



Rape Crisis Cape Town, South Africa

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WHAT TO DO IF YOU HAVE BEEN RAPED

What is rape?

Rape is a crime of violence. We cannot talk about rape in polite terms or hide the truth about it. This booklet is factual and its language direct. The definition of rape that is used now by our courts is: intentional, unlawful sexual intercourse with a woman or girl-child without her consent (sexual intercourse means the penetration of the vagina by the penis). This includes rape within marriage (marital rape) and the rape of a woman by the man she is going out with (date rape).

Rape therefore means sex without consent. Our law limits the definition of rape to penetration of the vagina by the penis. When a woman or girl is forced into sex that does not include sexual intercourse, the law describes this as indecent assault. We believe that any sex without the consent of the woman should be counted as rape.

Other terms used around sexual violence are:

- gang rape: where a woman is raped by more than one man at the same time;
- statutory rape: when any male person has, or attempts to have, unlawful sexual intercourse with a girl under the age of consent (16 years of age);
- Sexual intercourse with a child under the age of 12, whether or not she consents, is regarded as rape by our common law and is a punishable offence.

Intentional:	deliberate, with purpose
Unlawful:	illegal, against the law
Sexual intercourse:	putting the penis into the vagina
Consent:	agree to, give permission, say yes
Marital rape:	rape of a woman by her husband (whether married by civil, customary or religious law)
Date rape:	rape of a woman by the man she is going out with
Gang rape:	rape of a woman by two or more men
Statutory rape:	sexual intercourse with a girl under the age of consent (16 years), whether or not she gives consent (the state automatically prosecutes the offender, whether or not the girl wishes to lay a charge)
Indecent assault:	forms of sex without consent which are not legally recognised as rape
Vagina:	part of the female sexual organ, the inner passage
Penis:	male sexual organ

Straight after the rape

Many women blame themselves after being raped or sexually assaulted. But women are not to blame. It is the rapist who is wrong. Try to hold on to the idea that what happened to you is not your fault.

Go to a safe place as soon as possible.

Tell the first person you see who you can trust what has happened. This may be very difficult for you but it is very important. The first person you tell is usually asked to go to court to support your story. If this person is a stranger, write down or try to remember their name and address. This is important if you decide to report the rape, so that the police can find them and talk to them.

Do not throw away your clothes or wash yourself, no matter how much you want to. This is because there may be hair, blood or semen from the rapist on your body or clothes. If you decide to report the attack to the police, this will be important evidence against the rapist.

It is better not to drink any alcohol or take any medicine before the district surgeon or doctor examines you. However, if you do, you must tell the district surgeon or doctor what you have taken.

Put the clothes you were wearing when you were attacked into a paper bag or wrap them in newspaper. Do not put them into a plastic packet, because this can destroy evidence from the rapist.

If you are badly hurt, go straight to a hospital or a doctor. They can call the police to the hospital if you want to report what has happened to you. The police can also take you to a hospital if you are hurt, or you can get an ambulance.

The sooner a doctor examines you, the more chance there is of finding strong proof like blood or semen on your body, or on your clothes, from the man who attacked you. Bruises and cuts will stay on your body for a while, but semen, hair and blood can be lost.

Decide whether you want to report the attack to the police. You may not feel like making this decision so soon after being raped. Women often find it difficult to go to the police. Making a report to the police, or not, can affect you in many ways and you should think about it carefully.

If you do not want to lay a charge

If you do not want to lay a charge, you can simply report the rape to the police and request no further investigation. They must record it in their occurrence book (OB) and give you the OB number.

Whether you choose to lay a charge or not, you must go to your own doctor, hospital or clinic. You must say you have been raped and want treatment.

Ask for the morning-after pill to stop you from getting pregnant. These two pills (Ovral) must be taken 12 hours apart and within 72 hours after being raped.

These pills will make you start to bleed and might make you feel sick. This bleeding is like a normal period.

If you do fall pregnant from the rape, you can get an abortion from the state. District clinics will give abortions up to 12 weeks. Major hospitals and some private clinics will give abortions up to 20 weeks.

The rapist may have given you a sexually transmitted disease (STD). If you have any discomfort, itching or discharge from your vagina, go back to your doctor, hospital or clinic and ask for antibiotics to treat the STD.

