

SUPPORTING A SURVIVOR OF SEXUAL VIOLENCE



Easy-to-read





Supporting a Survivor of Sexual Violence

Easy-to-read version

This small book tells you:



- What to do when someone you care about has been raped.
- How to support her in a kind and helpful way.
- How to take care of yourself too.



This booklet was made by POWA. POWA stands for People Opposing Women Abuse

This booklet was also made by ADAPT

This stands for Agisanang Domestic Abuse
Prevention and Training

They work to end abuse.



Comic Relief gave support for this work.



Supporting Someone Who Has Been Raped

If a woman or girl you care about has been raped, she will need your support.

She might ask you for help.

You can make a big difference in her healing.

This part will give you tips on:

- how to support her
- and how to look after yourself too.



Understand Your Own Reactions

To support someone who has been raped,

Your feelings can affect the survivor.

That is why it is important to know what you feel and how it may impact her.

Here are some feelings that family and friends often have when someone they love has been raped





You may feel:

- Sad
- Angry
- Guilty
- Helpless

These feelings are okay. But you must not let them hurt her.

Common Feelings and What To Do

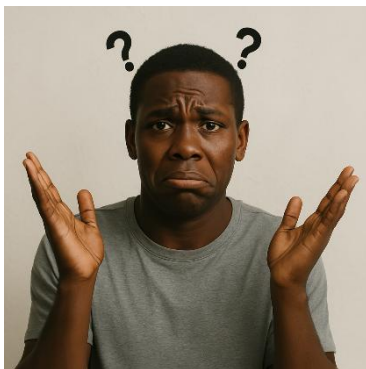
Feeling helpless

You may feel like you failed to protect her.

But remember:

You are not to blame.

The rapist is to blame.



Taking over

You may want to fix everything.

But she must stay in control of her own healing.

Rape took away her power. Help her get it back.





Rushing her healing

You may want her to get better fast.

But healing takes time. It can take months or even years.



Feeling guilty

Do not try to protect her too much.

Let her speak and make choices.

Denial



Do not act like it never happened.

Let her talk and share her feelings.



Relationship stress

Rape can make relationships harder.

Be patient. Get support for yourself too.

What She May Need

She will make the decisions. You can help by supporting her.



Medical Help

She should go to a clinic or hospital within 3 days. Doctors will check for injuries, pregnancy, HIV, or other illnesses.



If she wants to report the rape, she must first see a special doctor called a district surgeon.



Police Help

She can choose to report the rape to the police. You can go with her if she wants.



● Counselling

She can talk to a trained counsellor. POWA and other groups offer this help. She may need support for a long time.



Talking Helps

Let her talk about what happened — again and again if needed.

Say:

I am here to listen

You are not alone

You can talk to me anytime

Your Support Matters

If you love or care about her, your support is very important.

You can help her heal.

What You Can Say and Do

Say;

I believe you

I care about you

It was not your fault

You can choose what happens next

Do;

Support her decision about going to the police

Help her feel safe

Hold her if she wants

Listen

Respect her space if she does not want touch





Do not;

push her to talk
pretend it did not happen
take over
leave your own feelings unchecked



Take Care of Yourself

It can be hard to support someone who has been raped.

If you were hurt in the past, those memories may come back.

Talk to someone you trust.

You can also get counselling from POWA or other groups.



Learn and Understand

- Read about rape so you can understand what happened.
- Read the booklets:

☞ Rape: Myths and Misconceptions

☞ Rape Trauma Syndrome

- The survivor is not to blame for what happened .
It does not matter what she wore.



- It does not matter where she was.

The rapist is the only one who is to blame.



Her Life Has Changed

Rape is a very painful experience.

Her life will never be the same.

But she can heal with love, time, and support.

You must believe in her.



Never say:

Get over it

It is not a big deal

You are ruined forever



Instead say:

You are strong

I believe you

I am here for you

Be Calm

You may feel angry. That is normal.

But do not take the law into your own hands.

Do not try to fight the rapist.

Do not blame her.

What she did during the rape saved her life.





Where To Get Help

Important Contact Details

You can contact these places if someone has been raped or needs help.

Help from Education Departments

Department of Basic Education – Head Office

Address: 222 Struben Street, Pretoria

Phone: 0 1 2 – 3 5 7 – 3 3 6 5

Also call: 3 3 7 3 or 3 3 7 4 or 3 0 0 0

Emergency number: 0 8 0 0 – 2 0 – 2 9 – 3 3



South African Council for Educators – Head Office

Address: Private Bag X 127, Centurion, 0046

Physical Address: 240 Lenchen Avenue, Centurion

Phone: 0 8 6 – 1 0 0 – 7 2 2 3



Gauteng Department of Education

Address: African Life Building, Arcade Room 1009

111 Commissioner Street, Johannesburg

Phone: 0 1 1 – 3 5 5 – 0 0 0 0

Also call: 1 5 1 0 or 1 5 1 8 or 0 5 9 7





Sebokeng District Education Office

Address: SML Building, Corner of Joubert and Kruger Streets, Vereeniging

Phone: 0 1 6 – 4 4 0 – 1 7 0 0



Ekurhuleni North District Office

Address: Munpen Building, 78 Howard Avenue, Benoni, 1501

Phone: 0 1 1 – 7 4 6 – 8 0 0 0

Help from Police and Government Departments



Sebokeng Police Station (Mafatsane)

