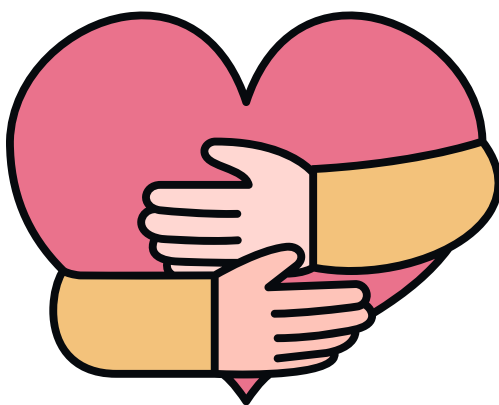


# Sexual Abuse Easy Read Guide

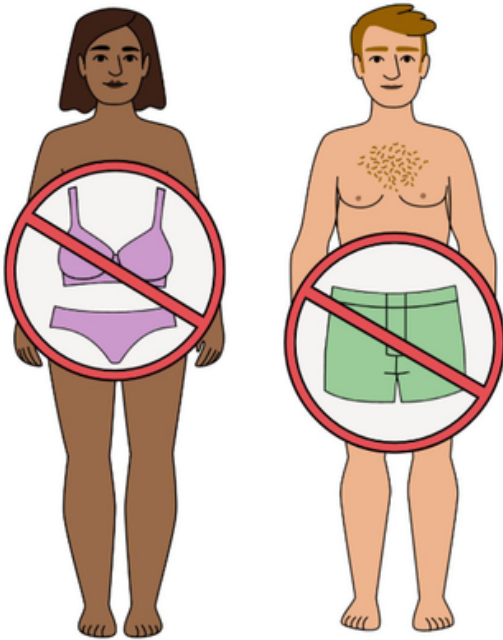
What is sexual abuse and  
how can you get help?



# About this booklet



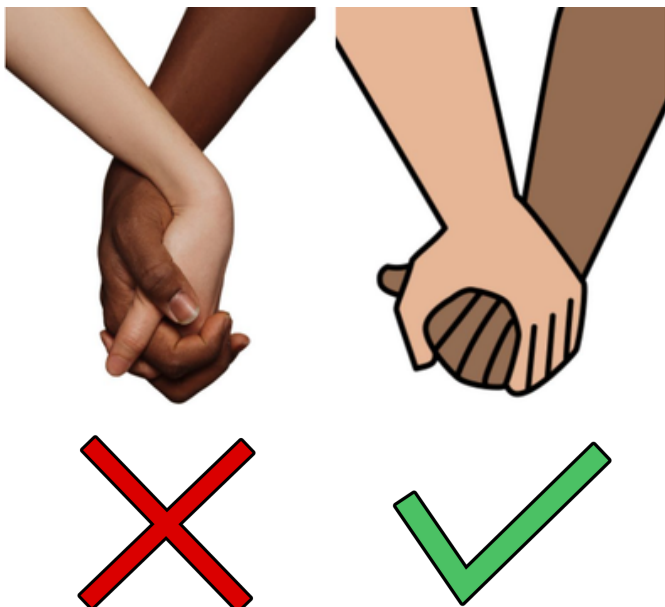
In this booklet you will learn about sexual abuse and how to get help.



In the booklet there are drawings of:

- private body parts
- people with no clothes on
- sexual activity

The drawings are used to help you understand.

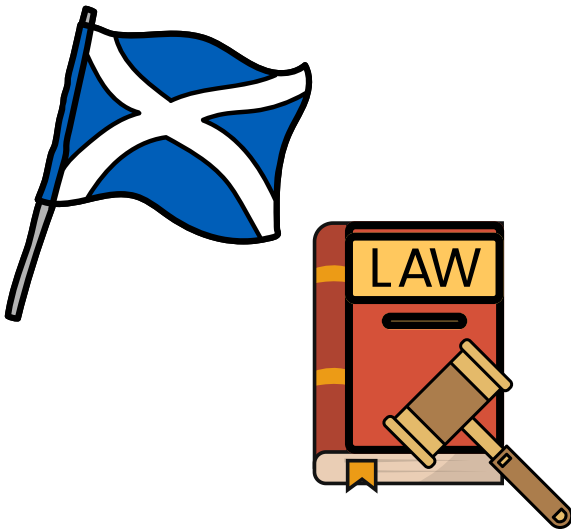


There are no photos of real people's private body parts in this booklet.

