

# Sexual Violence



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## Sexual Violence

### This booklet will teach you:

- What is violence
- What is sexual violence
- How to recognise sexual violence
- What to do when you experience sexual violence
- What are the dangers on the Internet
- How to be safe on the Internet

## What is violence

Violence is:

when somebody does something unpleasant to us,  
or something that we don't want.

Violence is:

- fighting,
- pinching,
- biting.

This type of violence is called **physical violence**.

We also know **psychological violence**.

Insults are an example of psychological violence.

A **violent person** is someone who:

- beats you,
- makes you do unpleasant things that you don't want to do,
- forces you to have sex,
- uses violent words.

Both men and women can be violent.



## What is sexual violence and harassment

There are different types of violence connected to sex.  
Sexual violence can happen to anyone.

Someone who is violent is called a violent person.  
The violent person uses their power.  
Both men and women can be violent.

### **Important!**

People who have been raped  
or sexually harassed  
often have the feeling  
that it was their fault.

**The violent person is always responsible  
for sexual violence.**

**The victim is never guilty.**

**Sexual violence and harassment** is  
when somebody forces you to:

- have sex,
- watch sex,
- talk about sex.

### **Rape** is

when somebody forces you to:

- have sex,
- have anal sex (have sex in the anus),
- have oral sex (have sex with the mouth).

If someone forces you,  
this means that you don't want to do a certain thing.

Sexual violence or harassment  
are things connected to sex  
that somebody forces you to do  
even if you don't want to do them.

## Your intimate parts

There are parts on your body that no one can touch unless you allow it. No one may touch you, if touching is unpleasant for you.

People are different in connection to this.

For example, some people don't like other people touching their ears. Some people don't like other people touching their shoulders.

Look at the picture on the next page.

We marked the body parts that most people consider **intimate**.

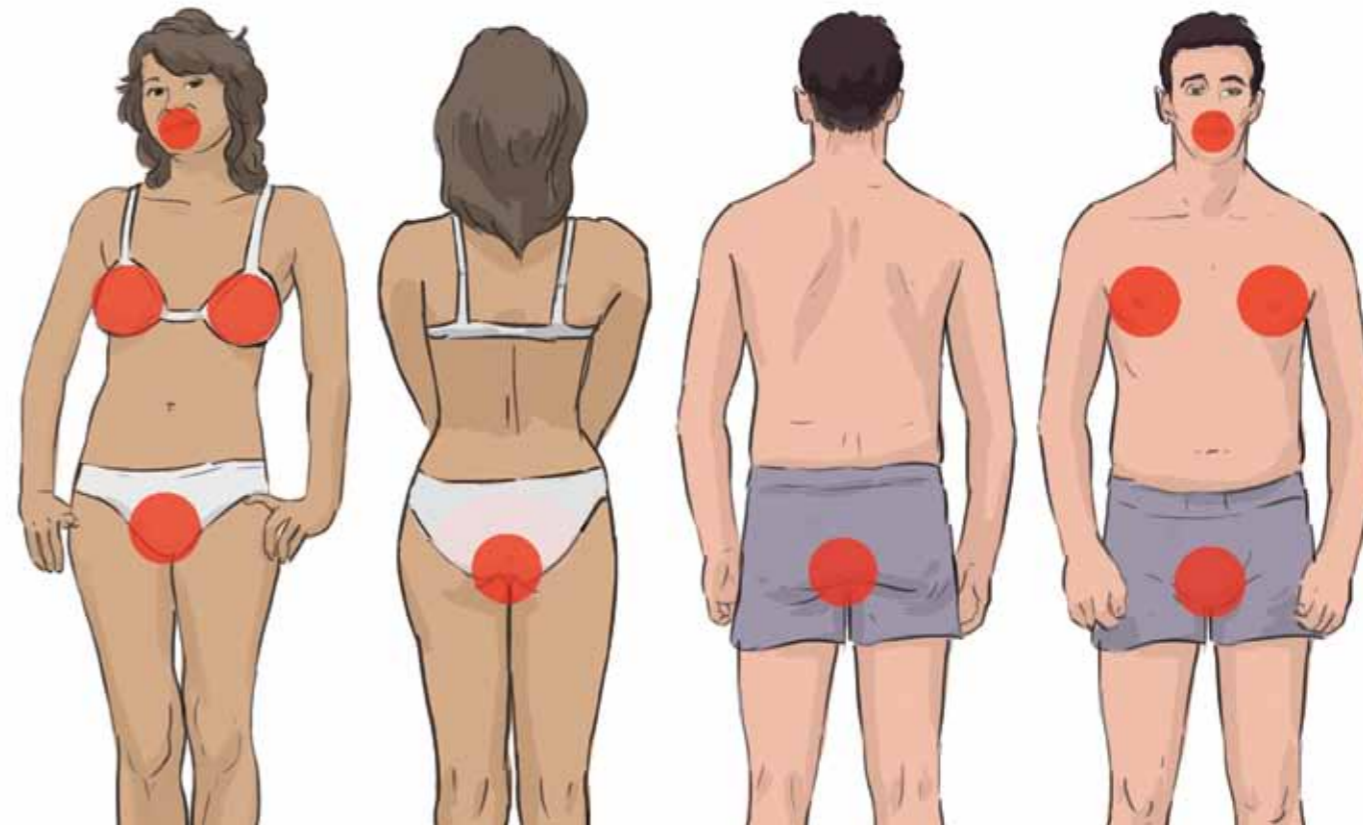
Usually these are:

- mouth,
- breasts,
- bottom,
- vagina or penis.

Only a person who is close to you can touch these parts.

This person can only touch these parts if you like and want it.

What is pleasant or unpleasant?  
Every person decides on their own.



## If you don't want to, no one may talk with you about:

- sex,
- caressing,
- making love,
- breasts,
- penis,
- vagina.

No one may talk about your or their body without permission.

### **It is ok**

to talk about sex with:

- close friends,
- your girlfriend or boyfriend,
- your husband or wife.

### **It is not ok**

when a person talks about these things  
and you don't want to talk about them.

**This is sexual violence and harassment.  
Unless we want to,  
no one may do this to us.**



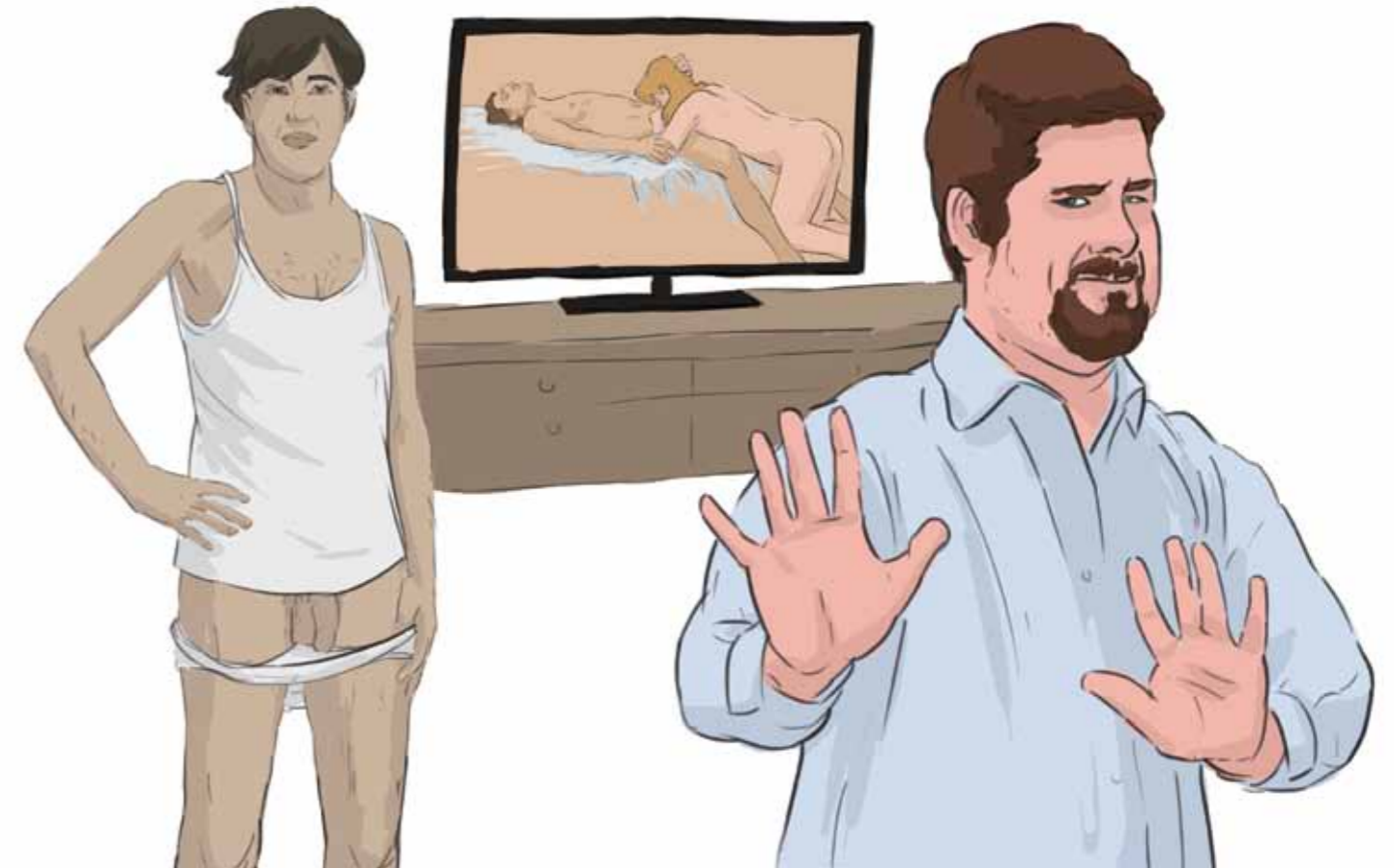
## If you don't want to, no one may show you:

- photos of naked people,
- photos of people having sex,
- films with naked people,
- films with people having sex or touching each other.

## No one may do this before you:

- take off all of their clothes and show their genitalia,
- touch themselves,
- caress themselves.

**This is sexual violence and harassment.  
Unless you want to,  
no one may do this to you.**



## If you don't want to, no one may:

- hug you,
- kiss you,
- touch and caress you,  
especially on your breasts, bottom,  
and between your legs,
- force you to have sex,
- force you to touch somebody else,
- take photos or videos with you naked,
- take photos or videos of you during sex.

**This is sexual violence and harassment.  
Unless you want to,  
no one may do this to you.**





**If you don't want to,  
the following people may not do these things to you:**

- your boyfriend or girlfriend,
- your husband or wife,
- a stranger (man or woman).

These things may **never** be done by:

- your father or mother,
- your brother or sister,
- your grandma or grandpa,
- another member of the family.

These things may **never** be done by your:

- assistant,
- doctor,
- teacher.

**You mustn't be sexually violent towards other people.**

**Where can sexual violence happen**

Sexual violence can happen anywhere,  
for example:

- at home,
- at school,
- at work.

Somebody may also attack you:

- on the street,
- in an underpass –  
this is  
an underground tunnel  
under the street,
- at the cinema.



Things that are listed below are **ok**.

This is not  
sexual violence or harassment:

- When someone compliments your shirt:  
**You have a nice shirt.  
It suits you.** ✓
- When someone compliments you,  
for example by saying  
that you're beautiful:  
**You have beautiful eyes!** ✓
- When the doctor touches you.  
But be careful!  
The doctor may only touch you during an examination. ✓  
The doctor can only touch you where necessary.  
For example, for a throat examination  
you don't have to take off your knickers.



- When you voluntarily talk about sex:
  - at school ✓
  - at the care centre and work centre ✓
  - at a seminar ✓
- When someone touches you as a friend. ✓
- When your assistant helps you to bathe  
or if you need help going to the bathroom. ✓



## Alcohol and drugs

If someone does something bad to you when you're drunk or on drugs, it's not your fault.

This is sexual violence.

## Agreeing because you are afraid

If you agreed to have sex because you were afraid to say NO, this doesn't count.

Sexual violence is also when:

- you don't fight back because you're afraid,
- you don't say NO because you're afraid.



## What can you do if you're a victim of sexual violence?

### You

How do you know that you were a victim of sexual violence?

The most important is your feeling.

You feel that something bad and wrong happened to you.

If you feel like this you have to talk about it with a **person that you trust** and love.

For example, you can talk to:

- a family member,
- a friend,
- your assistant.



### Your loved ones:

Tell a person whom you trust.

It is not ok:

- to keep these things to yourself,
- not to do anything.

