

Sexual violence & harassment when no-one speaks out an abuser feels empowered and carries on.

Many Victims will fear that they will not be believed and it can be extremely difficult for them to tell anyone about their experiences.

- Remain non-judgemental
- Listen
- Be aware of reactions; don't look shocked or disinterested

Quite often people will deny or minimise what is happening but there are services out there to help.

One size doesn't fit all – men who experience sexual violence find it difficult to disclose abuse – Knowing where support can be accessed is important.

To report sexual violence: call **999** if you believe someone or a child is in immediate danger. Call **101** for non-emergencies.



Information on local support services can be found at:

www.gloseastand.com

For advice and support contact:

Sexual Assault Referral Centre 0300 421 8400

Gloucestershire Rape and Sexual Abuse Centre 01452 526770

Our Community against Domestic Abuse and Sexual Abuse

16Days
of Action 2019