

About Sexual Violence

HYCS

Pocket guide

HYCS

Talking to us can really help
Hounslow Youth Counselling Service

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Affected by sexual violence?

If you've been affected by sexual harassment, sexual assault or rape it can be a bewildering and emotional time - you don't need to cope on your own! Read on for practical information to help you understand the support and options available to you.

What is sexual violence? Sexual violence is a term that refers to any non-consensual sexual activity or behaviour and includes rape, sexual assault, sexual abuse and sexual harassment.

Sexual harassment is unwanted behaviour of a sexual nature that violates someone's dignity, making them feel intimidated, humiliated or degraded or which creates an offensive or hostile environment. It includes physical contact and displaying images or messages of a sexual nature without consent.

Rape is when a man forces someone to have penetrative sex (vaginal, oral or anal) using their penis or has sex without consent. Both men and women can be raped however, in law only men can rape another person, otherwise it is considered sexual assault. Both are serious offences and are treated similarly in court.

Sexual assault is when someone (male or female) intentionally touches another person on any part of the body in a sexual way that is unwanted and without consent or when someone is forced to take part in sexual activity without their consent (including kissing and sexual touching).

Sexual assault by penetration is when a person penetrates someone with another part of their body or an object without their consent.

About Consent Consent is only given when all participants mutually agree to something by choice and with the freedom and capacity to choose. Consent is always needed, each time and throughout each sexual encounter - it's OK to change your mind, consent can be withdrawn at any time, it may be limited (to one form of sexual activity but not another) or it may be conditional (ie you may agree to protected sex only). Sexual activity without consent is illegal at any age. See our HYCS pocket guide on Consent to find out more.

Get Help In an Emergency - Call 999

If you are in imminent danger or have been physically hurt and need the support of emergency services, call **999**. If you are too scared to speak or make a noise, the **Silent Solution System** enables a 999 mobile caller to **press 55 when prompted** – to inform police you are in a genuine emergency.

- **Rape Crisis** 0808 500 2222
www.rapecrisis.org.uk/
Independent, confidential services for women and girls of all ages who've experienced any form of sexual violence.
- **Solace Rape Crisis Helpline** 0808 801 0305
<https://www.solacewomensaid.org/solace-rape-crisis>
For women and girls aged 13+ in North London who have experienced sexual violence at any time.
- **NHS – Help After Rape and Sexual Assault**
<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>
- **The Mix – Sexual Assault Referral Centre (SARC)**
<https://youtu.be/GkHAU2yNnKE>
Explains how to refer yourself to a SARC.
- **The Havens** 020 3299 6900 24/7
<https://www.thehavens.org.uk/media/Self-Help-Guide-for-Survivors-of-Sexual-Assault-v.2-March-2019.pdf>
Support & Self Help Guide for anyone sexually assaulted or raped within the last 12 months;
- **Survivors' Gateway - London** 0808 801 0860
<https://survivorsgateway.london/>
Specialist support in London for anyone age 13+ affected by rape and sexual abuse.
- **Survivors Trust** 08088 010818
www.survivorstrust.org
Resources for those affected by sexual violence.
- **Survivors UK** Chat online or Message +44 7491 816064 on WhatsApp.
<https://www.survivorsuk.org/>
For male survivors of rape or sexual abuse including anyone who identifies as male, trans, non-binary.

• Victim Support

<https://www.victimsupport.org.uk/crime-info/types-crime/rape-and-sexual-assault/>, support for anyone affected by a crime regardless of whether reported to the police.

• Women and Girls Network (London) –

0808 801 0660 advice@wgn.org.uk
Free service for women who affected by all forms of violence and abuse.

• NSPCC 'Report Abuse in Education'

0800 136 663 help@nspcc.org.uk.
A dedicated NSPCC Helpline for victims of sexual abuse.

• Galop – National LGBTQ+ Helpline –

0800 999 5428 London Helpline 020 7704 2040
LGBTQ+ anti-violence charity offering support to those affected by hate crime, sexual violence or domestic abuse.

Harassment & Online Harassment

• National Stalking Helpline,

Suzy Lamplugh Trust 0808 802 0300

• Revenge Porn Helpline. (for over 18's only) –

03456 000459
Confidential support and advice for over 18's affected by intimate image abuse.

• Childline – Report Remove Tool (Under 18's)

<https://www.nspcc.org.uk/about-us/news-opinion/2021/childline-tool-remove-nude-images-online/>
Tool to help remove unwanted nude images that have been shared online.

• Think U Know – <http://www.thinkuknow.co.uk/>

Support and advice to protect any young person 4-18 years both online and offline.

Other Help

• Childline 0800 1111

<https://www.childline.org.uk/>

• Samaritans 116 123 24/7

• YoungMinds Crisis Messenger

Text YM to 85258

• HYCS – www.hycscounselling.co.uk

Check out the HYCS Pocket Guides and Self Help Hub for support information on where to get support.

• Refuge – 0808 2000 247 (24 hour helpline)

Information and advice for women/girls concerned about their partner's behaviour.

Safety Note – Please only download information if it is safe for you to do so and if you are sure that your device isn't being monitored.