# About this booklet



It is ok to see these drawings because you are learning about sexual abuse and how to get help.

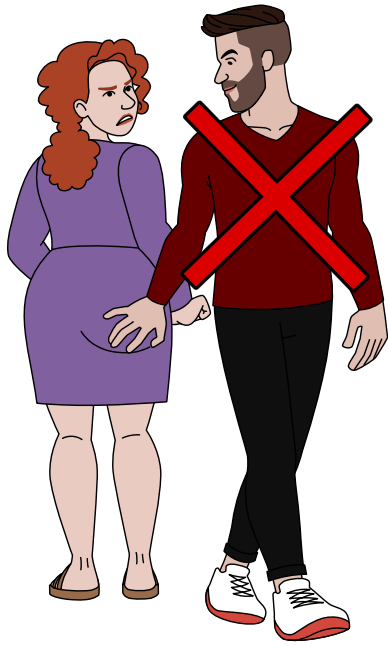


Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health.



If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

# What is sexual abuse?



Sexual abuse is any unwanted sexual activity or sexual touching.

Unwanted sexual activity means you did not give your consent.



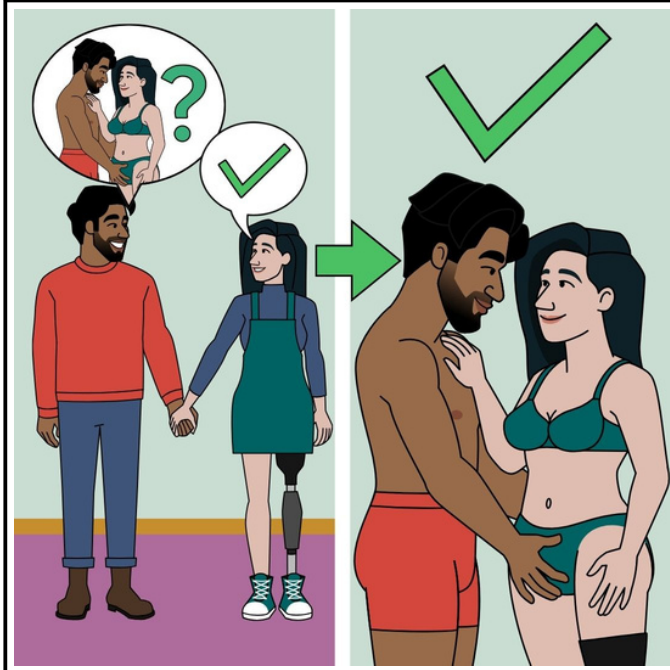
It is important to tell a person you trust if sexual abuse has happened to you.

There are people who can help.



Sexual abuse is against the law in Scotland.

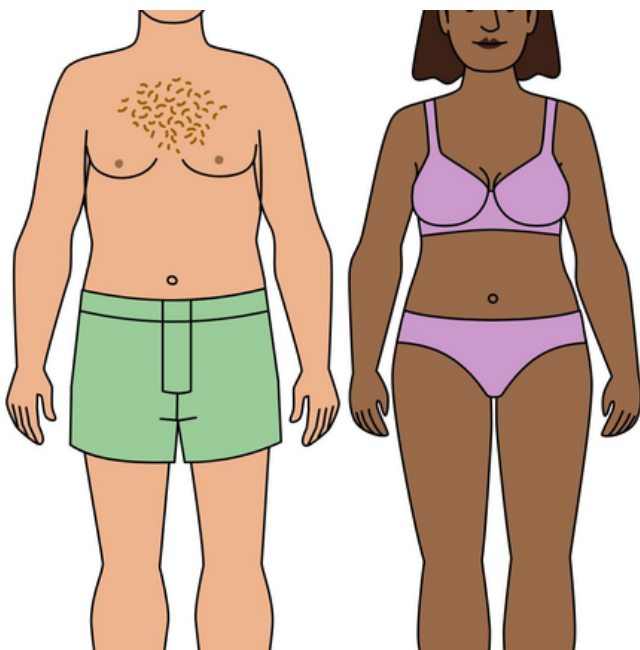
# What is sexual abuse?



