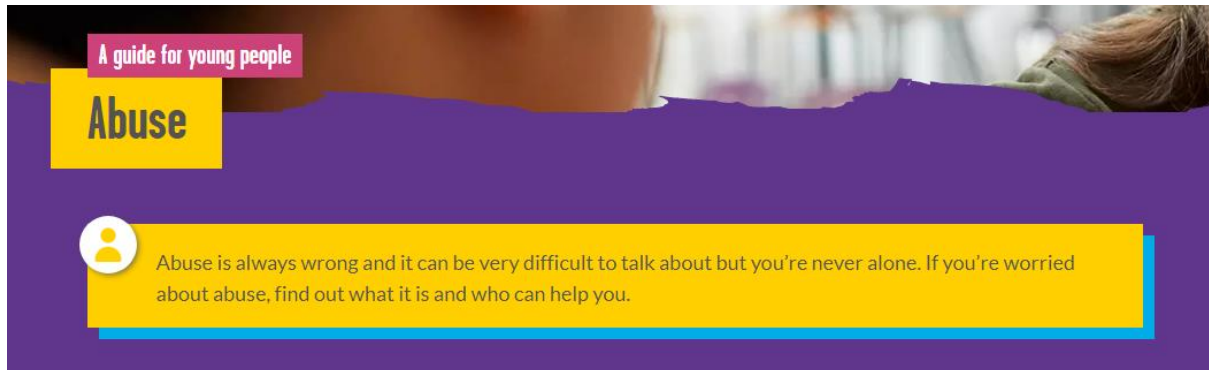


## Sexual Abuse

Young Minds: Abuse

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



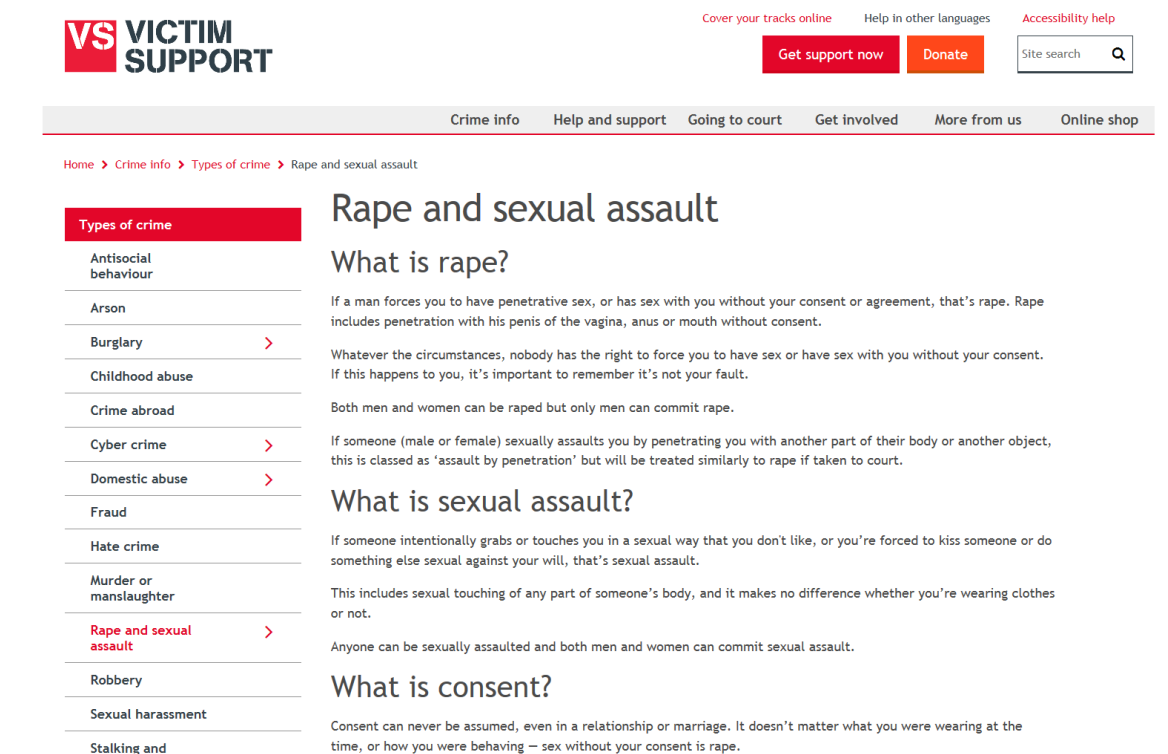
A guide for young people

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



VS VICTIM SUPPORT

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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>



## Abuse

Gives information that may help if you have experienced abuse.



> [About this resource](#)

> [All types of abuse](#)

> [Domestic violence](#)

> [Sexual abuse](#)

> [Abuse by health and social care workers](#)

> [Considering counselling](#)

[Your stories](#)

## Sexual abuse

Sexual abuse — support for all

**HAVOCA (Help for Adult Victims of Child Abuse)**

[havoca.org](http://havoca.org)

Provides information to any adult who is suffering from past childhood abuse. Website includes survivors' forum.

**LifeCentre**

PO Box 58, Chichester PO19 8UD  
Freephone helpline: 0800 802 0808

Text helpline: 07717 989 022

[lifecentre.uk.com](http://lifecentre.uk.com)

Telephone counselling for survivors of sexual abuse and those supporting survivors. Also offers face-to-face counselling and art therapy groups in West Sussex.

One in four