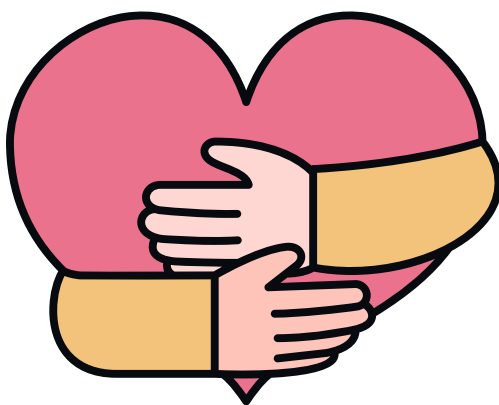


# Sexual Abuse Easy Read Guide

What is sexual abuse and how  
do you get help?



# What is sexual abuse?



Sexual abuse is any unwanted sexual activity or sexual touching. Unwanted sexual activity means you did not give your consent.



It is important to tell a person you trust if sexual abuse has happened to you. There are people who can help.



Sexual abuse is against the law in Scotland.

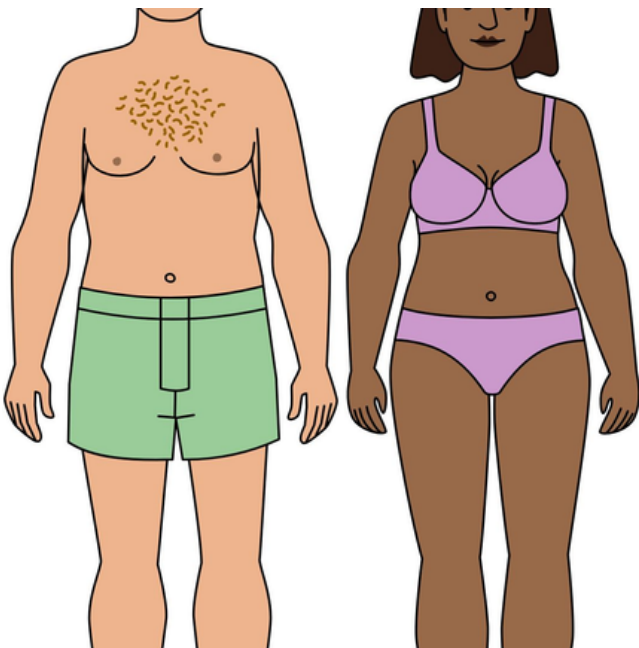
# What is sexual abuse?



Being sexually abused is never your fault.



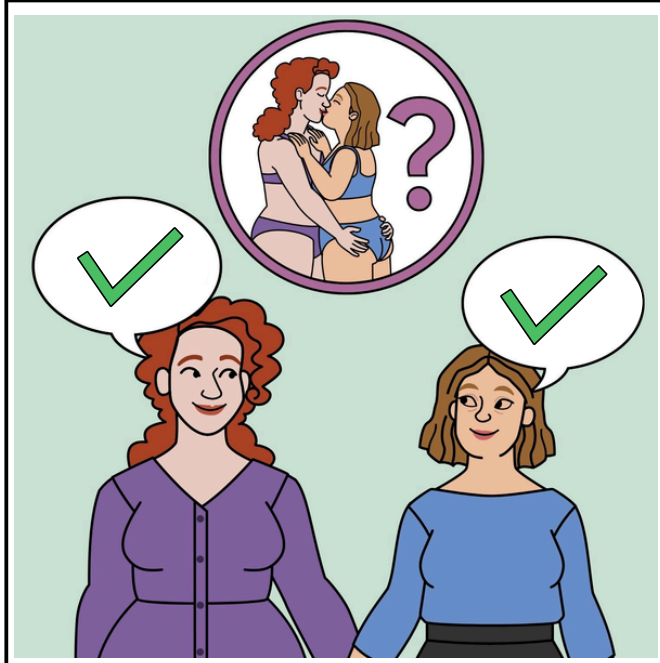
When a person touches someone's private body parts sexually, or kisses them without their consent this is called sexual assault. This can also be called sexual abuse.



Private body parts are the parts of the body covered by underwear. This includes:

- breasts and nipples
- vulva
- bottom (bum)
- penis

# What is sexual abuse?



Consent means giving permission for something to happen, or saying yes.



If someone puts their penis in your vagina, mouth or anus, without your consent, this is called rape. This can also be called sexual abuse.



Sexual abuse can happen in relationships.

It is never okay for sexual touching or any kind of sexual touching to happen without your consent.