You should also have an HIV test immediately because of the risk that the rapist may have infected you with this virus, which causes AIDS. The test will show whether you are HIV positive or HIV negative. You should also have another test after three months, because the HIV virus can take three months to show up. The virus can take longer to show up in children. So they should be retested up to 18 months after being raped.

Morning-after pill:	(Ovral) two tablets that prevent pregnancy if taken 12 hours apart, with 72 hours after sexual intercourse.
Sexually transmitted disease (STD):	a disease passed on or caught by having sexual intercourse
Abortion:	termination or ending of a pregnancy
AIDS:	Acquired Immune Deficiency Syndrome - a sexually transmitted, incurable disease
HIV negative:	not having the HIV virus that causes AIDS
HIV positive:	having the HIV virus that causes AIDS

If you decide to lay a charge

You may lay the charge at any police station at any time. However, the sooner you do it, the easier it is to get evidence needed for the court case. You do not have to pay any money to lay a charge.

If you have taken any drugs or alcohol, before or after the rape, you must tell the police. If you do not want to go to a police station, you can ask police to send a patrol car to your house or wherever you are. But this can take a long time.

When you get to the police station, tell the police officer at the charge desk that you want to report a rape. A police officer is not allowed to tell you that you cannot lay a charge, or that you do not have enough proof.

If you go to a police station and the police do not allow you to report the rape, it is very important not to give up. Tell them that it is your right to report the rape and ask to speak to the station commissioner (the person in charge of a police station).

If they still refuse, go to another police station and report the rape. You can make a complaint about the police later on.

If you decide to go to a police station, you may want to take someone you trust with you. At some police stations there are police who are specially trained to deal with sexual assault. You can also ask to speak to a woman police officer. If there is no woman on duty, you can ask the police to call one, but this means that you may have to wait for them to find a police woman.

The police will ask you to tell them what happened to you. Everything you say is written down and this is called a statement. If you are badly hurt or very upset, the police may decide to take a short statement from you at first and then take a longer statement from you later on. Usually the police will try to get a very detailed story from you the first time they talk to you. This is so that they can start trying to find the person who attacked you straight away.

It is your right to give your statement to the police in a private place. It is your right to say who you want with you when you give your statement.

You are allowed to make your statement in your home language. Do not sign your statement until you are happy with the way it has been written. Many rape survivors do not remember all the details of what has happened to them. If you remember something else later, which you did not say in your statement, you can tell the police and have it added to the statement. It is important to remember that the court may question you on any changes you have made to your statement.

When you report to the police you will get a case number. Write this number down so you can refer to it if you have questions about your case. You may also ask for a copy of your statement.

You must tell the police in detail where you live and, if possible, give them a telephone number where you can be contacted. It is important to tell the police if you change your address or telephone number so that they can contact you.

When you have finished making your statement, you will be examined by the district surgeon if you are over 16 years of age (in some cases this may be 14 years). If you are under 16 (in some cases under 14 years), you will be examined by a hospital doctor. The police will make these arrangements. They may take a long time.

Keep the telephone number of the police station and the name of the person who took your statement. Later, another officer will investigate your case. She or he will not be the same person who took your statement. Your case number stays the same.

Laying a charge and starting an investigation does not guarantee that the person who raped you will be caught, kept in jail, convicted of the crime and then sentenced. There is still a long way to go.

Medical examination

The doctor or district surgeon's job is to collect medical evidence for your case. You will have to sign a police 308 form to say you agree to be examined. The examination is sometimes embarrassing and uncomfortable. Try to relax your body by breathing deeply.

The district surgeon might ask you questions about your sexual habits, your periods and your medical history. You must tell the district surgeon what happened, including which part of your body was penetrated and what was used.

The district surgeon will do an examination of your vagina and take a sample of what is inside. Traces of the rapist's semen may be found. The district surgeon may comb your pubic hair to try to collect evidence left by the rapist.

You must tell the district surgeon if you scratched the man. The district surgeon will probably take a sample from under your fingernails, which could help to prove the rapist's guilt.

Your whole body will be examined for bruises or wounds. And this information will be written on a form called a 788, which will be used in the court case. The district surgeon may not give you any pills or other medical treatment. For these, you will have to go to your own doctor, the hospital or a clinic.

