



# Sexual Assault and Family Violence – Getting Help

MAKING  
RIGHTS  
REALITY



## Making Rights Reality Program

This is a SECASA program that gives extra help to adults who have been sexually assaulted and who have an intellectual disability or Acquired Brain Injury, or use aids to communicate. It is called 'Making Rights Reality'. It can help you with seeing a counsellor.

It can help you with things you might need when you have appointments with the police, or if you go to court. For example, you may need a Communication Support Worker or an Attendant Carer to be with you or help you with transport.

It can also help you ask for help to pay for things you might need to help you recover and feel better. A Counsellor can help you to work out what you might need. Springvale Monash Legal Service is working with SECASA Counsellors to help people with this.

Brokerage assistance is available for CASA clients in all regions. To find out more about Making Rights Reality call SECASA on 03 9594 2289.

### Booklets in this Series

Crisis Care After Sexual Assault  
Having a Health Check After Sexual Assault  
Making a Statement to Police  
Counselling After Sexual Assault  
Going to Court  
Money to Help You After Sexual Assault  
Sexual Assault and Family Violence- Getting Help  
Sexual Assault: When Sex is Not Ok

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SPRINGVALE MONASH  
LEGAL SERVICE Inc.

**South Eastern CASA**  
Centre Against Sexual Assault & Family Violence



Images from CHANGE: [www.changepeople.co.uk](http://www.changepeople.co.uk)

For help phone the Sexual Assault Crisis Line: 1800 806 292 any time

## What is sexual assault?



Sexual assault is when someone gets you to do sexual things that you do not want to do.

- It is not your fault and you are never to blame.



- It may hurt.
- It can happen to girls, boys, women and men.



- It is never OK.
- It is against the law.

## What is family violence?



Family violence is when a family member hurts you or someone else in your family.

This might be:

- Physically hurting someone – for example hitting



- Sexual assault



- Emotionally hurting someone – for example making threats, calling the person names.



- Controlling someone – for example keeping money that someone needs, not giving someone their medication or food or drink.



Sexual assault and family violence can be hard things to deal with.

## You have rights

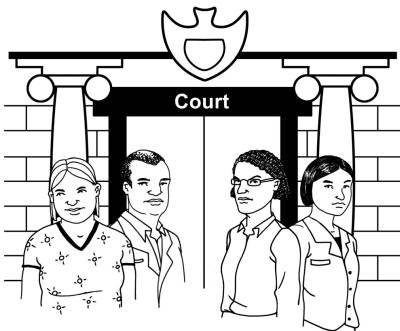


‘Rights’ are how people should be treated.

Everyone in the community has the same rights.



For example, everyone should be able to feel safe.



If you have been sexually assaulted, you have a right to ask for help and support.

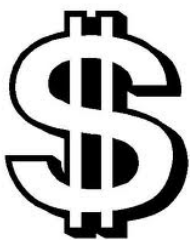
This means the police, the courts and counselling services should help you as much as they can.

This is your right.



Some rights are:

- Being treated fairly
- Being told where you can get help- from a doctor, a counsellor, police or a lawyer
- Being told about money you can ask for to help you recover from what happened to you





- Being helped to understand how the court works

## What can you do if you have been sexually assaulted?



Tell someone what has happened:

- A friend, or a family member.



- Call 1800 806 292 and talk to a sexual assault counsellor



- Talk to your doctor.

You may need to see a doctor or a nurse if your body is hurt.



- Call the police on 000 or your closest Sexual Offences and Child Abuse Investigation Team (SOCIT). SOCIT police have special training to help people who have been sexually assaulted.



## If you talk to a counsellor



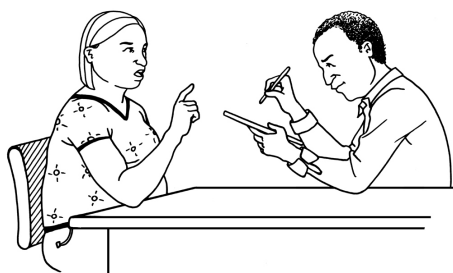
CASA counsellors have special training to help people after sexual assault and some CASAs can also help after Family Violence.

You can talk to a CASA counsellor to help you feel better.



The counsellor will help you to:

- Talk about what has happened.
- Decide what to do.



They will also work out what other help you need.

You can talk with the counsellor many times. This would happen at a CASA office near your home.