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



When a person touches someone's private body parts or kisses them without their consent this is called sexual abuse or sexual assault.



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?



Being sexually abused is never your fault.



If someone puts their penis in your vagina, mouth, or anus, without your consent, this is called rape.

This is sexual abuse.



Sexual abuse can happen in relationships.

It is never okay for 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.

This is sexual abuse.



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

This is sexual abuse.



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

This is sexual abuse.

# What is sexual abuse?



People who take care of you for their job are not allowed to have sex with you. This includes:

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

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



If someone from your family has sex with you, or touches you sexually, this 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.

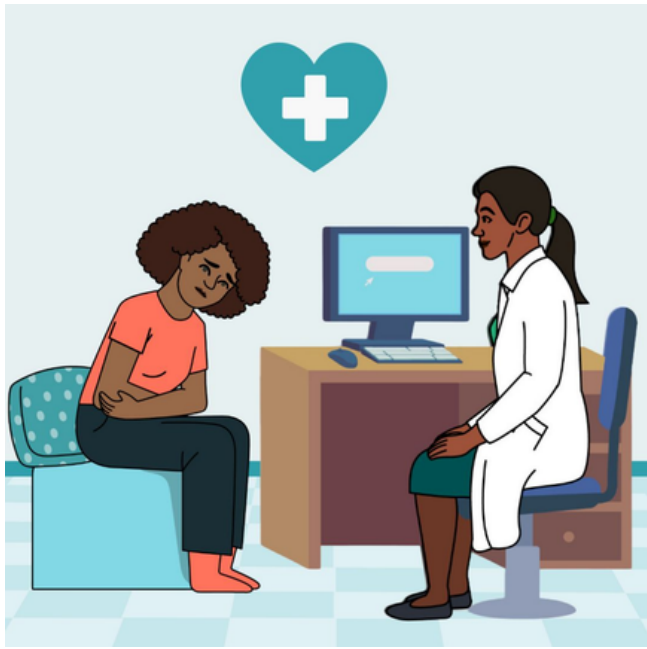
This could be a:

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

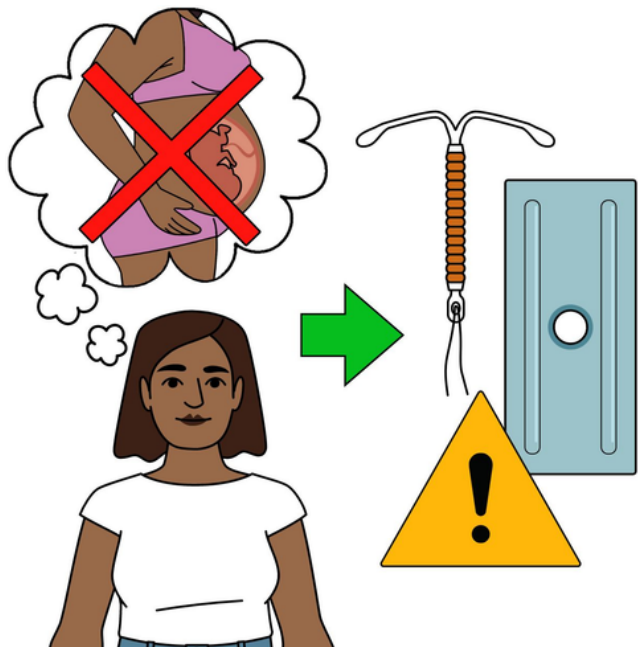
# Get help



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

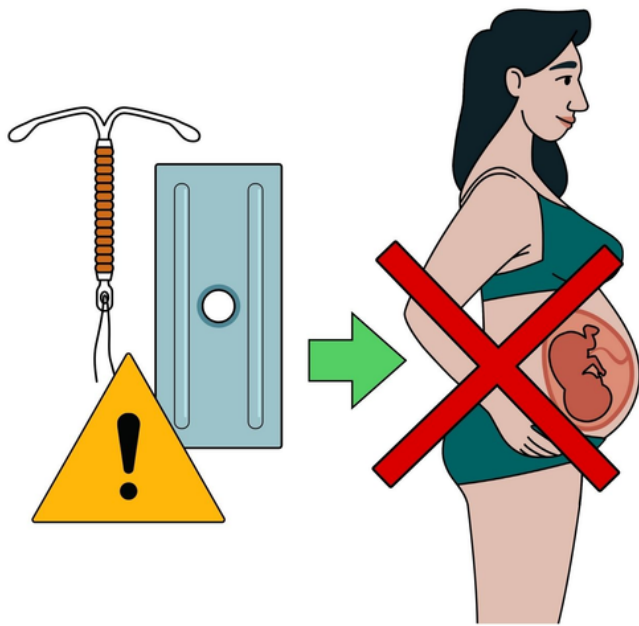


If you have been sexually abused, assaulted, or raped, it is important to get medical help. Rape and some sexual assaults can cause pregnancy or sexual infections.

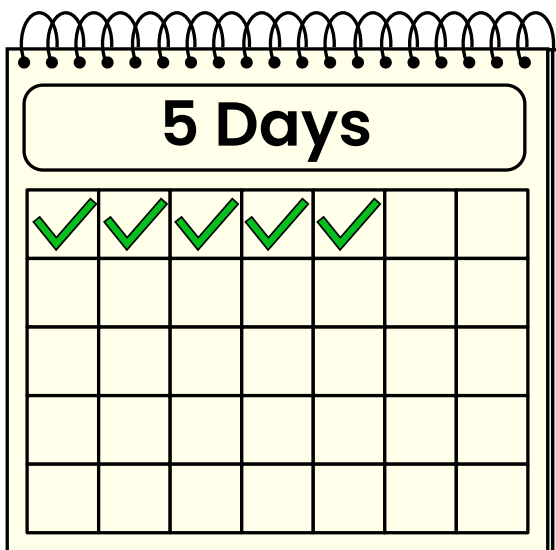


If you are worried about getting pregnant you may want to get emergency contraception.

# Where can I get help



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

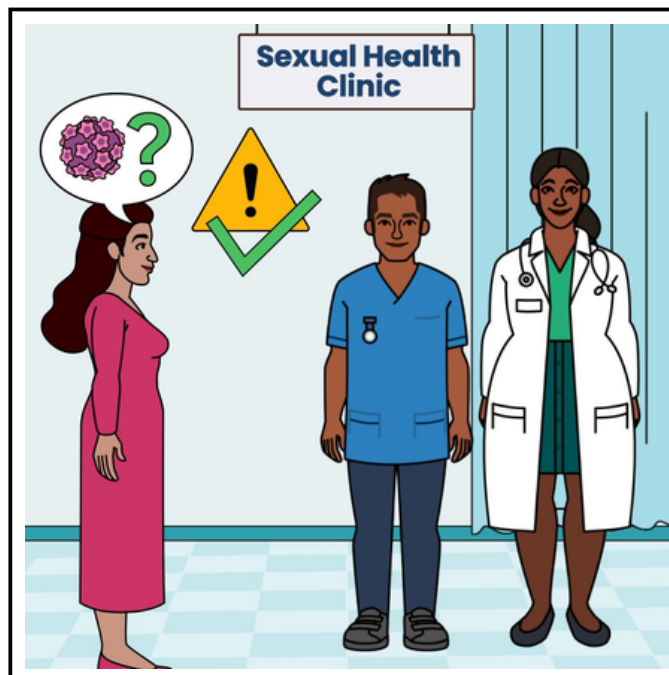


Emergency contraception can only work if you take it within 5 days after having unprotected sex.



