

**A NATIONALLY  
ACCESSIBLE  
ASSISTANCE &  
SUPPORT NETWORK  
FOR VICTIMS OF RAPE  
AND SEXUAL ABUSE**

## **What can we do?**

We can educate ourselves, our children and our loved ones about rape and sexual abuse.

### **Lifeboard**

LifeBoard is an interactive educational board game developed by TEARS and endorsed by the Department of Basic Education, for South African schools to teach our youth about protecting themselves from the unwanted and inappropriate behaviour of others.

LifeBoard promotes positive change in societal values and attitudes, where the right to say "NO" is upheld as a basic human right; where victims of rape and sexual violence are treated with empathy and dignity' where access to legal, medical and psychological support is easily available to each and every member of society, regardless of gender, race or economic status!

For more information please contact TEARS on (010) 590-5920 or email [info@tears.co.za](mailto:info@tears.co.za).

**[www.tears.co.za](http://www.tears.co.za) / \*134\*7355#**

**\*134\*7355#**

## **DNA IS IMPORTANT!**

DNA helps to solve rape and other crimes.

DNA evidence is widely called the "Fingerprint of the 21st century" and has the unequalled ability to identify rapists and exonerate innocent suspects.

### **The importance of DNA in a Sexual Assault case**

Preserving DNA evidence is a key tool for law enforcement's investigation and prosecution of a sexual assault case. It is used to prove that a sexual assault occurred and to show that the defendant is the source of biological material left on the victim's body.

If you are looking for support after an experience of sexual violence, we encourage you to contact your local Rape Crisis Centre. **Dial \*134\*7355#** to find details of your three nearest quality care facilities!

**Go to [www.tears.co.za](http://www.tears.co.za) for more information**

Being a victim of any kind of crime can be frightening and upsetting. However, rape and sexual assault are particularly

distressing crimes for the victim and the effects can last for a long time.

- Rape can happen to anyone – a male or female, of any age, race, class, nationality or religious affiliation
- No one asks to be raped, no matter what you wear, where you are, what you have done or whether you have been using drugs or alcohol
- You can be raped by a stranger or by someone you trust
- Rape is about control, not sex
- Rape is a crime of power not passion
- Rape is an abuse of your human rights and is against the law

**Some important facts to remember**

## **RAPE/ABUSE ASSISTANCE**

### **Important information which is needed if you have been raped:**

#### **Corporate Patron**

Date of Incident

Police Officer

Docket number

Email address

Doctor

Contact number (DocO)

Court Case

Place of Incident

Police station

Contact number

Medical Institution

Email (Doc)

Court date

### **Help at your fingertips**

**\*134\*7355#**

### **SMS Helpline**

TRANSFORM EDUCATION ABOUT RAPE AND SEXUAL ABUSE

## **Help for victims of rape and abuse**

### **Dial \*134\*7355#**

- Direct line: 010 590 5920
- Email: info@tears.co.za
- Dial: \*134\*7355#
- Website: www.tears.co.za

### **What is rape?**

Rape is a crime of committing a sexual act with another, without their consent!

TEARS' "Help at your fingertips" is a mobile phone portal, linked to a database of service providers providing information via a cell

phone using simple prompt based technology. USSD for basic phones and Mobi and GPS for smart phones. This tracks the location of the caller/rape victim and ‘instantly’ (in approximately 45 seconds) sends back details of the nearest care facility providing immediate support to victims of rape and sexual assault.

**\*134\*7355#**

## **Information about TEARS**

### **Don't bath or change your clothes:**

Do not wash yourself or throw away your clothes no matter how much you want to. There might be hair, blood or semen on your body or clothes that can be used as evidence of the rape.

### **If you were drunk or stoned at the time of the rape:**

#### **Contact a friend / family member:**

Don't let that stop you from reporting the matter and getting medical treatment - being intoxicated is not a crime, rape is! The first person you tell about the rape is called the first witness. This person may need to make a statement to the police about your condition and if possible, should accompany you to the hospital / police station. Contact a friend or family member you trust for support.

### **If you are injured or raped**

Go straight to a hospital, community health centre or doctor.

- Make your statement in a private room
- Make your statement to a female officer (if there is one)
- Make your statement in your own language
- Have a friend/family member with you for support

Ask for a copy of your affidavit (you are entitled to by law), the name of the investigating officer and case number.

### **Try and remember:**

Provide as much details as you can of the incident to the person helping you. This may serve as useful evidence.

**HIV / AIDS**

### **Donate your points today - TEARS Foundation**

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### **Dealing with the police:**

Initially, only a brief statement is required from you. Make sure you read over the statement before signing it. You can provide a more detailed statement later. Ask for a copy of your statement. If you fear retribution or intimidation from the rapist/s make sure the police are aware of this and ask that the rapist not be allowed out on bail, or apply for a protection order.

Write down the number of the police station so you can call to check progress on your case.

## **What to do if you are raped?**

### **First Response:**

Your Goal is to stay alive and get to a safe place as soon as possible! We provide free, instantly accessible, information about all aspects of rape and sexual abuse, to

facilitate better care, proper support and positive outcomes for victims.

### **Should I report my attack to the police?**

#### **Am I required to report my rape to police?**

We hope you decide to report your attack. While there's no way to change what happened, you can seek justice while helping to stop it from happening to someone else.

Reporting to the police is the key to preventing sexual assault: every time we lock up a rapist, we're preventing him/her from committing another attack. It's the most effective tool that exists to prevent future rapes. In the end, though, whether or not to report is your decision to make.

No, you are not legally obligated to report your rape to the police. The decision is entirely yours and everyone will understand if you decided not to pursue prosecution.

There are times when a third party, such as a doctor or teacher is required to report to authorities if they suspect sexual abuse of a child, an elderly or disabled person.

Many victims say that reporting is the last thing they want to do right after being attacked. There are many good reasons to report and some victims say that reporting the rape helped their recovery and helped them regain a sense of control.

Nobody should face a traumatic event like rape and abuse alone. You need to get support! Don't leave it! Your life may depend on it!

#### **Getting Support**

Rape Trauma Syndrome (RTS) is a form of Post Traumatic Stress Disorder (PTSD) that often affects rape survivors. It is important to get support and counselling after being raped.

Counselling services are offered by many organisations. **Dial \*134\*7355#** to find the nearest care facility in your immediate location. Available in all nine provinces!

It is important to get antiretrovirals (ARV's) within 72 hours of penetration, attempted penetration, oral sex or anal sex.

Before getting the medication, you will need to undergo an HIV test.

**Dial \*134\*7355#**

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TEARS Founder • Mara Glennie

TEARS is a registered,

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PBO: 9300 42695

Co Reg: 2012/182211/08

**At the police station you have the RIGHT to:**

**RAPE / ABUSE ASSISTANCE**

• Facebook: Tears Foundation

**Works on any phone! (New and Old)**