## If you talk to the police

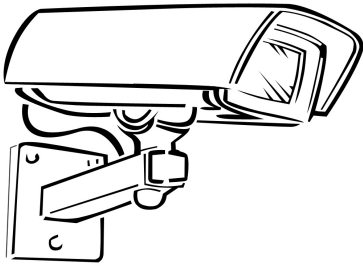


You can tell the police what happened to you and ask them to try to catch the person who hurt you.

This is called making a statement.



If you use an aid to communicate, or need a support worker or attendant carer, the Making Rights Reality Pilot Project can pay for this extra help.



The police may ask you questions to help you remember things.

What you say will be video recorded.



If you have a cognitive disability or mental illness someone can be with you who is trained to help you talk to the police. This person is called an independent third person, or ITP.

Some CASA counsellors have been trained to be an ITP.

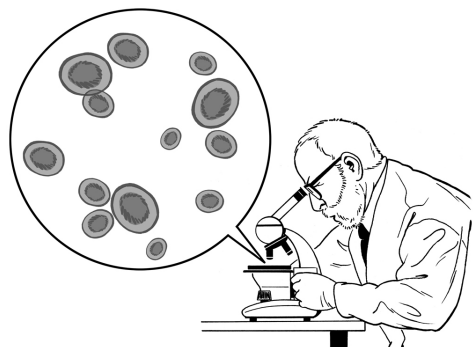
## If you see a doctor



You can have a medical examination if you want to.

A specially trained doctor will talk to you and look at your body where you have been hurt.





The doctor may find things that will help the police to catch the person who hurt you.

For example, blood, spit or semen from the person.



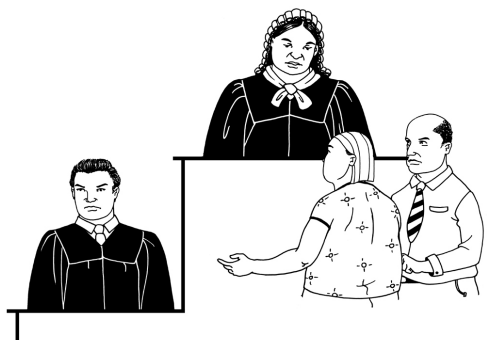
Someone can be with you to support you if you want this.

## If the police catch the person who hurt you

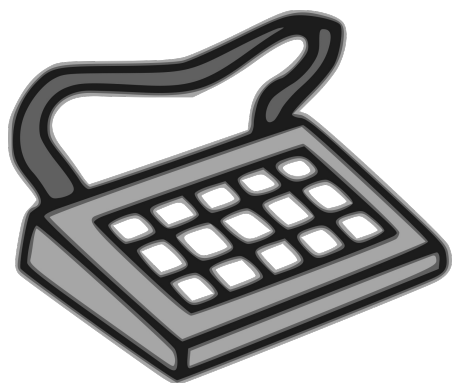
If the police catch the person:

- The police and the prosecutor can take the person to court. A prosecutor is a specially trained person who knows about the law and how the court works.
- The person who hurt you may be punished

If you go to court, someone can support you.



## You can ask for money to help you



If you have a disability and you have been sexually assaulted, the 'Making Rights Reality Program' can pay for things to help you. For example:



A Communication Support Worker or an Attendant Carer can be with you when you go to appointments with the doctor, police and the lawyer.

The counsellor can also be with you at these appointments if you want this.



If you are hurt you may have to pay for things you don't usually need. For example,

- Doctors' appointments and medicines



- Transport when you see the doctor, police, or lawyer



You can ask for the Victims of Crime Assistance Tribunal to pay these expenses, and for other things to help you recover from the assault.



A lawyer can help you with this, and the counsellor can help you when you talk to the legal service.

Some legal services can meet you somewhere easier for you, such as your home or counsellor's office.

## Your notes

## About SECASA

The South Eastern Centre Against Sexual Assault & Family Violence (SECASA) provides services within the Southern Metropolitan Region of Melbourne to children and adults, both female and male, who have been sexually or physically assaulted. The Centre also works with non-offending family members, partners, caregivers and support workers.

The Southern Metropolitan Region encompasses the south east suburbs and covers the Mornington Peninsula, Westernport and the Dandenong, Berwick, Cranbourne and Pakenham growth corridors.

### Publication orders

To download our publications in English go to our website

[www.secasa.com.au](http://www.secasa.com.au)

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