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

# Where can I get help



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)
- local sexual health clinic



To find sexual health services near you, visit [www.healthyrespect.co.uk/etu/find-sexual-health-services-near-me](http://www.healthyrespect.co.uk/etu/find-sexual-health-services-near-me)

# Where can I get help



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

If someone rapes you or sexually assaults you, they have broken the law.



You can help from Rape Crisis Scotland. Get in touch any day between 5pm – midnight.

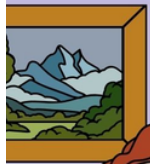
- Call 08088 01 03 02
- Text 07537 410 027
- Email [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)



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

- a nurse
- your support worker
- a doctor

# Where can I get help



If you have been raped or sexually assaulted, you can get help and support from the sexual assault response co-ordination service (SARCS).

Available 24/7 for free.  
Call 0800 148 88 88



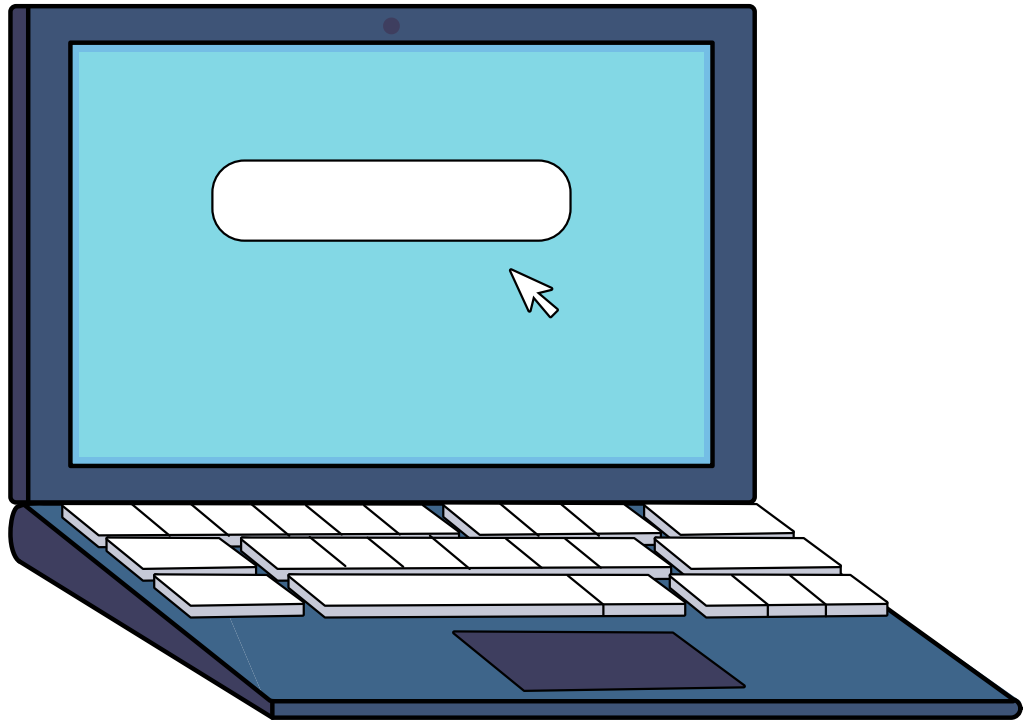
You can get support from Scotland's Domestic Abuse and Forced Marriage Helpline. You can contact them anytime for free.

Phone: 08000271234  
Text: 07401288595



Everyone in Scotland has the right to feel safe and protected from harm.

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



To view the web page version of this guide and more easy read information about consent, relationships, sex, bodies, and more, visit:

[www.healthyrespect.co.uk/etu](http://www.healthyrespect.co.uk/etu)

You can also scan this QR code to visit the page:

