



THE
STOP.
CAMPAIGN

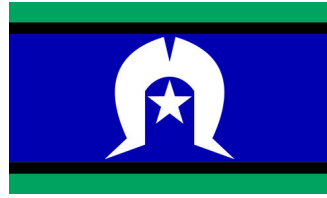
What to do when someone tells you about sexual violence



Easy Read

Book 2

Acknowledgement of Country



The STOP Campaign acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia.

We acknowledge the cultural and spiritual connections First Peoples have with the

- land
- waters and
- sea.

In the Australian Capital Territory (ACT), these people are called the Ngunnawal and Ngambri peoples.

We thank them for all that they do and teach us.

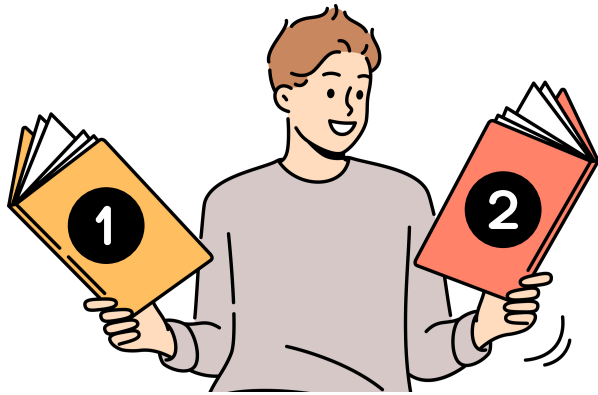
We pay our respects to their leaders of the past, current and future.

Australia always was and always will be Aboriginal land.

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About this book



This is book 2 in a series of 2 books.

This book uses some hard words.

When we use a hard word for the first time it will be **bold** and **red**.

We will tell you what the word means.

All the hard words are in a dictionary on page 42 of this book.

The book uses the real names and some drawings of body parts. Some of the images are of **private body parts** and sexual topics.

The images on the left-hand pages tell you what the words on the right-hand pages mean.

This is a long book.

You can read this book a little bit at a time or all in one go.

It is up to you.

You can read this book by yourself or with someone else.

Sometimes we all learn new things and information in books might change.

We wrote this book in 2024 and all the information in the book is true at this time.

Content warning



Content warning

We want to give you a **content warning**.

A content warning is when you are told that something has information or images about a topic that can be distressing.

A content warning is sometimes called a trigger warning.

This book talks about sex and **sexual activities**.

You can stop reading this book at any time.

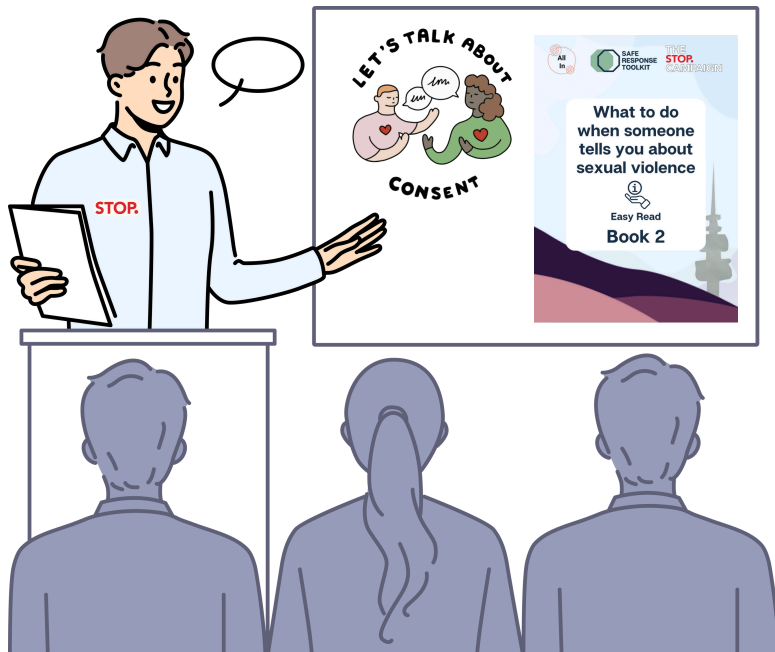
You can ask a **trusted person** for help if you need it.

A trusted person is an adult that

- you know well
- you like and
- helps you.

Trusted people are those you have chosen and you have agreed to have **private talks** together.