Phone: 0 1 6 – 5 9 6 – 1 0 4 2

Tembisa Police Station

Phone: 0 1 1 – 9 9 0 – 9 6 0 0



Department of Social Development – Sebokeng

Phone: 0 1 6 – 5 9 6 – 9 5 1 0

Department of Social Development – Tembisa

Phone: 0 7 1 – 4 9 2 – 1 0 5 5

Local Government – Sebokeng

Phone: 0 1 6 – 9 3 0 – 6 4 6 2

Local Government – Tembisa

Phone: 0 1 1 – 9 9 9 – 3 7 2 3



Thuthuzela Care Centre – Sebokeng (Kopanong)

Phone: 0 1 6 – 4 2 8 – 5 9 5 9

Also call: 7 0 0 0

Thuthuzela Care Centre – Tembisa

Phone: 0 1 1 – 9 2 3 – 2 1 8 0



National Prosecuting Authority – Sebokeng

Phone: 0 1 6 – 4 2 8 – 5 9 5 9

National Prosecuting Authority – Tembisa

Phone: 0 1 1 – 9 2 3 – 2 1 8 0



Help with Counselling

POWA Head Office – Berea

Phone: 0 1 1 – 6 4 2 – 4 3 4 5 or 4 3 4 6

POWA Sebokeng Office

Phone: 0 8 1 – 3 8 3 – 7 6 9 8

POWA After Hours Line

Phone: 0 8 3 – 7 6 5 – 1 2 3 5

POWA Tembisa Office

Phone: 0 1 1 – 9 0 5 – 2 2 1 1





ADAPT Head Office – Wynberg

Phone: 0 1 1 – 7 8 6 – 6 6 0 8

ADAPT Counselling Offices

Phone: 0 1 1 – 4 4 0 – 4 0 4 7

Or: 5 6 1 5



Childline Sebokeng

Phone: 0 1 6 – 5 9 2 – 5 3 2 7

Childline Tembisa

Phone: 0 1 1 – 9 2 3 – 2 1 8 0

Childline – National Toll-Free Line

Phone: 0 8 0 0 – 0 5 – 5 5 – 5 5



FAMSA Sebokeng

Phone: 0 1 6 – 9 9 8 – 2 6 8 0

FAMSA East Rand – Benoni

Phone: 0 1 1 – 8 4 5 – 1 8 4 0



Lifeline – Palm Springs

Phone: 0 1 6 – 5 8 1 – 1 7 1 1

Lifeline – Benoni (East Rand)

Phone: 0 1 1 – 4 2 1 – 0 3 8 4



Help with legal services

POWA Head Office – Berea

Phone: 0 1 1 – 6 4 2 – 4 3 4 5 or 4 3 4 6

POWA Sebokeng Office

Phone: 0 8 1 – 3 8 3 – 7 6 9 8

POWA After Hours Line

Phone: 0 8 3 – 7 6 5 – 1 2 3 5



POWA Tembisa Office

Phone: 0 1 1 – 9 0 5 – 2 2 1 1

ADAPT Head Office – Wynberg

Phone: 0 1 1 – 7 8 6 – 6 6 0 8



ADAPT Counselling Office

Phone: 0 1 1 – 4 4 0 – 4 0 4 7

Or: 5 6 1 5

Legal Aid South Africa – Vereeniging

Phone: 0 1 6 – 4 2 1 – 3 5 2 7

Legal Aid South Africa – Tembisa

Phone: 0 1 1 – 9 2 6 – 0 0 8 1



Gauteng Children's Rights – Evaton

Phone: 0 7 3 – 8 5 9 – 6 8 2 6

Legal and Tax Services

Phone: 0 1 1 – 2 4 2 – 5 4 3 3

Or: 5 3 2 3



Emergency Numbers

Police Emergency (SAPS)

Phone: 1 0 1 1 1

SAPS Child Protection Unit

Phone: 0 1 2 – 3 9 3 – 2 3 5 9

Also: 2 3 6 2 or 2 3 6 3

Child Welfare South Africa (National)

Phone: 0 8 6 1 – 4 2 4 – 4 5 3

Child Welfare – Sebokeng

Phone: 0 1 6 – 4 2 2 – 0 1 0 6

Child Welfare – Tembisa

Phone: 0 1 1 – 9 2 6 – 2 8 0 5

Or: 2 8 0 6



Emergency Numbers

- SAPS (Police): 10111
- ChildLine: 0800 05 55 55
- POWA: 011 642 4345 or 081 383 7698
- Thuthuzela Care Centre: 011 923 2180 (Tembisa) / 016 428 5959 (Sebokeng)
- Legal Aid: 0800 110 110



People Opposing Women Abuse and Agisanang Domestic Abuse Prevention and Training wrote this booklet



Comic Relief supported them



National Council of & for
Persons with Disabilities

This booklet was made to Easy-to-read format by the National Council of and for Persons with Disabilities.



This was done through the Enabled Women Arise Project (EWA)

EWA is a Gender- Based Violence project of the National Council of and for Persons with Disabilities.



Alstom Foundation supported the process

This document was proof read by	
Teboho	Tseki
Mphohadi	Mosala
Lerato	Plaatjie
Lerato	Jantjie
Kelebohile	Matlakala
Special thanks to Kopano Protective workshop team	



“© European Easy-to-Read Logo: Inclusion Europe. More information at <https://www.inclusion europe.eu/easy-to-read/>