You may choose to go to your own doctor instead of the district surgeon. Your own doctor must fill in the 788 form and be prepared to go to court to give evidence.

Semen:	sperm, the thick, white fluid that men produce when they have sex
Pubic hair:	the hair that grows round sexual organs
188 form:	a form handed into court, filled in by a district surgeon and describing any bodily injuries sustained
District surgeon:	a doctor employed by the government
Evidence:	material such as statements, clothing or specimens of hair or blood which is collected and produced in court in an attempt to prove or disprove a case

Identity parades and bail conditions

If the alleged rapist is arrested, there will be an identity parade. You will have to point him out from a row of men who look like each other.

You do not have to touch him. If the police station has a one way glass, you can ask to identify him through this. He will not be able to see you through the one-way glass.

He will probably be released on bail. This means that he will not stay in jail. But he is not allowed to interfere with you or your family in any way. If he does, you should report it to the police.

You have a right to attend his bail hearing and give evidence about why you think he should not be released. The court should not release him on bail if:

- he raped you more than once;
- there was more than one person who raped you and they were in it together;
- he already has two or more rape charges against him;
- he knew he had HIV/AIDS at the time;
- you are under 16;
- you are made vulnerable by a physical disability;
- you are mentally ill or handicapped;
- he inflicted grievous bodily harm during the rape.

The trial

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A civil case

Another option available to women is to make a civil case against the rapist. This involves going to a lawyer and may cost quite a lot of money.

In a civil case, the standard of proof is lower than in a criminal case. In a civil case, a rapist can be found guilty on what courts call the "balance of probabilities".

This means that, taking all the evidence into account, the judge believes it is more likely that the crime was committed than that it was not.

If the rapist is found guilty in a civil case, the judge may order him to pay damages

REACTIONS TO RAPE

We are not trying to tell what you should feel if you have been raped. We can only tell you what we know from the stories of women who have been raped. Each woman copes in a different way depending on her circumstances. By describing some of these feelings, we hope to give strength and understanding to women who are raped.

Some people are able to handle all their feelings in a few weeks. Others take months or even years. This will depend on your situation and how supportive the people around you are. If you are worried that the feelings are lasting too long, then you must get help.

It is important to remember that there is someone who can help you, like a rape counsellor, a social worker, a clinic sister, or even a family member or a friend you can assist.

Sometimes partners, parents or other family members may not know how to respond to you and may even share some of your reactions to the rape. They should be encouraged to go for counselling so they can learn to understand their own reactions and how to offer you more support.

1. Shock

You might suffer from shock after being raped. Shock can make you shake, cry or laugh madly, twitch, or stay very calm. It can prevent you from thinking clearly. Some of these reactions might happen immediately, or sometimes they happen later. If you are hurt, you should get medical treatment. Otherwise keep warm, and try to have a friend with you for support.

2. Guilt

Almost every woman who is raped feels guilty. You think of things that you should have done to stop the rape, like screaming, or not screaming, locking the door, and many other things. You might feel bad or worthless because you might feel that the rape was your fault. It is important to hang on to the idea that it is the rapist who is to blame. Rape is his crime, not yours. Feelings of guilt suffered by rape survivors are often made worse by contact with the police, doctors and the court who may also tend to blame the survivor.

3. Powerlessness and loss of control

Being raped makes many women feel as if they have lost their power to make decisions. This feeling comes from the experience of being violated. The rapist uses his power to force a woman to do what he wants. What the woman feels or wants means nothing to him.

Thus, women who have been raped have to get over a very intense experience of extreme disrespect for their wishes and feelings. They feel that their own wishes and feelings are not important. Such an experience may make it difficult for you to make clear decisions. Sometimes it is a good idea to let people you trust help you to decide what to do for a while.

4. Fear

Fear can make you freeze. This makes you unable to do anything to defend yourself like scream, run or struggle. The fear that you feel while you are being raped may not go away afterwards. You might remember all the terrible stories you have read and heard about, and this could make you even more afraid that you will be badly hurt and raped again.

You might find that you cannot go into a place or situation like the one where you were raped. This could be a car, a certain street, or even a room in your own house. Sometimes a word, a film, a book, a particular kind of car, or even a smell, can bring back the fear. You might even be too scared to go out at all. These feelings should go away after a while.