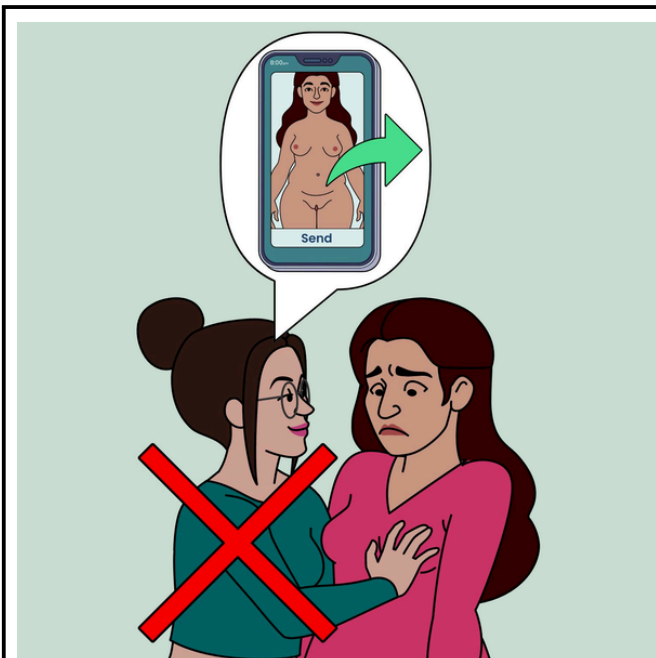
# What is sexual abuse?



Threatening to hurt someone to make them have sex with you is sexual abuse.



Threatening to take money away from someone to make them have sex with you is sexual abuse.



Threatening to share naked pictures of someone or tell people their secrets to make them have sex with you is sexual abuse.



# What is sexual abuse?



Someone who takes care of you as their job is not allowed to have sex with you, this could be your:

- support worker or carer
- nurse
- doctor
- youth worker

If they have sex with you or touch you sexually, it is sexual abuse.



If someone from your family has sex with you, or touches you sexually, that is sexual abuse. This could be your:

- parents
- uncle or aunt
- cousins
- siblings
- grandparents



Tell a person you trust if sexual abuse has happened to you.

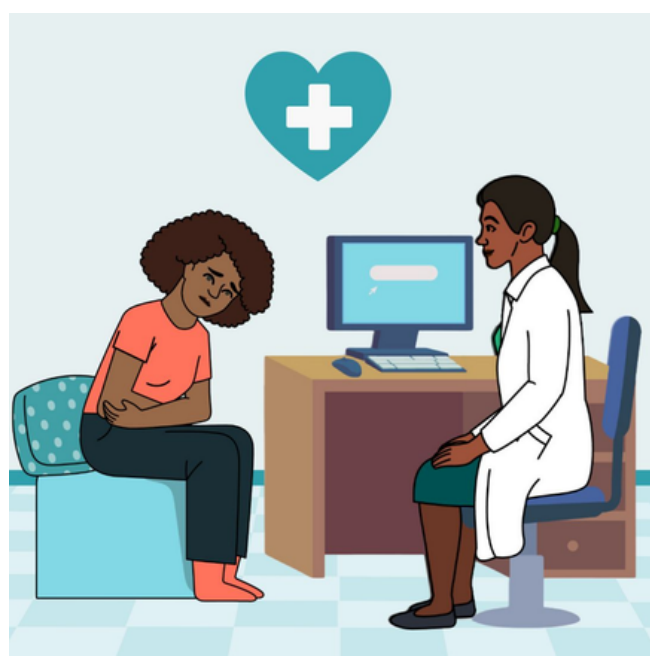
This could be a:

- doctor or nurse
- police officer
- teacher
- support worker
- parent or carer

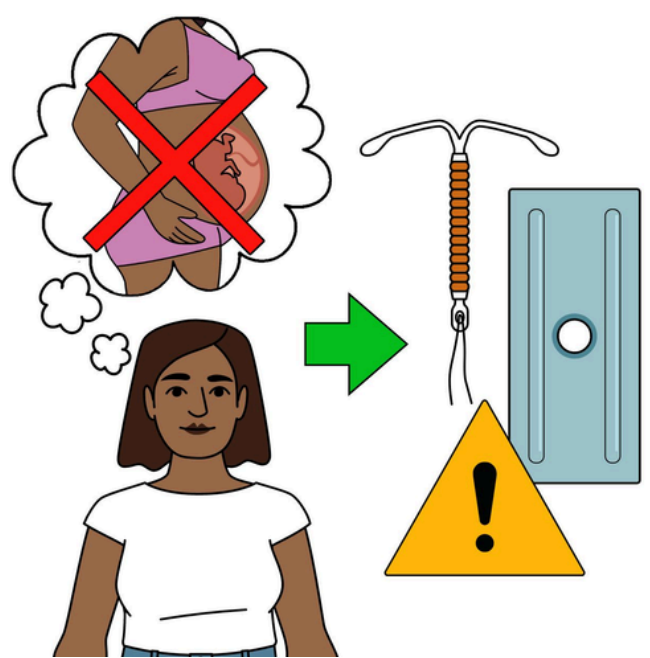
# Get help if you have been sexually abused



You do not need to cope on your own. You should speak to an adult you trust. They can help you.

