service and StudyNSW. Victoria University gratefully acknowledges their permission to adapt it for Melbourne students.

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 a serious crime and offenders could face up to 14 years 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
- **TAKING OFF A CONDOM** before or during sex without your permission
- **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). If someone agrees to wear a condom and then they don't, this is not consent.

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.

Centres Against Sexual Assault

Provide crisis care support and counselling to victims/survivors of recent or past sexual assault, and their non-offending supporters.

1800 806 292

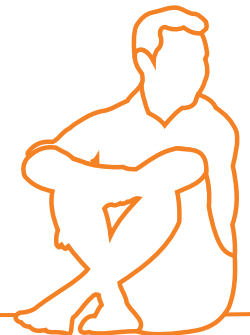
(24 hours a day, 7 days a week)

1800 RESPECT

National sexual assault, domestic and family violence counselling and information referral, available 24 hours a day, every day of the year.

1800 737 732

1800respect.org.au



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