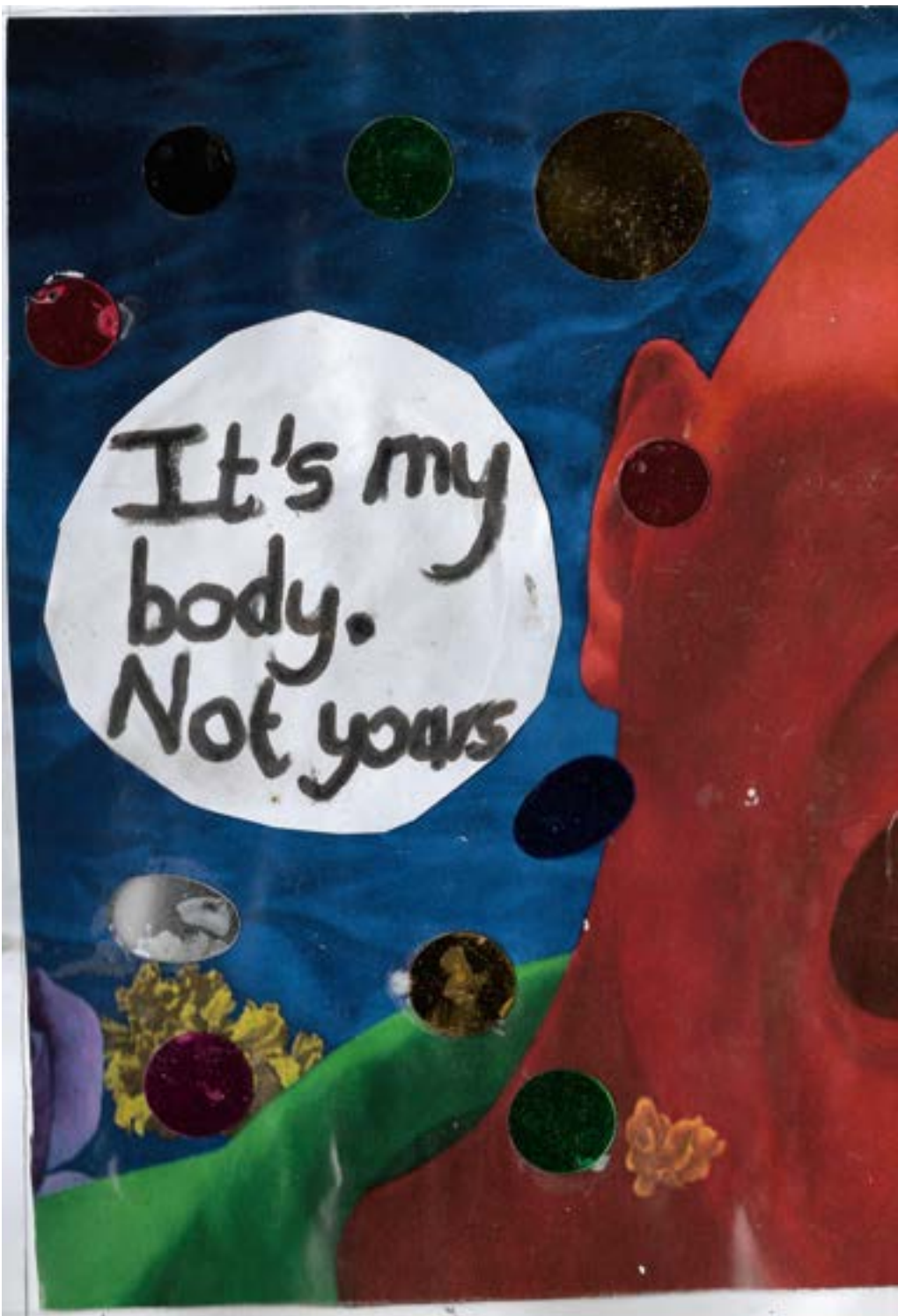