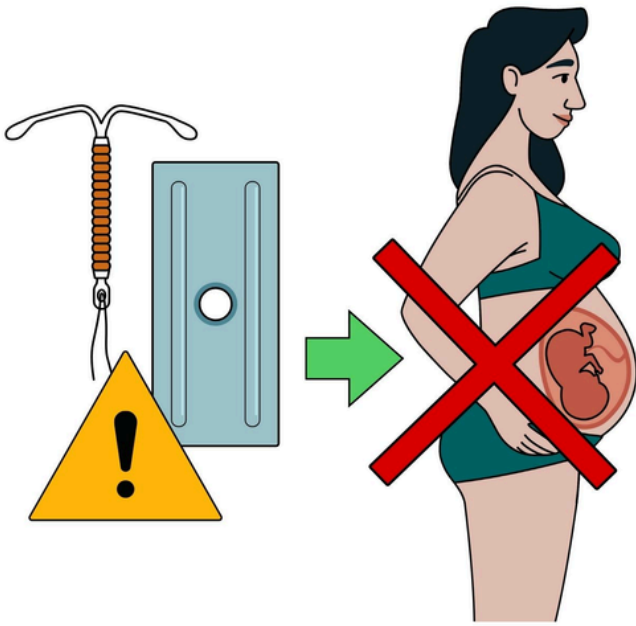


If you have been sexually abused, sexually assaulted or raped it is important to get medical help. Rape and some kinds of sexual assault can cause pregnancy or sexual infections.

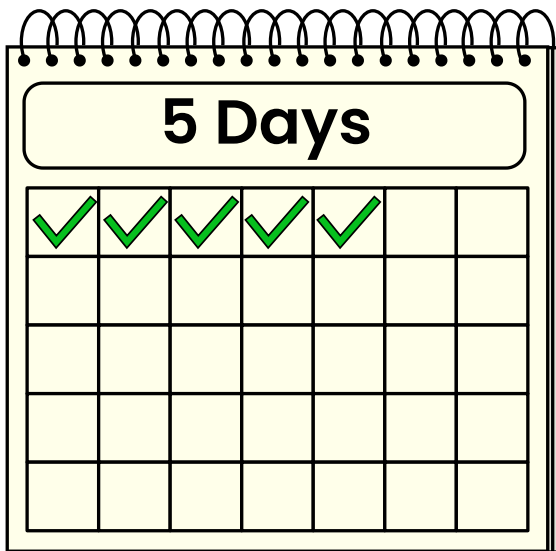


If you are worried about getting pregnant you may want to get emergency contraception.

# Get help if you have been sexually abused



Emergency contraception is a medicine that can stop a pregnancy from happening after sex without condoms or contraception (penis in vagina sex).



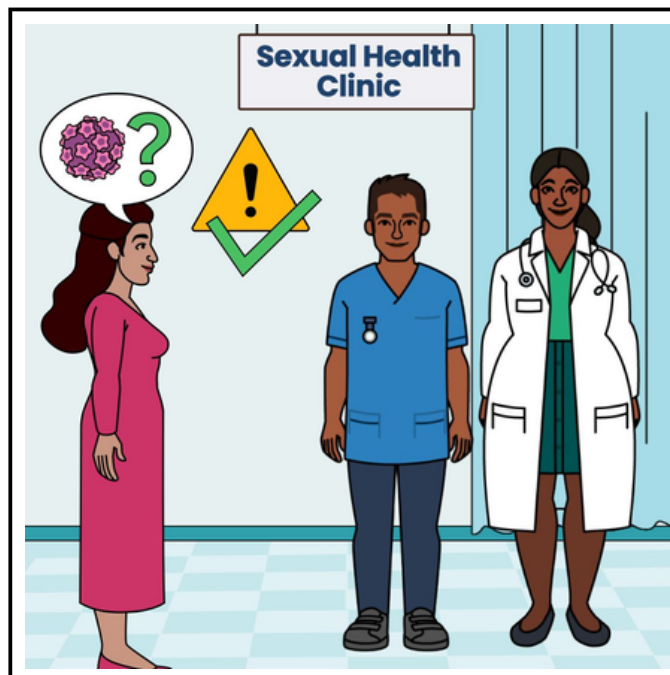
Emergency contraception can work only if you take it within 5 days after having unprotected sex.



You can get free emergency contraception from a pharmacy, your GP (doctor) or a sexual health clinic.