5. Shame

Sometimes women feel ashamed of being raped, even though it is not their fault. Most women feel dirty and spend a lot of time washing to try to feel clean again. It is important to know that you did not do anything to deserve being raped. You were raped just

because you are a woman. Some women feel that their homes are dirty too, especially if they were raped there. You may just want to keep on cleaning the house, and this might help you to get back a sense of being in control. Some women do the opposite and cannot clean their homes at all.

6. Silence

Many women cannot speak about being raped. We do not talk about sex in our normal everyday lives because it is private. It is even harder to speak about rape. For many women, keeping quiet is a way of protecting themselves. They don't want to open themselves up to anything or anyone. They may also be afraid of people's opinions and gossip in the community. But it is important for healing to speak. Speaking out can enable you to bring the rapist to justice. More importantly, it enables you to receive the support you need. Every woman who breaks her silence helps herself and other women to conquer fear and regain strength.

7. Carrying on "as normal"

Many women who have been raped try to carry on living their daily lives as if nothing has happened. Although it is good to keep busy, it is not a good idea to pretend that nothing has happened. It can help to talk to people you trust. Look after yourself. There may be many things you feel too tired or too afraid to do. Have courage. These feelings will not last forever.

8. Nightmares

Many women have nightmares after being raped. These can be pictures of the rape itself, or frightening shapes and feelings. Such nightmares can make you afraid to go to sleep. Talking to somebody about the nightmares and the feelings that they bring up can help. It also helps to have someone with you who you can wake up for support if the nightmares do not go away.

9. Fear of touching

You might feel that you cannot touch anyone else, or let anyone touch you. Because you have been abused, you feel that this is a way to protect yourself. It is difficult to lay a charge because you have to have a medical examination soon after the rape.

You may find that you do not even want to hold or hug your children or let them touch you. You may also find that you feel especially uncomfortable with, or afraid of, men. You might not want to have sex for a while.

It is important that you decide when you are ready for sexual touching again. You should talk to your partner about this so that you both understand and help each other. After being raped some women feel tight and dry when they are having sex. This is called "vaginismus". It will go away after a while. If you want to, you could try using a lubricant to ease the dryness.

Some women find themselves having sex with many partners after being raped. This may be their way of trying to deal with feelings of loss of control, worthlessness and all the other pain of being raped. It is much better for you to talk to someone you can trust. Sleeping around is letting the rapist keep power over you.

10. Depression

Many women feel numb, tired and disinterested in everything for a long time after being raped. This is called depression. You may feel very sad, and then suddenly very excited, or you may not have any feelings at all. You may feel unable to do anything for yourself. You may even think of taking your own life to escape from the painful and confusing feelings. You may be unable to communicate and become very isolated. Sometimes medicine for depression can help for a while. But if you are depressed it may help to talk to a friend or rape counsellor. You may need to go a doctor or to the clinic for help.

Depression:	feeling gloomy, numb, worthless, in despair
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11. Anger

If you have been raped, you may feel full of anger for a long time. You may not feel like doing the things you usually do. It is a good idea to talk to people you trust about your feelings, why you are angry and who you are angry with. Direct your anger at the man who raped you, not at yourself.

12. Grief about loss

You might experience grief and sadness after being raped. This may be part of the shock of your experience. It may also be because you feel you have lost important things. You may have lost your sense of safety. You may have lost your sense of being in control. Perhaps you lost your virginity. Certainly your right to control your own body and sexuality was violated. If the rapist was someone you know, you probably also experience a feeling of betrayal and loss of trust. (Most rapes are committed by men known to the survivor.)

HEALING

It is important to know that the feelings you experience after being raped are completely natural and need to be dealt with. You are not going mad, nor are you over-reacting. There is good reason why you may not be able to function in your normal way.

You are also not alone. Many women have been raped and know how you feel. These feelings will not last forever. You will survive. If, however, you feel overwhelmed or that terrible feelings are going on too long, you should contact a rape counsellor or a psychologist.

On the other hand, you may not experience any of these feelings at all. This does not make you abnormal either. For some people, rape is something they can integrate and understand and the trauma passes quite quickly. They should not be judged for that either.

