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Helping a Friend:

- ◆ Make sure that your friend is safe, that nobody followed her home etc
- ◆ If your friend needs medical help, take her to the hospital
- ◆ Believe your friend
- ◆ Listen to your friend – what you say is not as important as your willingness to listen
- ◆ Be sure that your friend does not blame herself
- ◆ Support your friend and the decisions she makes
- ◆ Be available when she needs you

Services Offered by Help and Shelter

- ◆ Counselling for all forms of abuse
- ◆ Support through the court experience for victims of rape and child sexual abuse
- ◆ Consciousness raising for the community
- ◆ Training of new volunteers
- ◆ School talks to educate young people about violence

Our Phone number: **231-7249**

When you can call: 24 hours/day, 7 days/week

Who will talk with you: A trained counselor

All information is confidential



Help & Shelter

c/o Ministry of Housing Annexe
Bottom Flat
Homestretch Avenue
Durban Park
Georgetown

Phone: 22-73454, 22-54731, 22-78353

Email: hands@sdpn.org.gy

Website: <http://www.sdpn.org.gy/hands>

HOTLINE—231-7249

Acknowledgements:

The Crisis Centre

Knowles House

Princess Margaret Hospital, Bahamas



Help & Shelter

Rape

What to do if it happens to you

What is Rape?

When a man forces a woman to have sexual intercourse with him, that is, when a man puts his penis into a woman's vagina without her consent.

Men can be raped by men. The law will not call it rape, but buggery.

If at any time, in any circumstance, before sexual intercourse takes place you decide you do not want to have intercourse

AND

The man knows this, (for example because he has attacked you or you do or say something to show you do not consent)

AND

The man does not stop

HE HAS COMMITTED RAPE

If You Have Been Raped

- ◆ **DO NOT** wash or bathe until you have been examined by a doctor
- ◆ **DO NOT** wash or throw away the clothes you were wearing at the time of rape. The Police may require these items as evidence. Do not destroy evidence!
- ◆ **DO** confide in a close relative, friend or someone you have confidence in and/or call us at Help & Shelter as soon as possible after the assault.
- ◆ **DO** go to the nearest police station as soon as possible after the rape has occurred. Give as much information as possible about the circumstances of the rape and the rapist, when and where the rape took place, and how it happened.
- ◆ **DO** insist that a female police officer accompany you to the doctor or the hospital and that she takes a medical form with her.
- ◆ **DO** make and keep photocopies of all documents you give to the police.
- ◆ **DO** inform the police of the names, addresses, and descriptions of any persons who may have witnessed the rape as soon as possible after it has taken place.
- ◆ **DO NOT** discuss or accept any offer of compensation made by the accused or his family without obtaining legal advice.

If you feel that:

- ◆ Someone is sitting or standing too close to you and seems to enjoy your discomfort
- ◆ Someone is staring at you
- ◆ Someone is blocking your way
- ◆ Someone is speaking to you or acting in a way as if he/she knows you more intimately than he-she does
- ◆ Someone grabs or pushes you to get his way
- ◆ Someone doesn't listen to you when you say NO

Assert yourself by:

- ◆ Getting angry when someone does something to you that you do not want
- ◆ Acting immediately by telling the person to stop what they are doing
- ◆ Stand up for yourself - it is OK to be rude to someone who is sexually pressuring you, even if it hurts their feelings.

Remember:

- ◆ Rape is never the victim's fault
- ◆ Nothing that you say, do, or wear can make you responsible for being raped
- ◆ Do not let people make you feel guilty or ashamed for having been raped
- ◆ Rapists are criminals and will go free to rape again unless victims take action
- ◆ Taking action may help you to recover from the trauma of rape
- ◆ You can – and should – get help in dealing with the trauma of rape
- ◆ You are not alone