

# What is sexual abuse?

We can help you.



**Stop abuse!**



**Speak up!**



**Get help!**



Sexual abuse is when you are made to do anything sexual that you do not want to do.



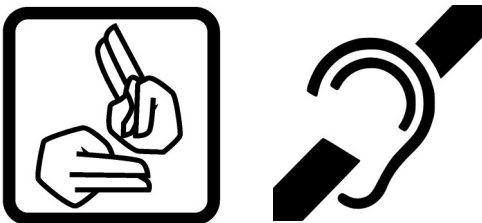
Read this booklet with someone who supports you.

You don't need to read it all at once.



**If you are in danger call 999**

If it is not an emergency call the Police on **101** or the Adult Protection Phone Line on **01383 602200**



People who use British Sign Language or who have a hearing loss should text the SMS Emergency number.



To register for this service send the word 'register' as a text to 999.

If it is not an emergency text:

- Police Scotland SMS 24 hour
- Fife Council SMS: 07781 480 185

Both these services need you to register.

The Police SMS number will be sent to you when you have registered.

Get both registration forms at:  
[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection).

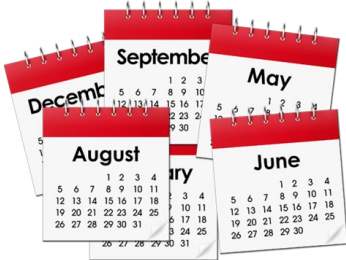


**Remember:**

**If you have been sexually abused:**



**It was not your fault.**



Many people do not speak about the abuse for a long time.



People often know the person who has hurt them.

It can be someone you are in a relationship with.



**Tell someone you trust.**

**You can get support.**



## **Rape is sexual abuse.**

It is a crime.

Rape is when someone makes you have sex with them when you do not want to.



Rape is when someone puts a penis in your mouth, vagina or bottom when you do not want them to.



You can say NO! at any time, even if you have said 'yes' before.



If you can't speak you can try to say 'NO!' with your body.



Some people just freeze and can't say or do anything.

**Being raped is never your fault.**



It doesn't matter what you were wearing.



It doesn't matter if you had been drinking,

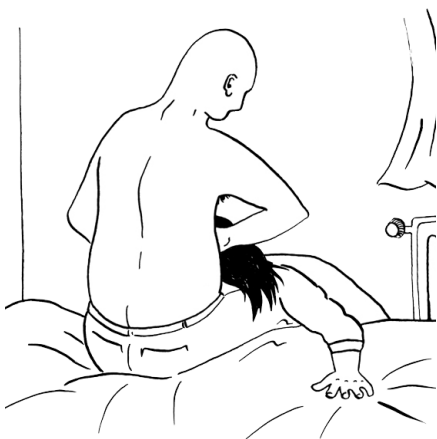


or taking drugs.



It doesn't matter if the person has:

- got angry or threatened you
- made you say 'yes'



No-one should make you do anything sexual that you do not want to do.

## **Sexual abuse could be when someone:**



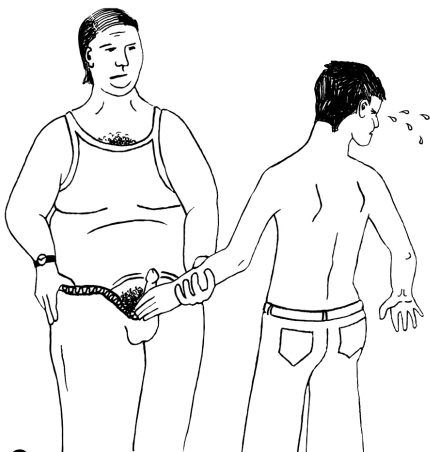
Makes you undress or show parts of your body you usually keep covered up.



Touches or gropes your body in a way that makes you feel uncomfortable or embarrassed.



Shows you parts of their body that you do not want to see.



Makes you touch them on their body where it makes you feel uncomfortable or embarrassed.



