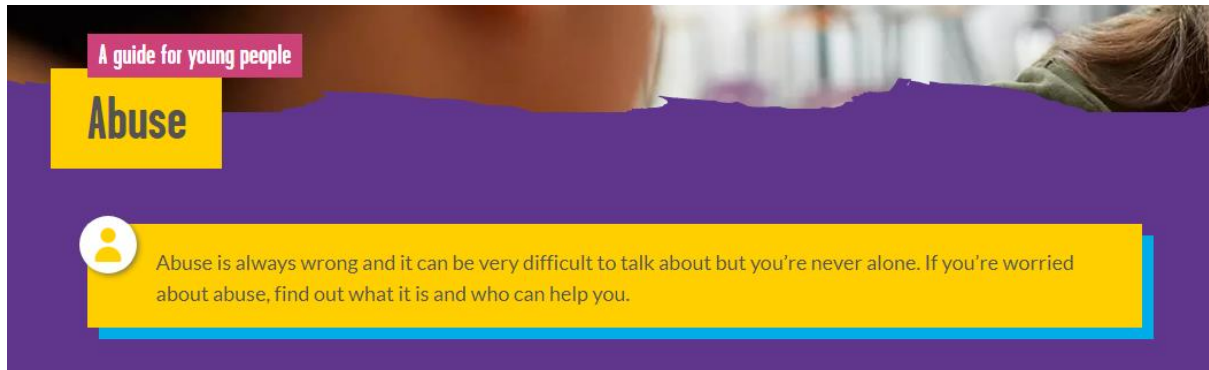


Sexual Abuse

Young Minds: Abuse

<https://www.youngminds.org.uk/young-person/coping-with-life/abuse/>



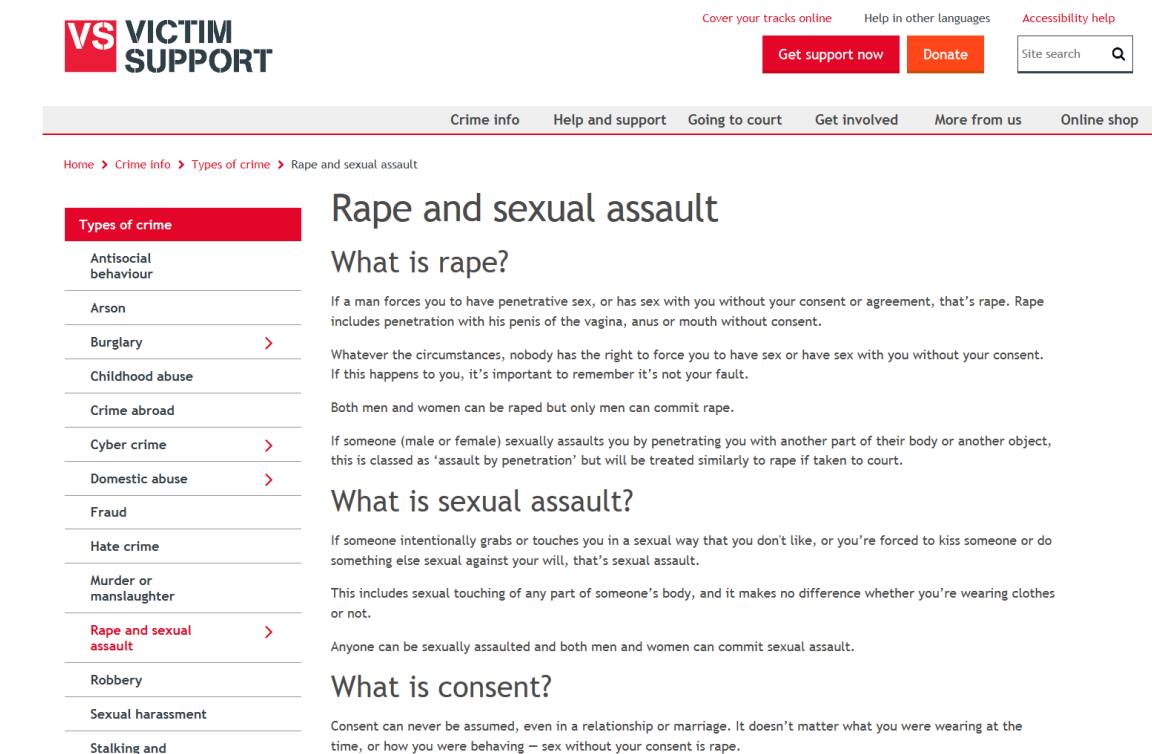
A guide for young people

Abuse

Abuse is always wrong and it can be very difficult to talk about but you're never alone. If you're worried about abuse, find out what it is and who can help you.

Victim Support: Rape and Sexual Assault

https://www.victimsupport.org.uk/crime-info/types-crime/rape-and-sexual-assault?gclid=Cj0KCQjwk_TbBRDsARIsAALJSOak77C-MV8eT72wJKa1uL4fo4vCGBwgw-bDL-t7dX9yJ5Y-NBQ7n9saAiZ5EALw_wcB



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Home > Crime info > Types of crime > Rape and sexual assault

Types of crime

- Antisocial behaviour
- Arson
- Burglary >
- Childhood abuse
- Crime abroad
- Cyber crime >
- Domestic abuse >
- Fraud
- Hate crime
- Murder or manslaughter
- Rape and sexual assault >**
- Robbery
- Sexual harassment
- Stalking and

Rape and sexual assault

What is rape?

If a man forces you to have penetrative sex, or has sex with you without your consent or agreement, that's rape. Rape includes penetration with his penis of the vagina, anus or mouth without consent.

Whatever the circumstances, nobody has the right to force you to have sex or have sex with you without your consent. If this happens to you, it's important to remember it's not your fault.

Both men and women can be raped but only men can commit rape.

If someone (male or female) sexually assaults you by penetrating you with another part of their body or another object, this is classed as 'assault by penetration' but will be treated similarly to rape if taken to court.

What is sexual assault?

If someone intentionally grabs or touches you in a sexual way that you don't like, or you're forced to kiss someone or do something else sexual against your will, that's sexual assault.

This includes sexual touching of any part of someone's body, and it makes no difference whether you're wearing clothes or not.

Anyone can be sexually assaulted and both men and women can commit sexual assault.

What is consent?

Consent can never be assumed, even in a relationship or marriage. It doesn't matter what you were wearing at the time, or how you were behaving — sex without your consent is rape.

Mind: Sexual Abuse

<https://www.mind.org.uk/information-support/guides-to-support-and-services/abuse/sexual-abuse/#.W31XFsuGOUk>

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Guide to support options for abuse

Taking the first step in seeking help for abuse can feel difficult. You may especially feel this way if you have tried to talk to friends, family or professionals and have not had a response that helped you.

This page lists organisations and services who may be able to offer you support for abuse. Help is available whether you're experiencing abuse now, or have done in the past.

On this page, find details of services and support options for:

- [Any type of abuse](#)
- [Domestic abuse and violence](#)
- [Sexual abuse](#)
- [Abuse by health and social care workers](#)



Some people find counselling helpful in coping with abuse. For further information on talking treatments, see our pages on [counselling and therapies](#).

Our pages on [trauma](#), [post-traumatic stress disorder](#) and [self-esteem](#) might also be helpful.