



WE HEAR YOU, WE BELIEVE YOU, WE SUPPORT YOU

Sex and sexual activity without your consent is **not OK X**

Sharing sexual imagery is **not OK X**

Harassment, bullying and intimidation is **not OK X**

**WE ALL HAVE THE RIGHT TO FEEL SAFE
IN WHATEVER WE CHOOSE TO DO**

If you have been sexually abused, or know somebody who has, we want to help you get the support, advice and guidance you need. There are a number of organisations who are available to offer sensitive advice and who can support and help you.

SUPPORT SERVICES

NSPCC Independent Helpline: 0800 1362 663

Anyone can seek expert advice and safely report abuse that has happened or is happening in educational settings.

Email: help@nspcc.org.uk

Devon Rape Crisis and Sexual Abuse Services
– devonrapecrisis.org.uk

Devon and Cornwall SARC
– sarchelp.co.uk/information-sexual-assault

Childline – childline.org.uk/get-support

Thinkuknow – thinkuknow.co.uk/14_plus/help

Stop It Now! – stopitnow.org.uk/helpline/?utm_source=bing&utm_medium=ad&utm_campaign=stop-helpline

Refuge – refuge.org.uk/get-help-now/for-teenage-girls

The Mix

- Crisis messenger (24/7 support if you need help right now)
– Text THEMIX to 85258
- Group chat with others aged 11-25 (specific time slots)
– themix.org.uk/get-support-group-chat
- Discussion boards – community.themix.org.uk

INFORMATION AND GUIDANCE ABOUT SEX AND RELATIONSHIPS

NSPCC

– www.nspcc.org.uk/keeping-children-safe/sex-relationships

Devon Sexual Health – devonsexualhealth.nhs.uk/sex-relationships/are-you-ready-for-sex

Brook – brook.org.uk

Childline info and advice – childline.org.uk/info-advice

Health for teens – healthforteens.co.uk/relationships

Rise above – riseabove.org.uk/topic/love-life

WHAT IS SEXUAL ABUSE?

Sexual abuse is when someone is forced or tricked into taking part in sexual activity with another person.

Sexual abuse includes; being forced to have sex (intercourse), look at sexual pictures or videos, do something sexual or watch someone do something sexual either in person or online.

Sexual abuse also includes; rape, indecent exposure, sexual harassment, subjection to pornography and sexual photography.

Sexual harassment is a type of bullying and can happen anywhere.

FACTS ABOUT SEXUAL ABUSE

- sexual abuse can happen to both girls and boys
- it includes; grabbing your private parts, spreading sexual rumours, saying inappropriate things about the way you look, calling you names such as 'slut' and 'whore', objectifying you by talking about your body parts or touching you in a way you don't like
- someone could be sexually abused by a stranger, somebody they love and trust or a boyfriend or girlfriend
- someone could be sexually abused by a person of the same sex
- sexual abuse isn't always 'full sex' – it can also include touching, kissing, oral sex or anything sexual
- sexual abuse can happen online as well as offline
- sexual abuse can happen at school or college and someone could be sexually abused by a classmate or a friend
- you are not alone and there are people who can help you.

TELL SOMEONE YOU'VE BEEN SEXUALLY ABUSED

Sexual abuse is one of the hardest things to talk about and speaking up is a brave thing to do. It is important to remember that it is NEVER your fault and there is support available for you. Organisations that are available to support you are listed below.

ARE YOU WORRIED ABOUT A FRIEND?

Perhaps you have noticed that they are behaving a bit differently or that they have seemed unhappy or distant recently. They may have opened up to you about abuse or an issue they are worried about. There might be some pictures of your friend online or they may have met someone who is making them feel uncomfortable.

If something doesn't feel quite right, trust your instincts. It is really important that you help them.

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