

Sexual Abuse

This is a factsheet on different types of sexual abuse, with details of services that offer help.

Definitions of Rape

This occurs when someone forces you to have sexual intercourse with them without your consent. It is normally defined as penetration of the anus or the vagina either by a penis or another object, such as a finger. Rape also refers to situations in which consent is obtained by force or threats, or if the person is below the age of consent, is intoxicated by drugs or alcohol, or has some form of mental or developmental impairment or disability and so may not be aware of the implications of what is happening.

Statutory rape is defined in law as intercourse between an adult and a minor (person under 16), to protect young people on the grounds that they are legally unable to give informed consent.

Sexual assault refers to other forced or non-consensual acts which are not deemed as rape by law. This includes someone sexually stroking or touching intimate parts of your body or in places that make you feel uncomfortable, when you don't want them to, or when they might make you touch them in these places when you don't want to.

Incest is a term which denotes that members of one's family, be it a child, parent, grandparent, sibling, aunt or uncle, engage in sexual activity or to do something of a sexual nature with each other. It commonly refers to forced sexual contact between an adult relation and a child, and is therefore also rape.

Date Rape takes place when rape or other non-consensual sexual activity occurs between people who already know each other, such as a friend or an acquaintance, or between two people in a dating relationship.

Gang rape, now being referred more to as 'group' rape, occurs when a group of people engage in sexual activity with someone without their consent, or is forced in to doing so against their will.

Drug rape takes place when someone's drink is spiked by a drug, like Rohypnol. The person loses consciousness and may even experience memory loss. Someone may not realise they have been raped until some days later when they begin to have flashbacks. Some people may awake in another place, uncertain as to how they got there, but the bruising and soreness of their body will alert them that something has happened to them.

Rape as war torture

Rape is also used as a form of torture in times of war and strife.

Where to get help

If you suspect or discover that a child is or has been sexually abused, you must inform your local police or contact social services immediately. For details on Child Sexual Abuse please see Helpline and websites below:

If you have been a victim of a sexual crime, although you may find it difficult, you should report the incident to the police as soon as possible. Immediately after the assault you may want to wash yourself or change your clothes, but the police are more likely to find forensic evidence if you don't. You may like to take someone with you to the police station for support, such as a friend. You can also ask to be seen by a police officer and to be examined by a doctor of a gender that will make you feel more comfortable.

You may need to talk at length about your distress. You can ask for counselling, from your GP or a local service, or from a specialist organisation (see below and link). If you experienced sexual abuse as a child, you may want to spend some time talking about this and so ask for longer-term counselling.

Local Services

Police Community Safety Unit

Harrow Police Station, 74 Northolt Road, South Harrow, HA2 0DN

Tel: 020 8733 5410 | 020 8733 3452

Investigates crimes perpetrated against vulnerable people.

Stanmore College counsellor

Stanmore College, Elm Park, Stanmore, Middlesex, HA5 3SD

Tel: 020 8420 7766 | Email: r.patashniki@stanmore.ac.uk | Website:

<https://stanmore.ac.uk/Pastoral-Support>

Mon-Tues 8.30-4.30pm. Wed 8-12.00pm. Thurs 1-4pm. Fri 9.30 - 3pm.

Offer one to one long term counselling, brief therapy and crisis counselling. Advice is also available on legal issues.

Watford Rape and Sexual Abuse Line:

WRC, PO Box 2356, Watford, WD18 1QD

Tel: 01923 249511 for cheaper mobile rates| Email: info@wrd-info.org| Website: www.wrc-info.org

Open: Sat 10.00 am-12.00 noon (Answerphone at all other times)

A free and confidential helpline offering support and information for women who have been raped or sexually abused.

The WISH Centre

Unit 4A, Livingstone Court, 55 Peel Road, Wealdstone, Harrow HA3 7QT

Tel: 020 8416 7277 | Email: info@thewishcentre.org.uk | Website: www.thewishcentre.org.uk

The WISH centre runs the Girls Xpress! self help and support group for young women who self harm, aged 13-19. They offer peer counselling, advice and support, crisis intervention and training.

Women and Girls Network

Address: Women and Girls Network, PO Box 13095, London W13 3BJ

Website: <https://www.wgn.org.uk>

Advice Line- Tel: 0808 801 0660 | Email: advice@wgn.org.uk | Mon-Fri 10am-4pm, Late Weds 6pm-8pm

London Survivors Gateway: 0808 801 0860 | Website: survivorsgateway.london | Mon-Fri 10am-4pm

Sexual Violence Helpline- 0808 801 0770|Mon-Fri 10am-12:30pm & 2:30-4pm, Late Weds 6pm-9pm

Women and Girls Network is a free service run by women, for women in London who have been affected by all forms of violence and abuse.