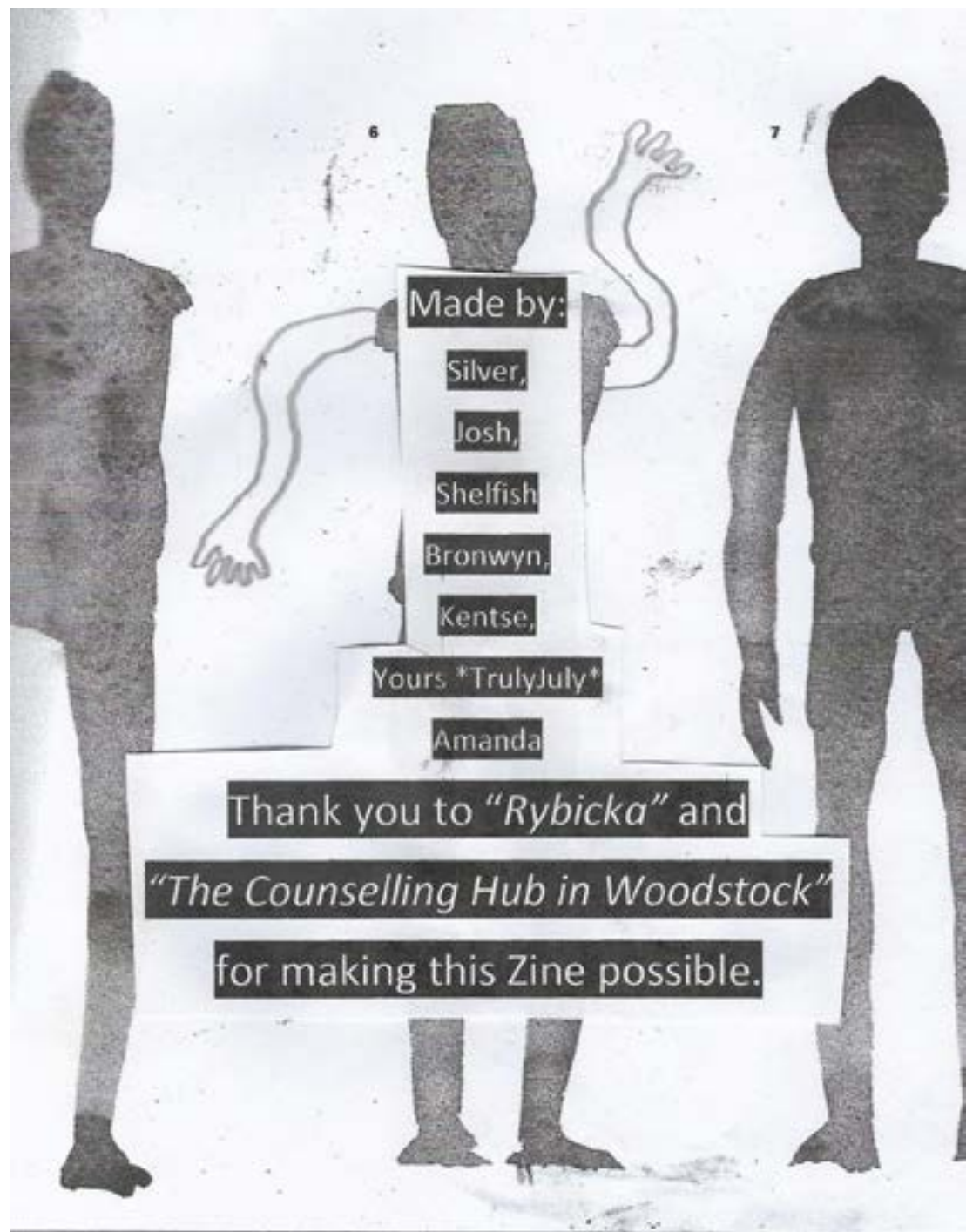
