



Surviving Rape

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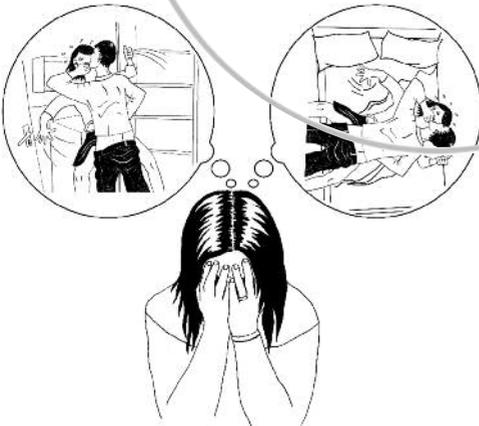


Rape is a crime of sexual violence, involving dominating someone in a sexual way.



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This can be done once, or on a repeated basis. In any circumstances rape is wrong, and it is always the fault of the rapist, not of the person who is attacked.





Rape is far more common than most people want to believe and it is usually women or girls who are raped, by adult men and sometimes by boys.

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Rapists can be men we know and trust, they are often respectable, likeable, and even good looking. You can't spot a rapist by looking at him.



Rape Crisis is a women's support service, provided by women.

We listen to women talk about rape.

We always take you seriously.



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If you have experienced rape or if you are supporting someone else who has been raped, then you can call the **Rape Crisis Freephone** and talk to us. Please leave a message if we are not there.

England & Wales
0808 802 9999

Scotland
0808 801 0302



If you have been **raped recently** and you want to talk to someone, then please phone us.



If you are not sure whether you want to tell anyone else, including whether to report to the police, you can also talk that over with us.



However, if you were **raped some time ago**, you can still call us now. If you feel that you want to talk then please do call Rape Crisis.



Don't feel bad about wanting to talk.

It is fine to talk to us, we will keep what you tell us confidential. We know that it helps to talk things over. We will not judge you and we will always listen.



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It is also possible to email or write to Rape Crisis and receive support. They will reply, if you want them to.



Find out how to do this by phoning the helpline or visiting the website to see who provides this help.





If you are **supporting someone who has been raped** then please give them space and time to tell you what they need to tell you, in their own time.



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Remember that this may be new to you, but it may be something that the survivor has lived with for some time.



Listen



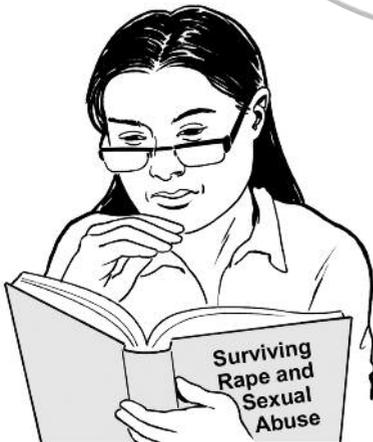
Be patient



Allow her time



Above all,
believe her and
be respectful



Have a look at some books and websites about surviving rape and sexual abuse, if you need to understand more.



Do remember that it is not the survivor's job to fill in gaps in your understanding.

Rape Myths

There are a lot of ideas about rape which blame women who get raped and which make it harder to survive rape.



Feminists call these "rape myths".



You may have previously thought that women were somehow to blame for what had happened for rape. This is common and not something you should reproach yourself for now.



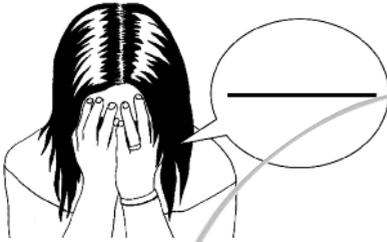
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It is often said that women should be able to keep themselves safe and that men cannot help raping. Neither of these things are true.

You can survive rape

There are very many different reactions to rape. None of them are “wrong” or “weird”.



It is normal to feel that you cannot talk about it.



But it is also normal to feel that you can't stop talking about what happened.



It is common to be raped by someone you thought was trustworthy, but it is also possible to be raped by someone else, perhaps someone you hardly know.





It is common to find that intimacy is very difficult for you.



It is also common to want sex a lot.



Many women cannot sleep and some sleep all the time. ©

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It is common to want to hurt yourself, but there are ways of surviving without hurting yourself.

You can talk over all or any of this, with the women at **Rape Crisis**. Find out more about us by having a look at our **website**:

England: www.rapecrisis.org.uk

Scotland: www.rapecrisisscotland.org.uk

© **CHANGE** www.changepeople.co.uk