Yakeen Counselling Services

Tel: 020 8427 6796 (24 hour answerphone) | Email: yakeen_dawn@yahoo.co.uk | Web: <http://www.dawncharitabletrust.com/yakeen/>

Opening Times: Mon, Tue, Thu & Fri 10.00am-4.00pm Wed 5.00 – 10.00 pm

The counselling service is available to Asian women experiencing depression, loneliness, women who have been affected by bereavement, relationship problems, cultural alienation, domestic violence, rape, childhood abuse or any other difficult circumstance. Counselling is offered in several Asian languages, and interpreters may also be used.

Greater London

Waterloo Community Counselling

Barley Mow Clinic, Greet House, Frazier Street, London, SE1 7BD

Tel: 0207 928 3452 (staffed 9.30am-5.30pm) | Email: info@waterloocc.co.uk

| Fax: 0207 928 3454

Website: www.waterloocc.co.uk

A service providing counselling and group therapy to refugees and asylum seekers.

Mosac (Mothers of Sexually Abused Children)

c/o West Greenwich Community and Arts Centre, 141 Greenwich High Road,
London, SW10 8JA

Tel: 0800 980 1958, 0208 293 9990 | Email: enquiries@mosac.org.uk

| Website: www.mosac.org.uk

Supports non abusing parents and carers whose children have been sexually abused with advice, information and counselling.

Medical Foundation for the Care of Victims of Torture

111 Isledon Road, Islington, London N7 7JW

Tel. 020 7697 7777 | web: www.freedomfromtorture.org | fax: 020 7697 7799

Provides medical treatment and psychotherapeutic support for those who have survived torture, including rape.

London Survivors Gateway

Website: <https://survivorsgateway.london>

Tel: 0808 801 0850

The London Survivors Gateway offers victims and survivors of rape and sexual abuse help to access specialist services in London.

Helplines

Childline

Address: Childline, Freepost NAT1111, London , E1 6BR

Helpline: 0800 111 (Free) | Website: www.childline.org.uk

Free, 24-hour helpline for children and young people in the UK. Creating an account on their website provides message boards and 1-2-1 chats with site counsellors.

Harrow Samaritans (24hrs)

44 Station Road, HARROW, Middlesex HA1 2SQ

Telephone: 020 8427 7777 or National no: 08457 90 90 90 | Lifeline - 01262 469 085 | Email: jo@samaritans.org | Website: www.samaritans.org/harrow

Help for victims of violence in the home, sexual abuse and incest providing support for people experiencing violence within the home

NAPAC (National Association for People Abused in Childhood)

42 Curtain Road, London, EC2A 3NH

Website: www.napac.org.uk | Email: info@napac.org.uk (general enquiries)
support@napac.org.uk (support)

Support and counselling to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse and neglect.

NSPCC

Weston House, 42 Curtain Road, London, EC2A 3NH

Free Helpline: 0800 800 5000 24hrs | Email: help@nspcc.org.uk | Website: www.nspcc.org.uk

Asian Child Protection Helpline: 0800 096 7719 (Mon-Fri 10.00am-6.00pm)

If you are worried about a child's safety or if you need help or advice. There is also detailed information available on the website.

www.donhideit.com aimed at 11-16yr olds which encourages them to tell someone they trust that they are being sexually abused, and advice and help.

Stop it Now!

Nightingale House, 46-48 East Street, Epsom, KT17 1HQ

Helpline: 0800 1000 900 | Tel: 01372 847160 |

Email: help@stopitnow.org.uk | Website: www.stopitnow.org.uk Fax: 01372 847162

Opening times: Mon to Thurs 9am-9pm Fri 9am-5pm

A national and local campaign that aims to stop child sexual abuse by encouraging abusers and potential abusers to seek help, and by giving adults the information they need to protect children effectively.

Survivors UK

11 Sovereign Close, London E1W 3HW

Office phone: 0203 598 3898 | Email: info@survivorsuk.org | help@survivorsuk.org |
Website: www.survivorsuk.org

Webchat available Mon-Fri 6pm-9pm or Sat-Sun 12pm-4pm and Phonenumber available (Mon-Fri 9.30am-5pm) A range of support services for men who have been raped or sexually abused. These include counselling, Independent Sexual Violence Advisors, group therapy and web and SMS chat services.

Websites

Faceup2it

Website: <https://faceup2it.org>

An interactive site by young people, raising awareness of sexual exploitation

Home Office Sexual Offences pages

Website:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/299319/count-sexual-april-2014.pdf

Contains details of the Sexual Offences Act 2003. Also has tips on safety and contact details of helpful organisations, as well as details of the Consent Campaign.

Rape Crisis

Website: www.rapecrisis.org.uk

For those who have been sexually violated, or for friends and family. Information re legal proceedings that may follow once you have reported your attack to the police, as well as other articles.

On Rohypnol <http://teenadvice.about.com/library/weekly/aa062502c.htm>

Support & Wellbeing Information Service Harrow (SWiSH)



SWiSH is for anyone in Harrow aged 18 years and over – those looking for help for themselves as well as carers and staff in local organisations. It can offer information or advice about a wide range of local services, including where to keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits or apply for a personal budget. You can call the SWiSH helpline on 020 8426 0929, Mon-Fri, 9.30am-5pm.

This factsheet was produced by Mind in Harrow

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