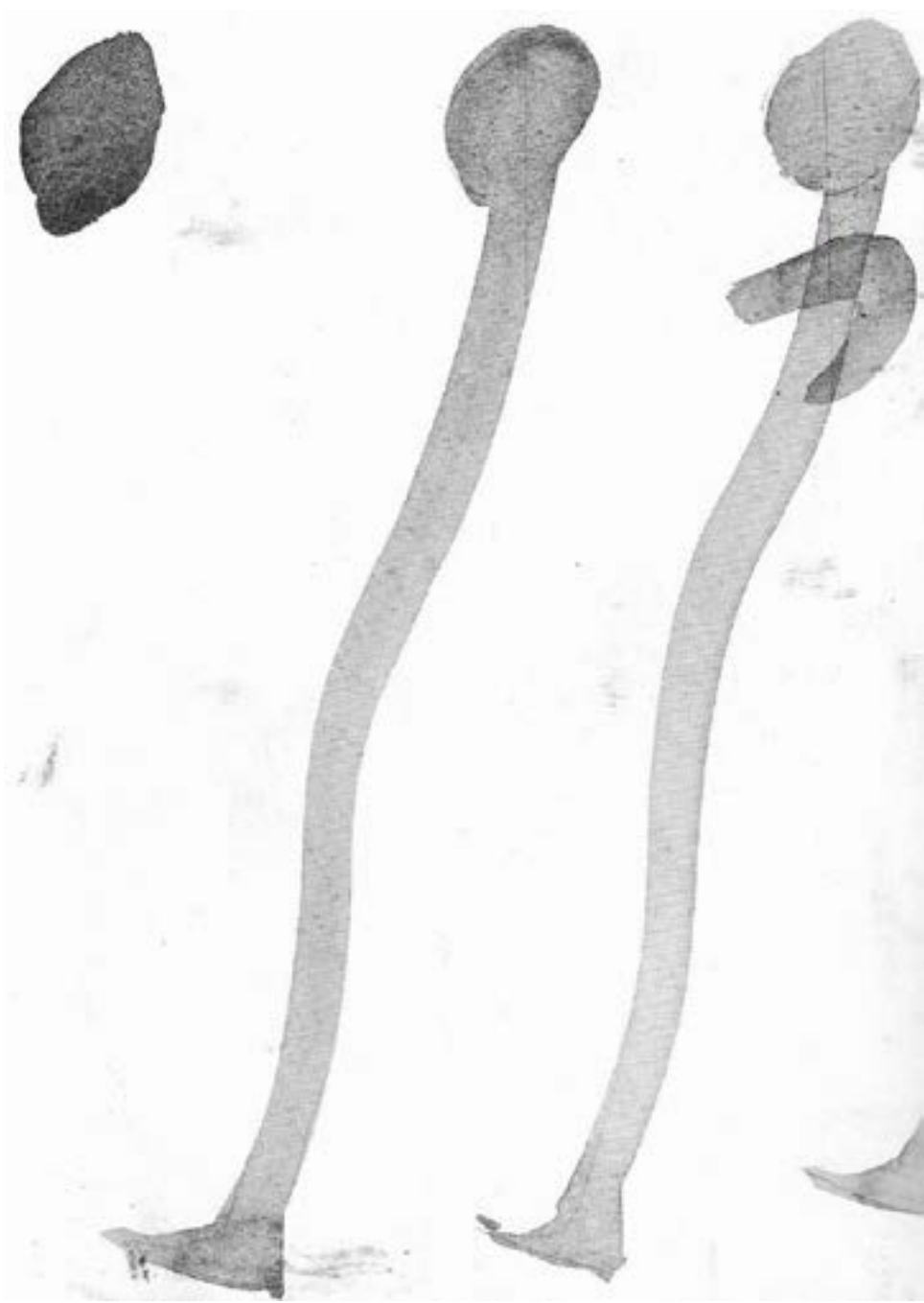