## Sexual abuse could be when someone:



- Puts other things like their fingers or an object in your vagina or bottom when you do not want them to.



- Takes photos of you or films you when you are not dressed.



- Shows you sexual films or sexual pictures you do not want to see.

## What is sexting?



Sexting is sending sexual messages, or naked pictures or videos that show private body parts.



If someone is making you send sexual pictures, this is sexual abuse.

If someone threatens to put your sexual pictures online when you don't want them to, this is a crime.



If this has happened to you call the Police on **101**.





## Keeping a secret

Someone might harm you and tell you to keep it a secret.



They might say things will get worse if you tell someone.



To stop you telling anyone, they might give you presents.



They might make you have sex with their friends.



Sexual abuse is difficult to talk about.

Telling someone you trust is important.

## What you might be feeling

Each person's experience of sexual abuse is different, so everyone has different feelings at different times.



There is no right or wrong way to feel.

If you have experienced sexual abuse you might feel:



- scared or angry or confused

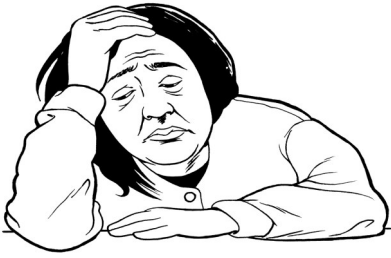


- shocked or stressed



- guilty or sad

## If you have been sexually abused you might:



- Not want to see people or go out



- stop looking after yourself or want to hurt yourself



- smoke or drink more than usual or use drugs



It can be hard to cope with your feelings.

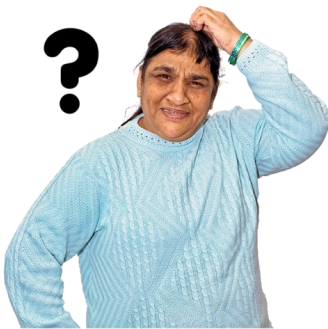
Lots of people will support you to talk about the sexual abuse.

## Telling someone

It can be hard to tell someone about the abuse because:



- you might not want to think about the abuse



- you might not know how to talk about the abuse



- you might be worried that it could make things worse



- you might think you won't be believed



**Telling someone might help you feel better.**

It might make the abuse stop.



It can help you to get support.



**You could talk to:**

- a friend or family member
- your doctor



You can ask to speak to a female or a male doctor.



## You could also talk to:

- the Police
- someone you trust at school or college



- someone you trust at work or at your community support service



- an advocacy worker who can help you to speak out.



Find information about advocacy at:  
[www.fifeadvocacyforum.org.uk](http://www.fifeadvocacyforum.org.uk)

There are also specially trained people you can talk to on the phone or face to face.

There is a list of support organisations on the back page of this booklet.





## Remember



**Sexual abuse is not your fault.**



The person who sexually abused you has done something wrong.



There are people you can talk to.



Call any of the numbers on the back page of this booklet.

# Support Organisations

## Fife Rape and Sexual Assault Centre (FRASAC)

frasac.org.uk

01592 642336

## Kingdom Abuse Survivors Project (KASP)

kasp.org.uk

01592 644217

email: info@kasp.org.uk

## Safe Space

safe-space.co.uk

01383 739084

email: contact@safe-space.co.uk

## Rape Crisis Scotland

Rapecrisisscotland.org.uk

08088 01 03 02

Free to call 6-12pm.

[www.fifedirect.org.uk/domesticabuse](http://www.fifedirect.org.uk/domesticabuse)

[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)

With thanks to People First (Fife), and Beverley Collins (Health Promotion Service, Fife Health & Social Care Partnership), for their advice and support.

If you need this booklet in large print, braille, audio CD or tape call: 03451 55 55 00.

If you need this booklet in another language call one of the Fife Council Language Lines below:

خط هاتف اللغة العربية: 03451 55 55 77

বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99

中文語言熱線電話: 03451 55 55 88

Polskojęzyczna linia telefoniczna: 03451 55 55 44

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