

## Sexual Abuse

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

### Definitions of Rape

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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

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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

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### Police Community Safety Unit

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

Tel: 020 8733 5410 or 020 8733 3462

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](mailto:r.patashniki@stanmore.ac.uk)

Website: [www.stanmore.ac.uk](http://www.stanmore.ac.uk)

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

Helpline: 0845 301 1165

Alternatively call: 01923 249511 for cheaper mobile rates

Email: [info@wrd-info.org](mailto:info@wrd-info.org)

Website: [www.wrc-info.org](http://www.wrc-info.org)

Open: Mon & Sat 10.00 am-12.00 noon, Wed 7.00pm- 9.00 pm

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 / 07834 477979

Email: [info@thewishcentre.org.uk](mailto:info@thewishcentre.org.uk)

Website: [www.thewishcentre.org.uk](http://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's Centre Harrow

Contact: Margaret Davine / Sania Sehbai

Andrew's Close, Off Bessborough Road, Harrow HA1 3GE

Tel: 020 8422 1100

Fax: 020 8422 1122

Opening times: Mon-Sat depending on the service being accessed

Email: [thehwc@hotmail.com](mailto:thehwc@hotmail.com) / [saniatmax@hotmail.com](mailto:saniatmax@hotmail.com)

Website: [www.thewishcentre.org.uk/index.php?page=143](http://www.thewishcentre.org.uk/index.php?page=143)

Offer drop-in advice, information and support, as well as counselling, legal and domestic violence advice.

### **Yakeen Counselling Services**

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.

Tel: 020 8427 6796 (24 hour answerphone)

Email: [yakeen\\_dawn@yahoo.co.uk](mailto:yakeen_dawn@yahoo.co.uk)

Web: [http://www.counselling-directory.org.uk/counsellor\\_2472.html](http://www.counselling-directory.org.uk/counsellor_2472.html)

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

## **Greater London**

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### **Waterloo Community Counselling**

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

Tel: 0207 928 3462 (staffed 9.30am-5.30pm)

Fax: 0207 928 3464

Email: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)

Website: [www.waterloocc.co.uk](http://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](mailto:enquiries@mosac.org.uk)

Website: [www.mosac.org.uk](http://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, fax: 020 7697 7799

web: [www.freedomfromtorture.org](http://www.freedomfromtorture.org)

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

## **Helplines**

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### **Childline**

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

Helpline: 0800 1111 (Free)

Website: [www.childline.org.uk](http://www.childline.org.uk)

Free, 24-hour helpline for children and young people in the UK.

### **Harrow Samaritans (24hrs)**

44 Station Road, HARROW, Middlesex HA1 2SQ

Telephone: 020 8427 7777 or National no: 08457 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org/harrow](http://www.samaritans.org/harrow)

Lifeline - 01262 469 085

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 Supportline: 0808 801 0331 Mon-Thu 10.00am-9.00pm, Fri 10.00am – 6.00 pm

Website: [www.napac.org.uk](http://www.napac.org.uk)

Support and counselling to adult survivors of childhood abuse

### **NSPCC**

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

Free Helpline: 0808 800 5000 24hrs

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

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or [helpline.asian@nspcc.org.uk](mailto:helpline.asian@nspcc.org.uk)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

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.donthideit.com](http://www.donthideit.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: 0808 1000 900 Tel: 01372 847160 Opening times: Mon to Thurs 9am-9pm Fri 9am-7pm

Website: [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

Email: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk)

Fax: 01372 847162

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**

Unit 1 Queen Anne Terrace, Sovereign Court, The Highway, London E1W 3HH

Email: [info@survivorsuk.org](mailto:info@survivorsuk.org)

Website: [www.survivorsuk.org](http://www.survivorsuk.org)

Office phone: 0203 598 3898 (Mon-Fri 9.30am-5pm)

Webchat available Mon-Fri 6pm-9pm and Sat-Sun 12pm-4pm

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**

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### **FACE**

Website: [www.faceup2it.org/home.html](http://www.faceup2it.org/home.html)

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](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](http://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>

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