It's my
body.
Not yours



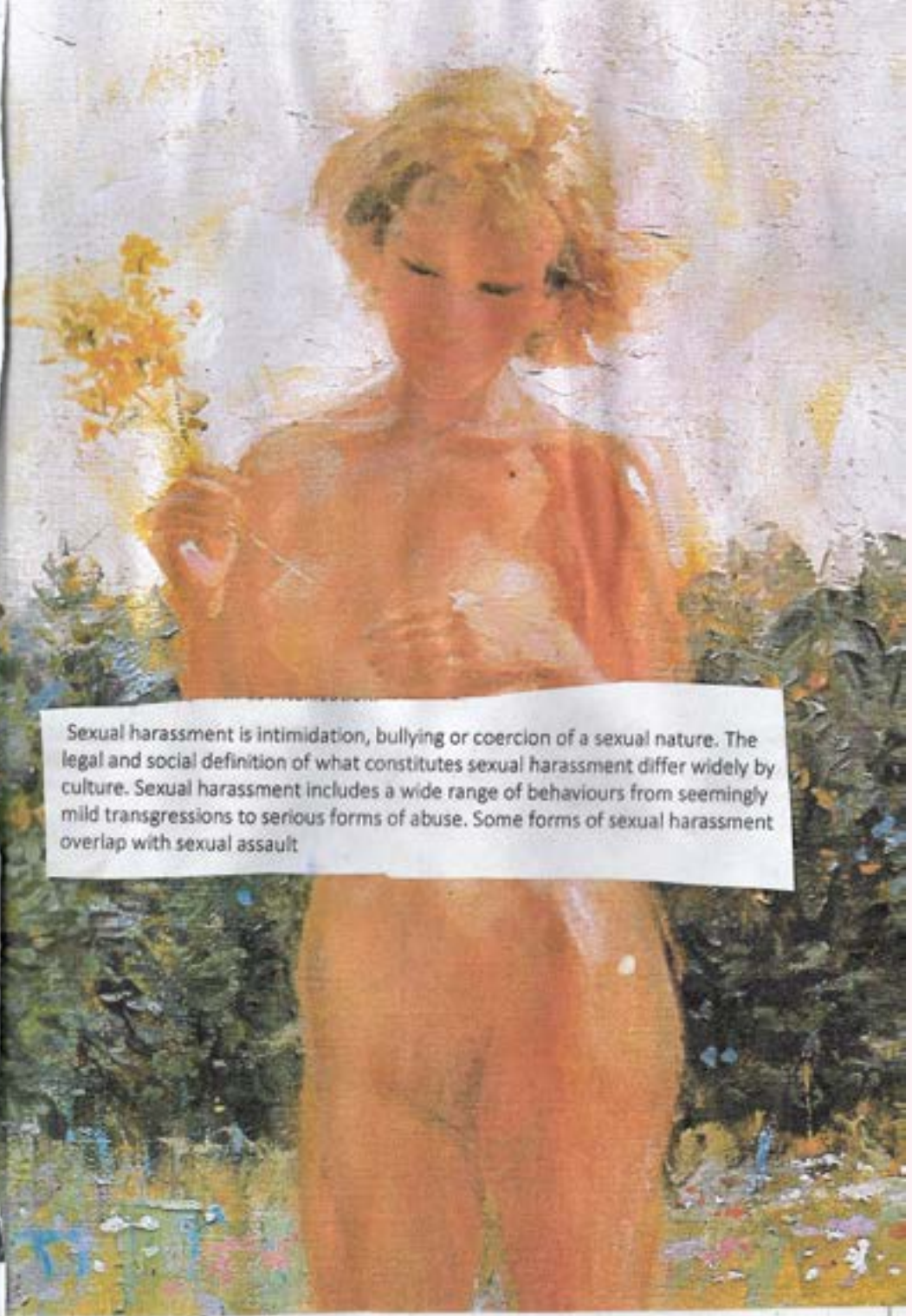


STOP the VIOLENCE

GENDER-BASED VIOLENCE

DOMESTIC AND SEXUAL ABUSE

South Africa has one of the highest incidences of domestic violence in the world.
Domestic abuse can have long lasting effects on the victim and her family.



Sexual harassment is intimidation, bullying or coercion of a sexual nature. The legal and social definition of what constitutes sexual harassment differ widely by culture. Sexual harassment includes a wide range of behaviours from seemingly mild transgressions to serious forms of abuse. Some forms of sexual harassment overlap with sexual assault








It's ~~just~~ ~~joke.~~
Sexual harassment.



It's my
body.
Not yours




Physical abuse: Hitting, slapping, pulling hair, punching and using objects to cause pain and harm. If someone, especially a partner, physically abuses you once, he/she will almost certainly do it again. Physical abuse often gets worse over time.

Emotional abuse: Being made to feel afraid, or feeling like you're not a good person, or like you're going crazy. Partners who are jealous or possessive are often emotionally abusive.

Psychological abuse: Shameful behaviour towards someone (like insulting them or calling them names or making them feel afraid), which makes them feel like a nobody.

Verbal abuse: Saying horrible things or calling people names to make them feel bad about themselves.

Intimidation, harassment and stalking: Making people feel afraid by saying or doing threatening things.



Sexual abuse: Forcing somebody to have sex against their will, even if that person is a spouse or a partner.

I was not
ready
not
old enough
not
OK.

I am now
healing
now
safe
now
OK.
You will be
too.



Taking care of your body Take care of your body by:

- eating healthy food
- doing some exercise every day
- trying to get enough sleep or rest
- taking care of your personal hygiene
- attending to the medical risks associated with rape.

