

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.

Sodomy is when a man puts his penis into another person's anus without her/his consent.

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

AND

The man knows this, (for example because he has attacked you or you do not 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 the 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/hospital and that she takes a medical form with her.
- ☞ **Do** make photocopies of all documents you give to the police
- ☞ **Do** inform the police of names, addresses, and descriptions of any person/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.

This could happen to you. Women must know their

If you feel that:

- ☒ Someone is sitting or standing too close to you and seem to enjoy your discomfort
- ☒ Someone is staring at you in a way that unnerves you
- ☒ Someone is blocking your way
- ☒ Someone is speaking to you or acting in a way as he/she knows you more intimately than he/she does
- ☒ Someone grabs you or pushes into a place where he/she can get their own way
- ☒ Someone doesn't listen when you say NO

Assert yourself by:

- ☞ Getting angry when someone does something to you that you do not want/like
- ☞ 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 being raped
- ☛ Rapists are criminals and will go free to rape again unless victims take action
- ☛ Taking action may help you recover from the trauma of rape
- ☛ You can – and should – get help in dealing with the trauma of rape
- ☛ You are not alone

Helping a friend:

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

Services Offered by Help & 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 new volunteers
- ✕ School talks to educate young people about violence
- ✕ Go with you to the doctor
- ✕ Going with you to report the rape

Our Phone Number: **227-3454**

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

Who will talk with you: **A trained counsellor**

***All information is confidential**

If you want more specific information about rape, please contact Help & Shelter.



Help & Shelter

Next to the Ministry of Housing
Bottom Flat
Homestretch Avenue
D'Urban Park
Georgetown

Phone: 225-4731

Hotline: 227-3454

Fax: 227-8353

Email: hands@networksgy.com

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

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Help & Shelter

Rape



What to do if it happens to you.....