People who are sexually violent often act violently.

You can be a victim of sexual violence more than once.



## Counselling office

Some cities have **counselling offices** for people who were victims of sexual violence or harassment.

At counselling offices they advise people.

At the counselling office they will help you to decide:

- what to do,
- how to protect yourself from sexual violence.

At the counselling office they will not force you to do anything.

You can also call or write to a counselling office.

You can find addresses and telephone numbers on the Internet.

If you don't know your way around the Internet, ask for help.



## Doctor

You should visit a doctor if the violent person:

- harmed you,
- touched you,
- beat you,
- raped you.

The doctor will examine you and write a report.

After having sex with a violent man,  
the woman can get pregnant.

**If you suspect that you're pregnant,  
you have to see the doctor.**



## Police

If you get raped or sexually assaulted, you don't have to report this to the police.

But it is very good if you **report** the assault. The police will help you.

If you report the assault, the following will happen:

The police will ask you questions:

- who did this to you,
- how did this happen,
- when did this happen,
- what did the violent person do to you.

The police will search for **evidence** and **witnesses**. Witnesses are other people who saw or heard the violence.

If the police find the evidence and witnesses or if the violent person confesses the violence, they will charge the violent person and send them to court.

The court will punish the violent person.

**The police cannot tell the violent person what's your name and where you live.**



## Facebook, the Internet, and sexual violence and harassment

### Facebook

Facebook is a website.

On Facebook, people have their own pages where they:

- write about themselves,
- talk and meet with different people.

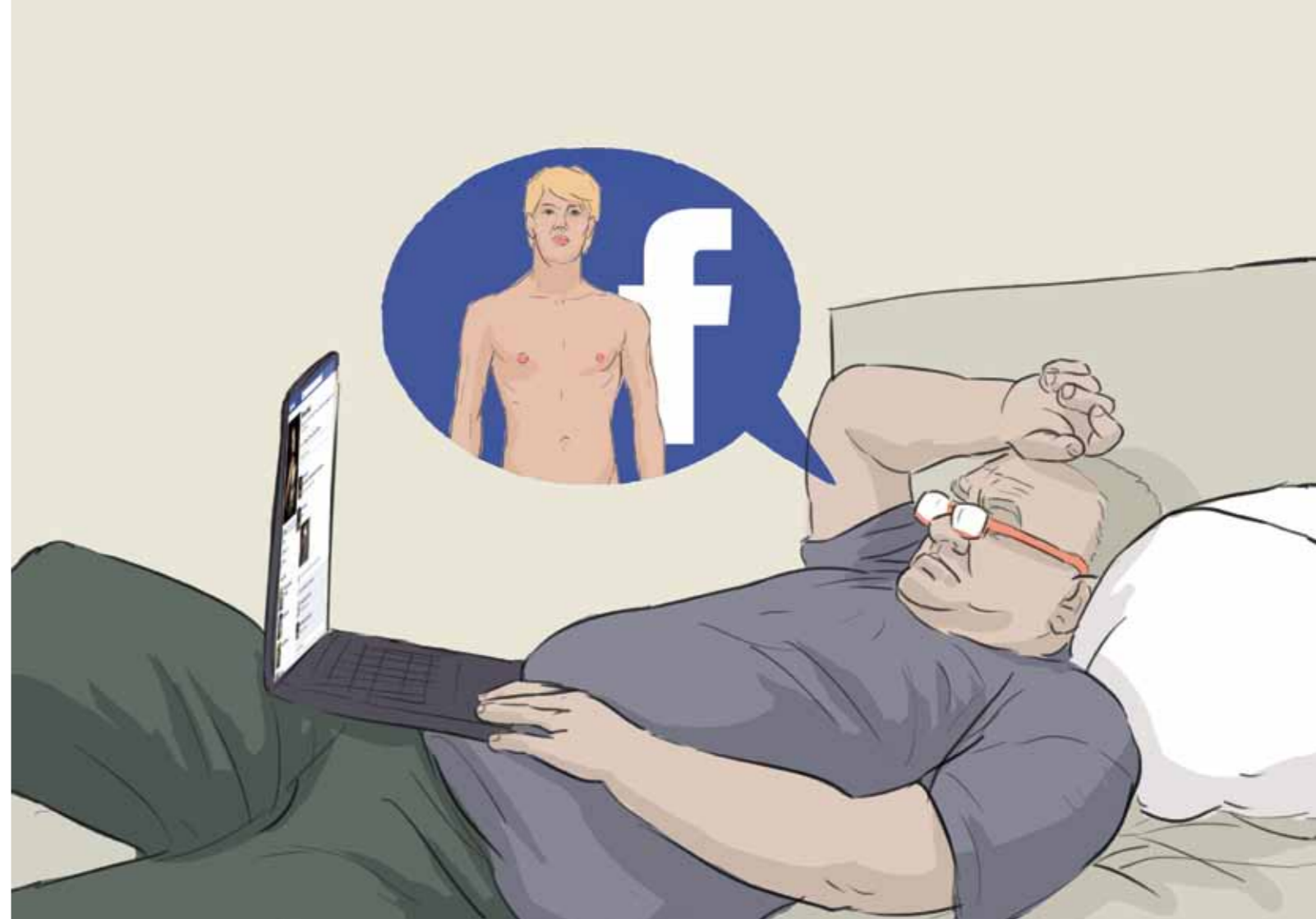
Facebook is a social media or social network.

You can meet many people on Facebook.

Often, you don't know anything about these people.

You only know the things that they write about themselves.

People on Facebook may lie.



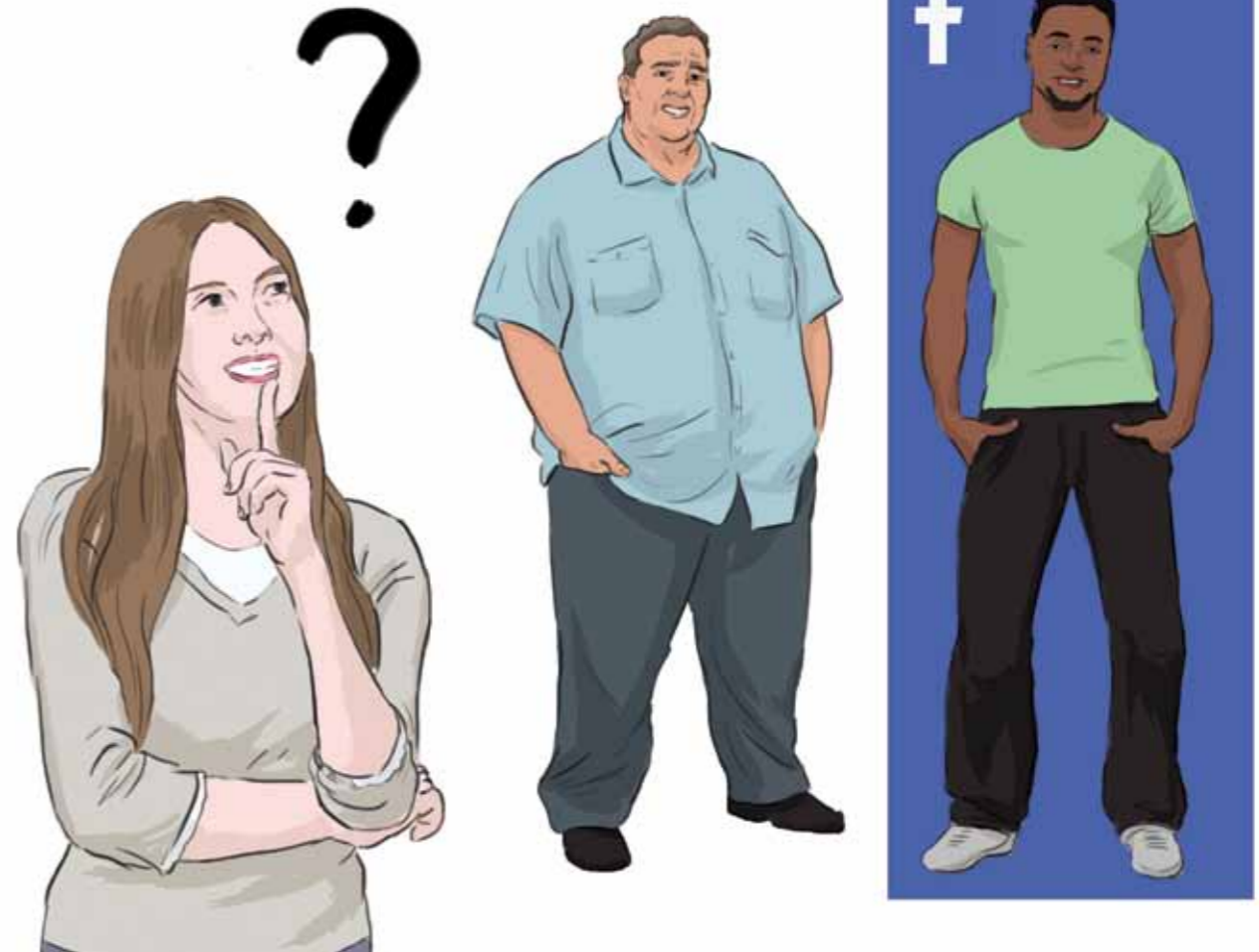


## Internet dating

You can find a boyfriend or girlfriend on the Internet.  
Just like Facebook,  
internet dating can also be dangerous.  
You are talking to a person  
that you don't know anything about.  
You only know the things  
that this person writes about themselves.  
This person can tell you lies.

Example:

You are messaging with a boy.  
The boy says that he is 15 years old.  
In reality, he is 50 years old.



## Safe use of Facebook

You shouldn't post too much information about yourself on Facebook.

### Don't post:

- where you live,
- where you go to school, work, or which care centre and work centre you go to,
- when you leave your home (for example to go on holiday),
- what kind of things you have at home,
- personal things that you don't want to share with others.

Don't add people that you don't know as friends.

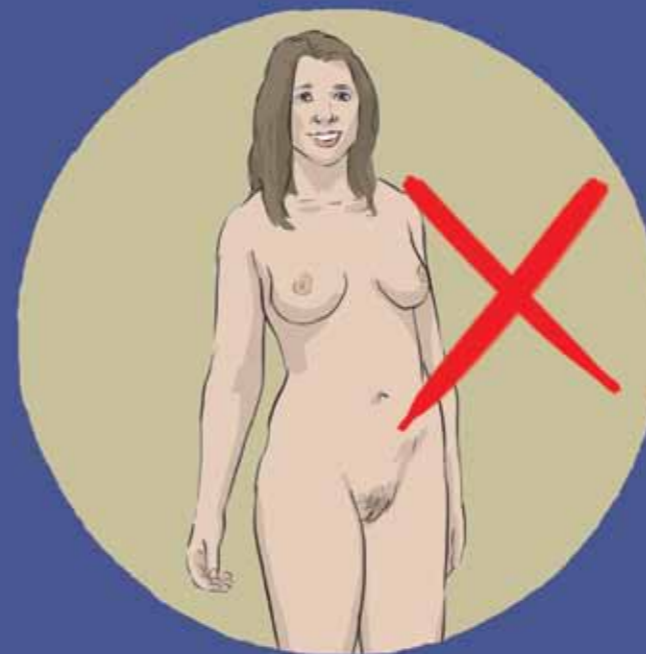
Don't post photos on Facebook where you are:

- naked,
- wearing swimsuits or underwear.

Also don't send such photos via email.

On the Internet, you **shouldn't write** about sex, making love, and love.

facebook



## A date with a person that you meet on Facebook or the Internet

It is easy to meet people on Facebook or the Internet.

When you want to meet a person  
that you only know from the Internet,  
you must be very careful.

The best is to invite this person to an event  
where your other friends will be.

For example, you can invite this person  
to a dance event or a trip.

You can also meet this person:

- at a café,
- at a teahouse,
- at a restaurant,
- at the cinema.

**You must always meet at a place  
where there are other people as well.**



If you want to meet a person that you only know from the Internet, you must be **careful**:

- Never go on the first date alone. You must always take a friend with you.
- You must tell somebody that you're going on a date. You also tell where and when you are going on a date. You give this person your telephone number, so that they will be able to check if everything is ok with you.
- You mustn't go on dates in unknown and deserted places. You must always go somewhere where there are other people around, for example at a café or in the city centre.

**You must always be careful with people that you don't know well. Even if they are nice to you!**





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**Easy-to-read booklet**



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## Further reading:

### Being a Man



### Being a Woman



### Love, Sex and Me



### A Visit to the Gynaecologist



### Pregnancy



### Childbirth



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