Many survivors do share several common reactions to sexual violence. The feelings may be intense at times. These reactions include:

- **Guilt:** Many survivors feel guilty. We live in a culture that tends to blame victims, but sexual assault is never the survivor's fault. No one deserves to have been raped, even if they drank to excess, dressed in revealing clothing, or consented to other sexual activity, like kissing.
- **Fear:** Sexual assault is traumatic, and it is normal to feel afraid after experiencing it. Some survivors find it hard to be alone at night or in a setting that reminds them of the one in which they were raped.
- **Avoidance:** It is common to avoid or want to avoid anything that is associated with the assault. Many survivors avoid getting assistance because it reminds them of the assault. Although avoidance can initially help in coping, most survivors find that it is not a viable long-term solution.
- **Anger:** Survivors may feel angry—at the offender, at the people they love, at the world, even at themselves. Feeling angry can be an important part of healing emotionally after sexual assault.
- **Mood swings:** Survivors' moods may change rapidly or dramatically. Coping with a sexual assault can be overwhelming, and intense emotional reactions are normal. Most survivors experience many ups and downs in their healing process.
- **Distrust:** It may take the survivor a while to feel like they can trust people again. If a survivor was assaulted by someone they knew, they may feel like they have lost confidence in their sense of judgment about other people. If they were assaulted by a stranger, they may feel that they can't trust people they don't know.
- **Loss of control:** Sexual assault robs people of control over their bodies, and many survivors often feel out of control or powerless as a result. One of the most important elements of healing is regaining control.
- **Numbness:** Sometimes it takes a while for survivors to feel anything at all. Going numb is one of the ways some people cope with crisis.
- **Reexperiencing.** Many survivors have nightmares, flashbacks, or intrusive thoughts about sexual assault. This reexperiencing can sometimes feel as





Outward adjustment phase
During this phase, most survivors try and assure themselves that they can cope;

will try to carry on with their lives as normal to

survive the experience. Means of coping didn't happen or ignoring thoughts and

*they're testing their ability to may include pretending the incident feelings related to the incident.

Immediately after the rape, most survivors feel shock, dismay, fear, panic and/or anger

may have nightmares and feel shocked, angry, depressed and/or afraid of being

guilty, afraid, ashamed, powerless, touched. You

How long your journey to recovery takes will depend on your situation and how supportive the people around you are. If you are worried about negative feelings, seek help. It's important to remember that there are people who can and will help you. People such as rape counsellors, social workers,

• Doing much less than you usually do, especially at school or work (e.g. giving up sports, falling subjects or struggling to perform your usual tasks).

• Not washing, brushing your teeth or wearing clean clothes.

• Big changes in what you like to eat.

• Fear, or being suspicious of others, or feeling very nervous.

• Big changes in your sleep patterns.

• Social withdrawal and loss of interest in others.

• Constant mood swings.

• Behaving strangely.

• Problems with concentration, memory, or logical thought and speech.

• Not wanting to participate in any activity; apathy.

• A vague feeling of being disconnected, or a sense of unreality.

Signs and symptoms of mental illness.

• What types of exercise did you enjoy? Were there any particular

After a trauma, it's important to keep your body healthy and strong. You may be

support you through this time. Think about a time when you felt physically

healing from injuries or feeling emotionally drained. Good physical health can

Self care is about taking steps to feel healthy and comfortable. Whether it

long-term effects of a trauma like sexual assault,

the day off right or wind down at the end of the day?

• How were you sleeping? Did you have a sleep ritual or nap pattern that

happened recently or years ago, self care can help you cope with the short- and


healthy, and consider asking yourself the following questions:

IT WILL TAKE TIME ♡



IT WAS NEVER YOUR
FAULT. BREATHE DEEP.

computer-generated dots



If the doctor advises the woman to avoid sex, she should find out why. He may only mean that pregnancy would be dangerous.

If you have an infectious disease such as V.D. or trichomoniasis, or are pregnant and likely to miscarry,

If you're acutely ill you probably won't feel like sex.

Most doctors know this, but a few still give alarmist or thoughtless 'no sex' instructions if their own sex-lives are unimportant.

The same applies if there's a heavy genetic risk. In that case a thoughtful

There are very few longer-lasting medical conditions where a prescription of 'no sex' is justified for more than a shortish time, like getting over a heart attack or a hernia operation, or, of course,

Posture.
With your right hand holding your opponent's left lapel lift your right hand grasping his right sleeve. At the elbow push and lift him from his eye. With your left foot tends to move forward and continuing his right foot.

right foot toward your right as it were.