Rape involves the mind, the body and the emotions, so healing needs to take place on all these levels. Some ideas that many survivors have found useful to healing are mentioned below. These ideas should not replace the treatment suggested by your doctor or counsellor. They are meant to give you extra help.

- Take care of your body. Eat healthy foods and make sure that you get enough exercise and sleep every day. If you have problems sleeping, ask your doctor or clinic for help. If you can, try to have long, relaxing baths, especially if you can add some soothing salts, oils or herbs. If you are feeling tense, ask someone you trust to gently massage your neck, back, feet and hands.
- Look after your mind. Many rape survivors have found that positive thinking helped their healing process. This may require a deliberate effort to stop self-criticism and negative or frightening thoughts. Doing creative things you enjoy may also help. You could try painting, dancing, cooking or sewing.
- Remember your faith in life. This may be religious or your own philosophy. Do positive things and mix with people who help reaffirm your faith. It is also a good idea to educate yourself about rape. Knowledge is power and you will feel less alone. Join or start a support group and meet other rape survivors. You will be able to help each other.
- Give yourself time and space to feel. Pay attention to your feelings. Write them down or talk about them to friends, whether you feel angry, afraid, numb or sad. Allowing yourself to feel and express all your emotions will help you to heal. Keeping feelings bottled up inside you will prolong your pain.
- When releasing your emotions, do not harm yourself or others or do anything you may later regret. If you feel that your emotions are getting out of control, speak to a counsellor or a doctor. There are also some herbal remedies that may help. For example, St John's Wort and Kava Kava are good for stress, anxiety and depression.

WRONG IDEAS AND FACTS

Wrong idea: Many people believe that "nice girls" don't get raped.

The truth is that any woman or girl-child can be raped. Babies of six weeks old and women of 93 are raped. It does not matter where they are or how they are dressed. Rapists often look for easy victims, those who are trusting and will not fight back. In our society, these are often "nice girls".

Wrong idea: Many people believe that prostitutes cannot be raped.

The fact is that prostitutes do get raped. Prostitutes, like any other women, have the right to say no. They are being paid for sex, not for rape.

Wrong idea: Many people believe that wives cannot be raped by their husbands.

The truth is that in South Africa women can charge their husbands with rape. A woman has the right to say no to sex with her husband.

Wrong idea: Many people think that a woman can prevent being raped by a man if she tries hard enough.

The truth is that most men are stronger than most women. Rapists don't need to use a weapon. Physical force, or the threat of violence, is enough to scare most women into doing what they are told to do. To give in does not mean you agree. Many women obey rapists because they fear for their lives.

Wrong idea: Many people believe that women imagine (think or dream about) being raped and that they would enjoy it if it happened.

The fact is that some women do have fantasies or daydreams about rape. But these thoughts or imaginings are under the woman's control and she can stop them whenever she wants to. When a woman is raped, however, her control is taken from her. Rape is a

brutal attack. It is humiliating and sometimes women are badly hurt. No woman enjoys being raped. No woman wants or asks to be raped.

Wrong idea: Many people believe that when a woman says no to sex she means yes.

The truth is that in some cultures a woman is expected to be shy and to resist when a man, even her husband, sexually approaches her. Women need to say NO very firmly when they do not want sex. Men need to listen.

Wrong idea: Many people believe that when men get excited about sex, they cannot stop.

This is not true. We all know what it is like to get excited to the point where there is nothing we want more than to complete the sexual act. But we can all choose to stop there and turn away to wait until the excitement goes away. Rapists are men who choose not to stop.

Wrong idea: Many people believe that rapists are strangers in dark streets.

The truth is that a rapist is more often someone you know than a stranger. He can be your husband, boyfriend, a date, a member of the family, a friend of the family, or someone you met at a party. Many rapes are planned beforehand.

Wrong idea: Many people think that rapists only rape once.

The truth is that many rapists rape more than once. Many of the men in prison for rape say they would do it again.

Wrong idea: Women who get drunk in company are inviting rape.

The fact is that being drunk does not excuse a rapist from his crime. Nor does being drunk make a woman responsible for being raped. It is true that being drunk makes women more vulnerable to rapists. But this does not mean that they are inviting rape or deserve to be raped. No one deserves to be raped.

Wrong idea: Many people believe that women say they have been raped to take revenge on men or get them into trouble.

