of a sexual nature without consent. by/sicsl confact and displaying images or messages wolf whistling, sexual Jokes/comments, unwanted creates an offensive or hostile environment. It includes teel intimidated, humiliated or degraded or which nature that violates someone's dignity, making them **Zexnal harassment** is unwanted behaviour of a sexual

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

options available to you.

sexual violence? Affected by

or an object without their consent. penetrates someone with another part of their body Zexnal assault by penetration is when a person (iucinding kissing and sexual touching). in sexual activity without their consent when someone is forced to take part that is unwanted and without consent or on any part of the body in a sexual way female) intentionally touches another person Sexual assault is when someone (male or treated similarly in court. assault. Both are serious offences and are another person, otherwise it is considered sexual can be raped however, in law only men can rape or has sex without consent. Both men and women penetrative sex (vaginal, oral or anal) using their penis

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 Sexual activity sexnal activity but not another) or it may be conditional withdrawn at any time, it may be limited (to one form of encounter - it's OK to change your mind, consent can be always needed, each time and throughout each sexual with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

Rape is when a man forces someone to have



Talking to us can really help **Hounslow Youth Counselling Service** 

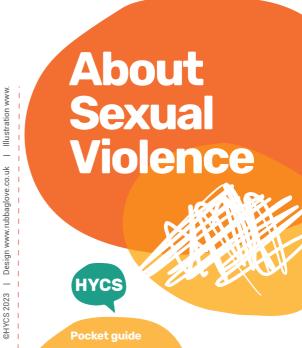
T 020 8568 1818 SMS 07784 481308 E ask@hycscounselling.co.uk www.hycscounselling.co.uk

78 St John's Road, Isleworth, Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

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## 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 Lond

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-Assaultv.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.

