

TEARS FOUNDATION is a woman-led organisation that helps nationwide with a **24-hour, free USSD service** to anyone who has access to a mobile phone, regardless of ethnicity, religion, culture or socio-economic background or location.

The service identifies the nearest centre to you and we link or connect victims to facilities that offer the following services:

- 💧 Individual Counselling / Group Counselling / Couples Counselling / Support Groups
- 💧 Link victims to emergency shelters
- 💧 Refer to medical facilities for medical attention (rape victims) so they get access to:
 - 💧 Antiretroviral (ARV) treatment to avoid the infection of Human Immune Deficiency Virus (HIV) because HIV is preventable
 - 💧 The morning after pill to avoid unwanted pregnancy from rape
 - 💧 Antibiotics for possible Sexually Transmitted Infections (STIs)
 - 💧 Blood tests to test for date rape drugs
 - 💧 Internal medical examination to identify and treat the extent of the victim's injuries and recording on a J88 for court purposes

HELP FOR VICTIMS OF RAPE AND ABUSE ***134*7355#**
FREE SMS HELPLINE

PLEASE DONATE YOUR POINTS BY USING THESE LOYALTY CARDS:



SUPPORTED BY:



HELP AT YOUR FINGERTIPS IN PARTNERSHIP WITH:



TEARS FOUNDATION

TEARS Foundation is a leading anti-sexual violence organisation, specialising in the assistance and support network for survivors of rape and sexual abuse. We invest in trauma-informed services, approaches and partnerships that reach the most marginalised women and girls to address the inequalities they face and respond to the complex needs that result in their experiences.

FREE HELPLINE AT YOUR FINGERTIPS

***134*7355#**
FREE SMS HELPLINE

CONTACT DETAILS

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Email: info@tears.co.za
Helpline: *134*7355#
Website: www.tears.co.za
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BANK DETAILS

FNB: TEARS Foundation
Business Cheque Account
Account Number: 62382302421
Branch Code: 251255
Swift Code: FIRNZAJJ

TEARS FOUNDER:

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MY STORY:

<https://www.youtube.com/watch?v=CC40Gzx44xs>

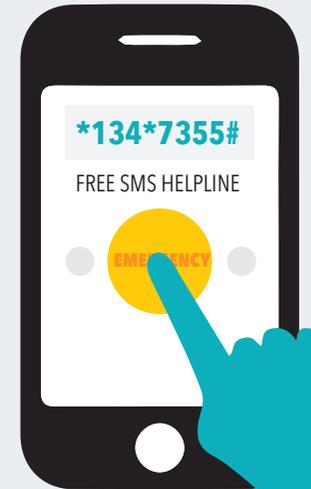
INNOVATION AWARDS RECEIVED BY TEARS:



BRINGING HOPE AND HEALING

TEARS 'Help at your Fingertips' is a mobile phone portal linked to a database of service providers providing information via any cellphone.

This tracks the location of the caller and sends back details of the nearest care facility, providing immediate support to **victims of rape and sexual violence**.



***134*7355#**
FREE SMS HELPLINE In association with Namola

www.tears.co.za
BRINGING HOPE AND HEALING

CORPORATE PATRONS:



WHAT IS DOMESTIC VIOLENCE?

According to the Domestic Violence Act (Act 116 of 1998), it is:

- Stalking
- Damage to property
- Entry into a person's property without consent
- Any form of abuse, including physical, sexual, verbal, emotional, psychological or economic harassment
- Any other abusive or controlling behaviour where such a conduct causes harm or may cause harm to your health, safety or well-being

FREE HELPLINE AT YOUR FINGERTIPS

***134*7355#**

WHAT TO DO IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE OR SEXUAL ASSAULT

STEP 1

Hospital/medical facility: Examination and treatment

Go to the hospital immediately. **DO NOT BATH OR WASH YOURSELF.** You will be assisted to undergo a forensic medical examination at the hospital/medical facility.

The hospital/medical facility will contact the local police station for an officer to come to the hospital to take your statement. Therefore, the victims should not bath before the examination.

The J88 is a legal document that is completed by a medical doctor or registered nurse, as part of the Sexual Assault Kit, documenting injuries sustained by the victim in any circumstance where a legal investigation is to follow.

If you have been sexually violated, you are entitled to receive Post-Exposure Prophylaxis (PEP) to prevent HIV infection. To receive PEP treatment, you must **REPORT THE INCIDENT WITHIN 72 HOURS.**

The Investigating Officer will submit the Sexual Assault Kit to the Health Care Officers at the hospital/medical facility. Once the necessary evidence has been collected, the Sexual Assault Kit will be sent to the police laboratory for analysis.

STEP 2

Police Station: Report the crime

If you are at the hospital/medical facility, the police will come to you. If not, go to the nearest police station. **YOU MUST REPORT INCIDENTS OF DOMESTIC VIOLENCE.**

The Police Officer will explain the procedure. The police will take you to a doctor to assess any physical injuries if you have not yet been to a medical facility. This is important, as it will be used as evidence.

STEP 3

Local Magistrate's court: Obtain Interim Protection Order

The Police Officer will refer you to the local magistrate's court to apply for a Protection Order. This Order is important to keep the abuser from committing acts of domestic violence against you.

The Clerk of the court will assist you to complete an affidavit, detailing the nature of the abuse. The Clerk of the court will then open a file and record it.

The Magistrate will consider the application in your presence.

The Magistrate will then decide whether to:

- Issue an Interim Protection Order
- Issue a Notice to Show Cause to the person that is alleged to have committed the abuse
- The Interim Protection Order is served by the police office, sheriff or clerk of the Court, to the alleged perpetrator
- The order will also indicate the date of the hearing

STEP 4

Local Magistrate's court: Attend the hearing

On the day of the hearing, both parties must appear before the Magistrate. The Magistrate will then make a decision whether to issue a Final Protection Order.

If the alleged perpetrator does not attend the court hearing and there is proof that he/she was served with the Interim Protection Order, the court will then make a final Order. The conditions of the Final Protection Order may differ with those of the Interim Protection Order.

Once the Final Protection Order is made, the conditions are permanent and can only be changed by a court of law. You must always keep the Final Protection Order with you.

What happens if the abuser violates the Protection Order?

If the alleged abuser violates the Protection Order, you must report the incident at the police station immediately.

Thereafter, the police can make an arrest and the alleged abuser can be charged for violating the Protection Order.

If he/she is found guilty, he/she can be sentenced to a fine/imprisonment or both.

Sexual Offences Court

Sexual Offences Court provides victim support services mainly to reduce trauma experienced by victims when testifying during the trial.

Rape/Abuse Assistance

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

www.tears.co.za provides free, instantly accessible information about all aspects of sexual abuse to facilitate better care, proper support and positive outcomes for victims.

Am I required to report my rape to police?

No, you are not legally obligated to report your sexual abuse to the police. There are times when a third party, such as a doctor or teacher is required to report to the authorities if they suspect sexual abuse of a child, an elderly or disabled person.

Emergency Access - Namola

Namola is an app that allows users to access emergency assistance, all at the push of a button. It's free on both Android and iOS.

TEARS Foundation has partnered with Namola, so by dialling ***134*7355#** and by selecting "**Emergency**", a Namola agent will contact you immediately.