The truth is that reporting rape takes a lot of courage, because women are often not believed when they say they have been raped. Women are also often made to feel ashamed, and reporting a rape can feel like another experience of violation. Very few women will lie about being raped.

Wrong idea: Many women think that they are not the kind of women who get raped. They think it won't happen to them.

The truth is that most women who are raped thought that it could not or would not happen to them. Any woman can be raped.

Wrong idea: Some people think that rapists are sex-starved madmen.

The truth is that many rapists are "normal" and are married. Rape is a crime of violence, rage and hate. It is not just about the need for sex. Rapists can't easily be told apart from other men. Doctors, policemen, priests, teachers, sports stars, uncles, brothers, fathers can be -- and often are -- rapists.

Wrong idea: Many people believe that women dress and behave in a particular way which causes men to get excited and rape them.

The truth is that it doesn't matter how a woman is dressed. Tiny babies in nappies and very old women in drab clothing get raped. Women in shorts and women in long robes get raped. People do not think that men are asking to be raped because of the clothes they wear. Women should have the same freedom to dress in the way they like.

Wrong idea: Many people think that white women are most likely to be raped by black men.

The truth is that there are more white men who rape black women than there are black men who rape white women. But most men rape within their own race group.

PROTECTION AGAINST RAPE

Many people think that most rapes are committed by strange men outside of the home. This is not true. Many rapes occur in the home, and most are committed by a man known to the rape survivor.

This section of our booklet offers some suggestions to help you to protect yourself against rape. But each person can only behave in the way that seems best to her in the situation. What helps one person might not help another. There are no right or wrong responses. Acting on a gut feeling is often the best.

In many cases women are so terrified that they "freeze" and are unable to do anything. If this happens to you, do not feel guilty about it. Attending a good self-defence course will coach you in the right attitude, a swift response and some useful techniques to resist attack. If you sense trouble, trust your instinct.

Rape survivor/victim:	a person who has been raped.
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Here are some other suggestions:

1. Outside the home

- Always try to walk with confidence as though you know where you are going. Be vigilant Watch men who are near you or approaching you.
- Wear flat shoes that will allow you to run if you need to. It is a good idea to wear clothes that allow you to move freely.
- Avoid groups of men if you can.
- If you are in company, watch who pours your drinks so that they don't add pills to make you weak or knock you out.
- Be aware of how much alcohol you can drink before it's too much. You are vulnerable when your judgement is impaired by drink or drugs.
- After a party, don't accept a lift home from a stranger, even if he knows a friend of yours.
- Lobby your local council for good streetlights and safe public transport.
- If you can, walk to where you are going with friends rather than alone.
- If you think you are being followed, trust your instinct. Walk faster, change direction and, if necessary, go to the nearest house or shop for help.
- If you think you are in danger, scream as loudly as possible. Many attackers are frightened away by a loud noise. If you are desperate, you could break a window in order to draw attention to what is happening. It is a good idea to carry a whistle for such emergencies.
- If you are in a lift and feel threatened, press the alarm and buttons for other floors. Get out as soon as possible.
- When you are driving a car, make sure that all doors are locked.
- It is best never to accept lifts from strangers. If a motorist stops to ask for directions, keep a safe distance.
- There are some things that you can carry to protect yourself, like pepper, a mace spray, keys, or a whistle.

2. In the home

- Remember always to lock your outside doors, even during the day (security gates are an added protection).
- Try to have burglar bars on all your windows.
- At night, close curtains so that people cannot see in.
- Make a plan with your neighbours so that you can alert each other to danger in your homes.
- Have a watchdog.
- Don't indicate by the title Ms, Miss or Mrs on the postbox, or in the telephone directory, that you are a woman. Just use your surname and initials.
- Do not open your door before checking whether you know who is out- side. If it is a stranger, ask for some form of identification.
- If an intruder gets into your house, pretend that you are not alone by calling out or speaking to someone.
- If you can, leave a light on inside the house at night, and make sure all entrances are well lit.
- On returning home, always have your keys ready to open the door. If you think someone is watching you, don't go into your house. Go to a neighbour or try to get some help. Remember you can use your keys, your bag or even a shoe as a weapon to help protect yourself.
- If you have a telephone, keep the police toll-free number (10111) close by.

3. If you have to hitch-hike

- Remember that hitch-hiking is very dangerous and you should not do it unless you have no other choice.
- Don't hitch alone or in very deserted places.
- It is usually safer only to accept lifts from women or from older couples or families.
- Never accept a lift from someone who changes direction to pick you up.
- Before getting in, ask where the driver is going before saying where you want to go.
- Keep your hand on the door handle and, if you are threatened, try to jump out. You can also grab the steering wheel, press the hooter and generally try to attract attention.

4. If you are attacked

- Try to get away from your attacker.
- Sometimes, if you talk to or reason with the attacker, it might make him change his mind.
- Tell the attacker that you are having a period, are pregnant or have a disease like AIDS. This might put him off.
- Try to shout, bite, kick, pull his hair and use other forms of attack. But be realistic about your own strength and your ability to defend yourself. Sometimes active resistance can lead to further anger and harm. Passive resistance may be advisable if your life is in danger.
- If you are able to fight back, aim for the sensitive parts of the attacker's body such as the eyes, penis and testicles.

Passive resistance: non- violent refusal to co-operate

INCEST

When a person has sexual intercourse with a close relative, that is incest and it is a crime. Incest law prohibits sexual intercourse between a man and any relative which the law prevents him marrying. This includes his daughter, step-daughter, grand-daughter, sister or half-sister, his mother, grand-mother, or niece.

Where incest happens without the woman's consent, it is also rape. Incest usually occurs between older men and girls. Many girls and young women are raped by their fathers or other male relatives. Sometimes the raping goes on and on over a number of years.

Sometimes the mother knows what is happening but feels powerless to help her daughter, sometimes because she is afraid the father will go to prison and lose his job. If you need help in such a situation, see the list of crisis lines.

In South Africa, incest law covers only vaginal sex (penetration of the vagina by the penis). Other forms of sex, such as oral sex (inserting the penis into the mouth) or sodomy (inserting the penis into the anus) are seen as indecent assault, which is regarded in law as less serious than incest.

Because of this, the law does not offer sufficient protection to children from the many kinds of sexual abuse they might experience from incest.

How sexual abuse can affect children:

Just as women are affected by rape in different ways, so children are variously affected by sexual abuse. How much trauma is suffered by the child depends on a number of factors including the age of the child and his or her understanding of what has happened.

Other factors are:

- the relationship between the child and the abuser, and how much the abuser has exploited his own authority and the child's trust;
- how long the abuse has lasted;
- whether the abuser has undermined other relationships involving the child, for instance, by saying such things as "Mom does not care about me, that's why I do this to you".
- how people close to the child respond when the abuse is revealed.

Short-term effects of sexual abuse on the child may include feelings of guilt and shame. Sexually abused children may also show signs of anger and loss of control. These can be indirect and difficult to interpret.

Low self-esteem can be another effect of abuse. The child thinks something like "there must be something wrong with me for this to have happened to me".

Another effect of sexual abuse can be sexualised behaviour. This can reinforce a tendency to blame the child in those who do not understand what has happened.

Abused children may become withdrawn or depressed. They also can find it hard to concentrate.

Long-term effects may include difficulty in managing intimate and sexual relationships in early and later adulthood, low self-esteem and depression.

People who suffered sexual abuse as children may have difficulties when they become parents. They may struggle especially in relation to the natural development of sexual awareness and the need to inform their own children about sexuality.

All these effects can be worse if the abuser is a family member. This is especially so when the disruption to the family is badly managed.

Children may have very mixed feelings towards the abuser if the relationship has been close. When the child and the abuser are separated and if the child perceives its remaining caregivers as distant and unsupportive, or even disbelieving, the child may experience deep and lasting trauma.

If a child hints about sexual worries to a family member or teacher, it is essential to take it seriously and follow up. If on reading this you are reminded of something that has happened in your own life, speak to someone you can trust and get help.

Sudden behaviour changes, nightmares, bed-wetting, signs of fear around certain people, vaginal infections, disturbed sleep, or a drop in performance at school may indicate that a child has been or is being abused.

You can help to protect children from incest and other sexual abuse by teaching them not to accept any form of touching or talk that feels uncomfortable and to talk about it, if it happens, to someone they trust.

POINTS FOR DISCUSSION

We think that the laws around rape should change to include oral, anal and object rape. What do you think?

Talk to other women -- your family, neighbours, friends, the women you work with or go to church, mosque or temple with -- about rape. Join a women's group or organisation, or start your own. Show them this booklet.

If you already belong to a women's group, ask them to talk about rape. If the group is part of a bigger organisation (like a political party, union, stokvel or student's organisation), ask the group to demand that the organisation takes rape more seriously.

There are many issues to think about. Some have been raised in this book. You might have your own questions and thoughts that you want to talk about. These are some questions we think are worth discussing:

- Why do so many men think rape is something to joke about, and something that makes them look strong?
- Why do we teach boys to be rough and tough, but teach girls to be soft and to hide their strength?
- What can parents do to raise sons who respect girls and women?!
- How can we organise to make women safe from rapists?
- How can we make our homes, our streets and our workplaces safe?
- How can women organise together against rape?
- How can we make our leaders and politicians support this campaign?!
- According to the law, men cannot be raped. Men who rape men can only be charged with sodomy, which carries a lighter sentence than rape. Do you agree that the law should be changed to include the rape of men?

Women around the world, in rich and poor countries, have used many ways to make their voices heard. We need to spread the word that rape has no place in our country. Women are stronger together than working alone.

Oral rape:	rape in the mouth
Anal rape:	rape in the anus
Object rape:	rape by forcing objects (eg. a bottle) into the vagina or anus

EXPLAINING SOME WORDS

Abortion:

ending or termination of a pregnancy

AIDS:

Acquired Immune Deficiency Syndrome, a sexually transmitted, incurable disease

Alleged:

a claim or accusation not yet proved in court

Anal rape:

rape in the anus

Anus:

the opening or hole between the buttocks

Bail:

money given to the state to ensure an accused person's appearance for trial

Bail hearing:

the court proceeding held to decide if an accused person should be released on bail

Closed circuit television:

a system, including a camera, earphones and a TV screen, which enables a witness to testify in a room next to the court, through an intermediary

Consent:

agree to, give permission, say yes

Date rape:

rape of a woman by the man she is going out with

Depression:

feeling of sadness, gloom, worthlessness, despair

District surgeon:

a doctor employed by the government

Evidence:

the material (eg. statements, clothing) produced in court in an attempt to prove or disprove a case

Gang rape:

rape of a woman by two or more men

Grievous bodily harm:

serious injury

HIV:

Human Immune-deficiency Virus, the virus that causes AIDS

HIV negative:

not having the HIV virus that causes AIDS

HIV positive:

having the HIV virus that causes AIDS

Incest:

sexual intercourse between two people legally regarded as being too closely related to marry (eg. parents/grandparents and children, uncles and nieces, brothers and sisters, step-parents and step-children)

Indecent assault:

forms of sex without consent which are not legally recognised as rape

Intentional:

deliberate, on purpose

188 form:

a form used in evidence in court, filled in by a district surgeon and describing any bodily injuries sustained

Marital rape:

rape of a woman by her husband (whether married by civil, customary or religious law)

Morning-after pill:

(Ovral) two tablets that prevent pregnancy if taken 12 hours apart, within 72 hours after sexual intercourse

Object rape:

rape by forcing an object (eg. a bottle) into the vagina or anus

Oral rape:

rape in the mouth

Passive resistance:

non-violent refusal to co-operate

Penis:

the male sexual organ

Promiscuity:

casual sex with many partners

Pubic hair:

the hair that grows round sexual organs

Public prosecutor:

a lawyer paid by the state to take charge of court cases against people accused of crimes such as rape

Rape survivor/victim:

someone who has been raped

Semen:

sperm, the thick, white fluid that men produce when they have sex

Sexual intercourse:

putting the penis into the vagina

Sexually transmitted disease (STD):

a disease passed on or caught by having sexual intercourse

Statutory rape:

sexual intercourse with a girl under the age of consent (16 years), whether or not she gives consent (the state automatically prosecutes the offender whether or not the girl wishes to lay a charge)

Unlawful:

illegal, against the law

Vagina:

part of the female sexual organ the inner passage

Vulnerable witness:

any person who may be traumatised by testifying in the presence of the accused, and who requires special protection

Witnesses:

people who have seen an event and can give first-hand evidence