

Help for you if you think you have been sexually abused



There is no right or wrong way to feel if sexual abuse has happened to you. It is normal to feel worried, angry, upset and have bad dreams. You may be too scared to go out. Not want to see your friends or family or look after yourself.



Never keep sexual abuse a secret. Trusted people will help you. It is not your fault and you can feel better.

Ask for help from a friend, support worker or someone else you trust.



You can tell the police, or ask someone safe to help you tell the police.

If someone has hurt you or you are scared you are going to be hurt call 999.



If you need some support call;



**National Domestic Abuse Free
24 hour Helpline 0808 2000 247**



**The Women's Centre Cornwall
Helpline on 01208 77099**



**Cornwall Adult Social Care
0300 1234 131**



Sexual Violence

Is when;

Someone makes you do something sexual or touches parts of your body in a way that makes you feel uncomfortable or bad.

It is a serious crime and is against the law.

Sexual Violence is always wrong.



It's your body, your right to say 'No' if you don't want to be touched or have sex



People should not force you to have sex or touch them if you don't want to

Sexual Violence includes

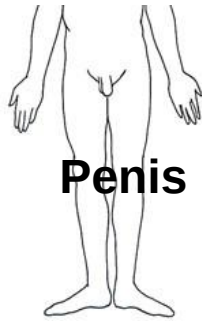
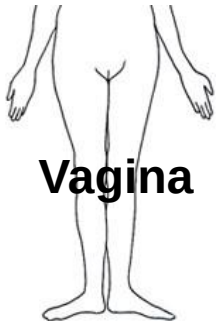


Rape

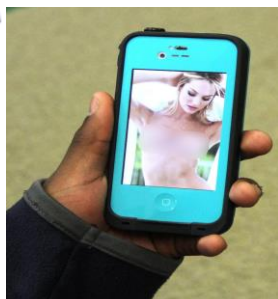
Is when someone forces you to have sex with them when you **do not want them to**, this includes: putting a penis in your mouth, vagina or bum

Sexual Abuse

Is when someone makes you do anything sexual that you **do not want to do**, this could be:



- Makes you undress or show private parts of your body you usually keep covered up.
- Touches you in a place that makes you feel uncomfortable or bad.
- Takes their clothes off and shows you parts of their body that you do not want to see.
- Makes you touch them in places that make you feel uncomfortable or bad.
- Takes photos of you when you are not dressed.
- Wants you to watch sexy films or look at sexy pictures. Makes sexy films or sexy pictures of you that you do not want.



Who can hurt you?



The person can be a man or a woman



Someone who does not live in your home but visits your house.



Your brother, sister, mother, father, friend, or other family member.



Or your carer