With your left

left side so that his

What is

sexual assault?

"Sexual assault is the legal term for rape, and it also encompasses other behaviours beyond forced sexual intercourse. Sexual assault can be any unwanted sexual contact, such as unwanted touching, fondling, or groping of sexual body parts. It can be committed with or without the use of threats, force, or when someone takes advantage of circumstances where a person is incapable of giving consent, such as intoxication."

What is consent?

How does consent work in real life?

- Explicitly agreeing to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying."
- Communicating when you change the type or degree of sexual activity with phrases like "Is this OK?"



YOU ARE BELIEVED

I
WANT
TO
BREAK
FREE

YOU ARE VALID

I CAN
HEAL
MYSELF
FROM
THIS
WITH
LOVE.



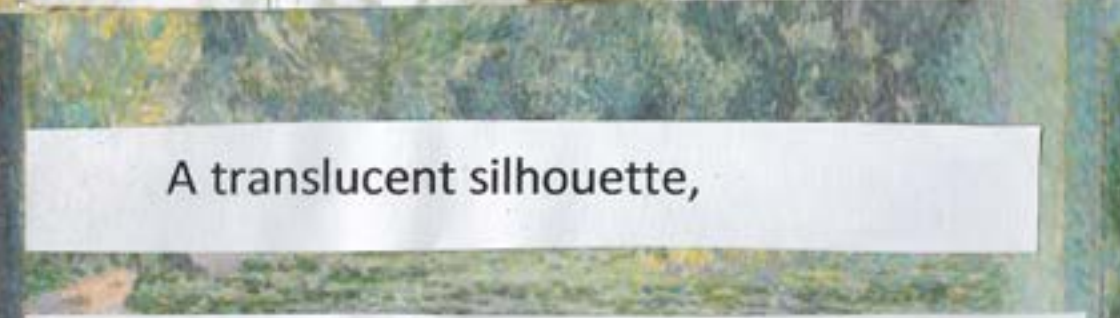
Pale blue in the hollows,
as tho' through the noontide



Here as the breath
Floodeth the garden
Where the heat lies




BEHIND CLOSED BARS




A translucent silhouette,

Withering like a wilting willow.

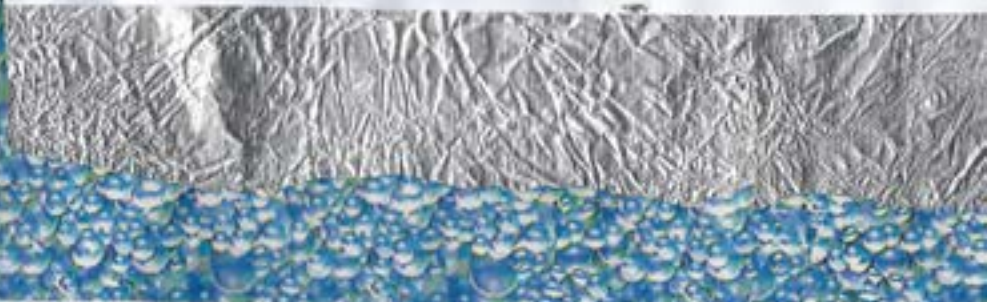
Yours *Truly July*



The world just a reflection



Of what life could be.



Waiting in limbo.

Disappearing.



Somebody Out There?

YOU

According to the World Health Organization, 1 in 4 people in the world will likely experience some form of mental illness or problems during their lifetime.

SADAG Suicide Crisis Line ☎ 0800 567 567
The SA Federation for Mental Health
☎ 011 781 1852 🌐 www.safmh.org.za

Where to go if you need immediate support

Rape Crisis Cape Town Trust

Observatory: +27 (0)21 447 1467 Counselling line: +27 (0)21 447 9762

Athlone: +27 (0)21 684 1180 Counselling line: +27 (0)21 633 9229

Khayelitsha: +27 (0)21 361 9228 Counselling line: +27 (0)21 361 9085

www.rapecrisis.org.za

info@rapecrisis.org.za

@RapeCrisis on Twitter

<http://www.facebook.com/rapecrisiscapetown>

Where to go if you need longer term affordable support

The Counselling Hub

52/54 Francis street Woodstock, Cape Town, South Africa

To book an appointment: 0214623902

~~It's just~~

~~joke.~~

Sexual harassment.