

Sexual Abuse

Sexual abuse is when someone is forced, pressurised or tricked into taking part in any kind of sexual activity with another person. Some examples of sexual abuse are:

- Being touched in a way you do not like without your permission or consent
- Someone flashing or exposing themselves to you online or offline
- Being forced to have sex, look at sexual pictures or videos, do something sexual or watch someone do something sexual

How to tell someone you have been sexually abused

If you've been sexually abused and you're not sure how to bring it up with someone who could help, try these steps:

Pick somebody you trust: Speaking up about sexual abuse is a brave and difficult thing to do. They could be a grandparent, neighbour, a friend's parent, teacher, religious leader or doctor.

Write it down; Talking about abuse can be upsetting but it is important that you tell them as much as you can about what's been happening – you could try writing it down in a letter

Pick a time; When you can talk privately with the person you want to tell

Get support; If you have a close friend, you could ask them to be there when you tell somebody

Understand that it's NOT your fault; You may feel ashamed or embarrassed. But you should not be. And you shouldn't let that stop you talking to someone you trust.

7 facts about sexual abuse:

1. Sexual abuse can happen to anyone, regardless of gender expression
2. Someone could be sexually abused by a stranger, somebody they love and trust or a partner
3. Someone could be sexually abused by a person of the same sex
4. Sexual abuse isn't always 'full sex' – it can also include touching, kissing, oral sex or anything sexual
5. Sexual abuse can happen online as well as offline
6. Sexual abuse can happen at schools, colleges and workplaces and someone could be sexually abused by a classmate, friend or colleague
7. you're not alone and there are people who can help you.

If you think you have been sexually abused, you can call our helpline on **01273 622 822**. We're here on **Tuesday and Wednesday mornings 9.30 - 12.30**. If you can't get through the first time, please do try again or email us helpline@riseuk.org.uk

If you are in **immediate danger**, you can call the police on **999**, if you are unable to speak listen and when prompted press 55

For more information visit our [website](#)

Want to get involved and raise awareness? Why not attend our

Ask Me Ambassador Taster Session

Rise
freedom from abuse & violence