# Get help if you have been sexually abused

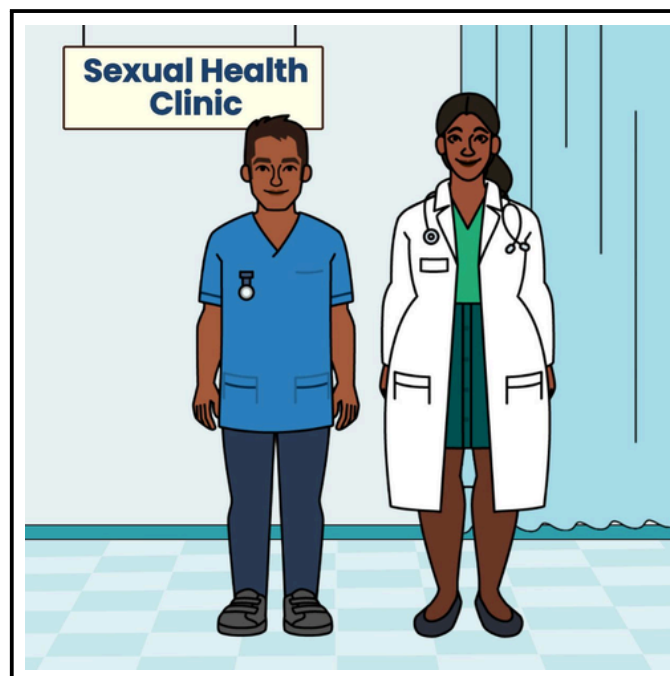


If you are worried about sexual infections you can get a test for sexual infections. Your test results are confidential (private).



You can get help and any tests that you need from your:

- GP (Doctor)



You can get help and any tests that you need from your:

- local sexual health clinic.

# Get help if you have been sexually abused



Sexual abuse, sexual assault and rape is against the law in Scotland.

If someone rapes or sexually assaults you, that person has broken the law.



You can tell the police you have been sexually abused.

- Call 999 if you are in danger
- Call 101

The police can help you get the support you need.



If you have been sexually abused you can also get help by telling:

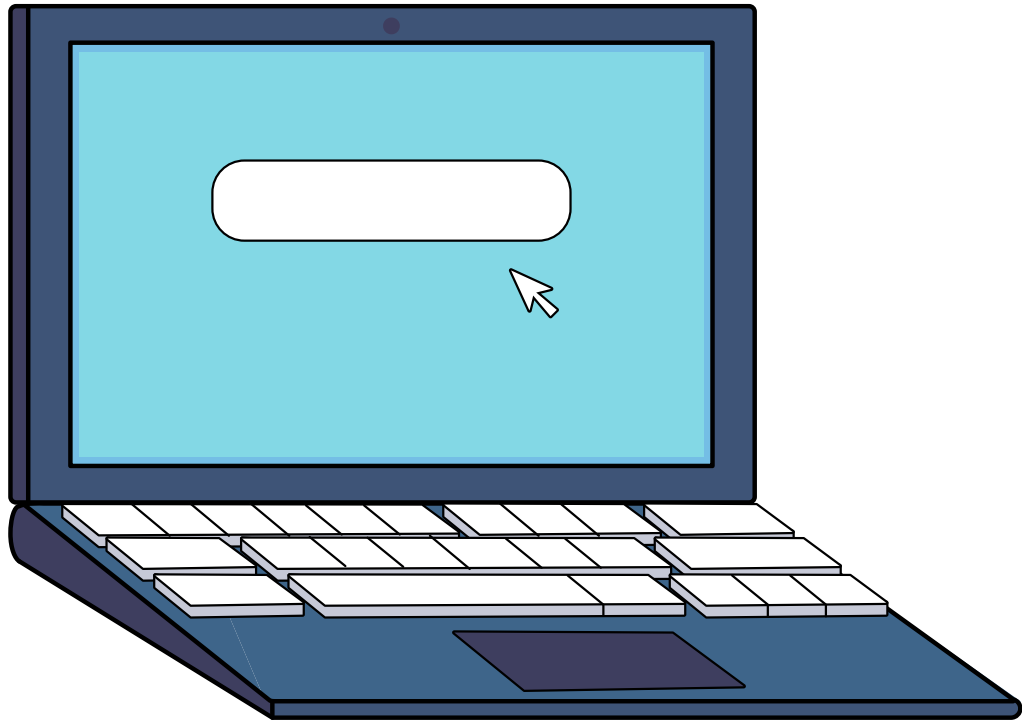
- a nurse
- your support worker
- a doctor

They will support you.

# Get help if you have been sexually abused



Remember, if you have been sexual abused, sexual assaulted, or raped it is never your fault.



To view the web page version of this guide and more easy read information about relationships, sex, bodies, and more visit <https://www.healthyrespect.co.uk/etu/>  
You can also scan this QR code to visit the page:

