



NSW Rape Crisis Centre
Working against sexual violence

What is Sexual Assault?

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NSW Rape Crisis Centre

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NSW Rape Crisis Centre
Incorporating the National Sexual Assault, Family and Domestic Violence Counselling Line

24/7 telephone and online professional counselling and support for anyone in Australia who has experienced sexual assault, domestic or family violence and their non-offending family members and friends. Clinical debrief and support for professionals assisting someone who has experienced sexual assault, domestic or family violence. Counselling in NSW Women's Health Centres for adults who experienced sexual assault in childhood.

NSW Rape Crisis Centre www.nswrapecrisis.com.au 1800 424 017
National Sexual Assault, Domestic and Family Violence 1800 737 732


 Administration
Telephone 02 9819 7357 Facsimile 02 9819 6295
info@nswrapecrisis.com.au




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Myths and Realities

It could never happen to me. <i>Anyone can be sexually assaulted.</i>	Sexual assault is about uncontrolled lust. <i>It is a violent assault.</i>
Women ask for it by the way they dress and behave. <i>If you have money in your pocket does that mean you want to be robbed?</i>	Sexual assault is committed in dark alleys by strangers. <i>Most victims know their attackers.</i>



 Myths give sex offenders excuses.



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Sexual Assault in NSW



- 9,500 sexual or indecent assaults reported to NSW Police in 2011.
- 15% of sexual assaults are reported.
- 1% conviction rate.
- 1 in 5 Australian women will experience domestic violence or sexual assault at some time in their life.
- Most sexual assaults do not involve physical assault.

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Important things to say...

Say....	This is heard as...
He had no right to do that to you.	I believe you.
What happened is a crime.	It was not your fault.
I will do what I can to help.	You are not alone.





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Look after yourself

Assisting someone who has been sexually assaulted is difficult.
Their story can be distressing.
This can impact on you, its called vicarious trauma.

Have strategies to manage the impact.
family and friends, laughter and fun,
debrief and supervision,
be self aware, make sure you self care.



You are only human



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