

Steps to reporting sexual violence

Sexual violence is when someone forces or manipulates you into unwanted sexual activity without your consent.



It can happen to anyone and those who abuse can be people close to you – family members, trusted people or strangers.

Sexual violence can be rape or sexual assault; child sexual assault or incest; intimate partner sexual assault; unwanted sexual contact or touching; sexual harassment; sexual exploitation; showing one's genitals or naked body to others without consent; masturbating in public; or watching someone in a private act without their knowledge or permission.

If you or someone you know has been a victim of sexual violence it can be helpful to reach out to trusted friends, family members, or support services for help. Reporting sexual violence is a personal decision, and it's important to prioritise your safety and well-being, including your mental health. You may not be ready to make decisions straight away. A support service can assist you in the process.

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| <p>➔ Get medical attention
If you have been physically injured, seek assistance. This may mean you choose to present to hospital for medical care, medical examination or request information about your rights.</p> | <p>➔ Seek counselling
Consider seeking counselling or therapy to help you cope with the trauma of sexual violence.</p> |
| <p>➔ Report the crime
You may wish to report what has happened to you to the police.</p> | <p>➔ Know your rights
Familiarise yourself with your rights as a survivor of sexual violence, including the right to privacy, protection from retaliation, and access to resources and support services.</p> |
| <p>➔ Preserve evidence
Where possible, do not wash, clean, or alter anything that may contain physical evidence of the crime, as this will assist if you want to make a statement to police or present to a hospital.</p> | <p>➔ Keep a record
Keep a record of any relevant information, including the date, time, and details of the incident, and any medical or legal reports.</p> |

If you are in immediate danger, **call 000** for non-emergency reporting phone, Policelink on **131 444** or for support phone DVConnect's Sexual Assault Hotline on **1800 811 811** (24 hours).