

Sexual Assault



Sexual assault is when someone makes another person do sexy things that they do not want to do. It can make a person feel scared, confused, sad or even angry. Sexual assault is against the law. Sexual assault is never the fault of the person who has been assaulted.

What is sexual assault?

Sexual assault is:

- When someone touches the private body parts of another person without their permission
- When someone forces a person to touch their private body parts when that person does not want to
- When someone puts their mouth on the private body parts of another person without their permission
- When someone forces a person to put their mouth on their private body parts when that person does not want to
- When a person forces another person to have sex with them when they do not want to have sex. This is called rape
- When a support worker, helper, staff person, carer or family member tricks a person into doing sexy things

Sexual assault can also be when someone forces another person to look at pictures of the private body parts of other people when they do not want to. The pictures might be in magazines or on a mobile phone or computer.

Sexual assault can also be when someone forces another person to look at pictures of people being sexy together.

Sexual assault includes when a person tries to hug or kiss someone else when that person does not want to be hugged or kissed.

Sex is something that both people must want to do

A person should never make someone else have sex with them or do sexy things if they do not want to. Sex is something that both people must want to do.

Sexual assault can happen to anyone

Sexual assault does not happen to everyone, but sexual assault can happen to anyone. It can happen to women and men. It can happen to children and adults. It can happen to a person at any age.

How does sexual assault feel?

Sexual assault can make people feel very upset. The person who has been assaulted might get uncomfortable feelings in their body. Some of the things a person might feel are:

- They feel sick in the stomach
- They need to breathe faster
- They want to close their eyes
- Their knees shake
- Their whole body shakes
- They want to cry
- They want to say "No" or "Stop" but they feel like they cannot
- They feel scared, angry, confused or sad

Tell someone

Try to say "No" and go to a safer place

If a person has any of these uncomfortable feelings in their body when someone is trying to make them do sexy things, they should try to say "No" then go to a safer place. Then they should tell someone that they trust about what has happened.



If a person has any of these feelings after it has happened, they should try to tell someone that they trust about what has happened.

If a person is not sure if what happened was sexual assault, they should ask someone they trust. Someone who has been sexually assaulted can also talk to a counsellor about their feelings.



People have different feelings

Sometimes when a person is sexually assaulted they will not have any of these feelings. It is different for everyone. They should still tell someone they trust about what has happened.

Sometimes people are afraid to tell anyone that they have been assaulted. But sexual assault is NOT the fault of the person who has been assaulted. It is the fault of the person who has done it to them. No one should have sex or do sexy things unless both people want to do this.

Sexual assault is not a secret

Sometimes when a person is sexually assaulted, the other person tells them that they must keep it a secret. This is not true. They should tell someone they trust about what the other person has done to them, even if that person is a family member or a friend.

Sometimes a man or a woman who has been sexually assaulted does not feel like having sex with anyone again. There are lots of services that can help a person if they have been sexually assaulted. For more information go to the fact sheet called 'Where to go for help or advice'.

Sexual assault is against the law

Sexual assault is against the law no matter who does it

A person can be sexually assaulted by another person who they may know well, like a boyfriend or girlfriend, or a friend. It does not matter who does it, it is still against the law.

A person can be sexually assaulted by a support worker, helper or staff person. The law says a support worker, helper or staff person cannot have sex with someone that they are helping. This is against the law. It is important for a person to tell someone if this happens.

A person can be sexually assaulted by someone in their family. This is called incest. Incest is when one person in a family has sex with another person in the family, like their father, mother, or brothers and sisters. The law says a person cannot have sex with someone who is in their family even if they want to. This is against the law.

A person can also be sexually assaulted by someone who they do not know well such as a stranger. This is against the law.

The Family Planning NSW resource, *Sex Safe and Fun*, has more information about sexual assault. This resource includes information about 'good sex', 'bad sex' and the law. For more information go to the fact sheet called 'Resources'.



What you need to know:

- Your body belongs to you. Only you can decide what you want to do with your own body
- No one should touch your body unless you want them to, and you tell them that they can
- You should only have sex with another person when you both want to
- It is not OK for someone to hug or kiss you if you do not want them to
- It is not OK for someone to show you their private body parts if you do not want them to
- It is not OK for someone to make you show them your private body parts if you do not want to
- It is not OK for someone to touch your private body parts if you do not want them to
- It is not OK for someone to make you touch their private body parts if you do not want to
- It is not OK for someone to make you have sex with them if you do not want to
- If someone touches your body in any way that makes you feel scared, angry, sad or confused, you can say "No"
- If someone tries to show you their private body parts and this makes you feel scared, angry, sad or confused, you can say "No"
- If any of these things happen to you, you should tell someone that you trust
- If a support worker, helper or staff person makes you do sexy things with them, you should tell someone that you trust
- If a family member makes you do sexy things with them, you should tell someone that you trust
- If someone makes you do any of these things with them, it is not your fault
- Remember there are lots of people who can help if you have been sexually assaulted

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

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Reviewed Oct 2013/FPNSW 10/13