The STOP Campaign



The STOP Campaign

The STOP Campaign is a group of young people and university students.

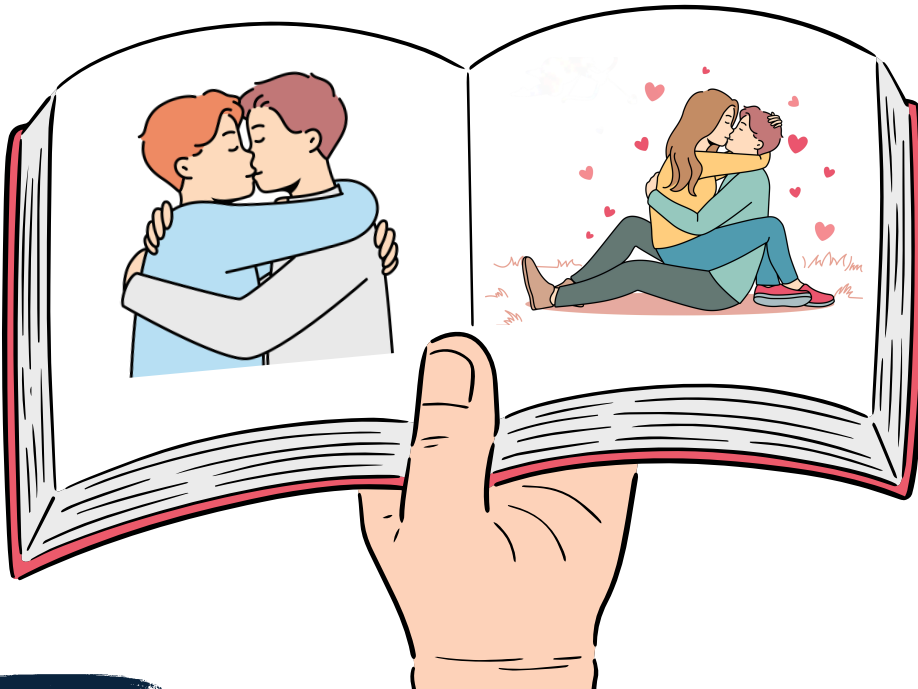
We educate people about healthy relationships and **consent**.

We talk about consent in the first book in this series.

The STOP Campaign's goal is to end **sexual violence**.

We will tell you about sexual violence on page 12.

The Safe Response Toolkit



The Safe Response Toolkit

The Safe Response Toolkit is a book about

- your **rights**
- sexual violence
- sexual consent
- how to help someone who has experienced sexual violence and
- where to get help.

You can read this book on the Safe Response Toolkit website. You can access the website at <https://saferesponsetoolkit.com.au>.

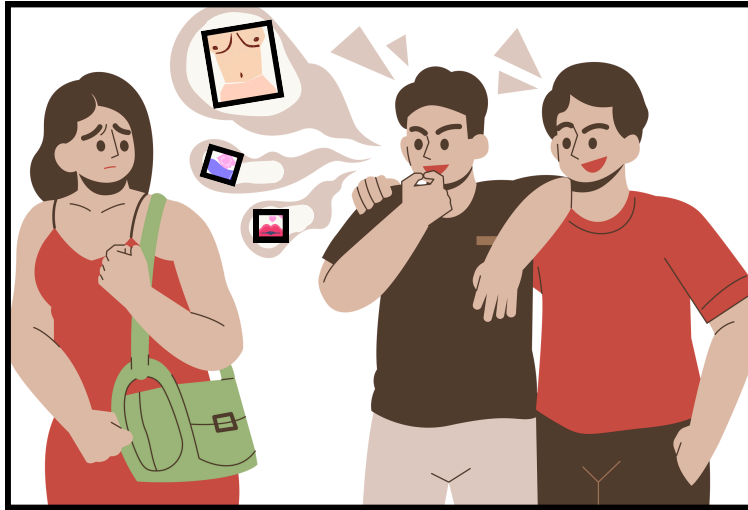
This book has information from the Safe Response Toolkit.

This is book 2 in a series of 2 books.

The first book talks about safer sexual activity.

This book talks about what to do if someone tells you about sexual violence.

Sexual violence



Sexual violence

Sexual violence is any sexual activity that is not wanted.

Sexual activity means any kind of sexual touch with a private body part.

There are many different kinds of sexual violence with lots of hard words to describe them.

Sexual violence can happen in person or online.

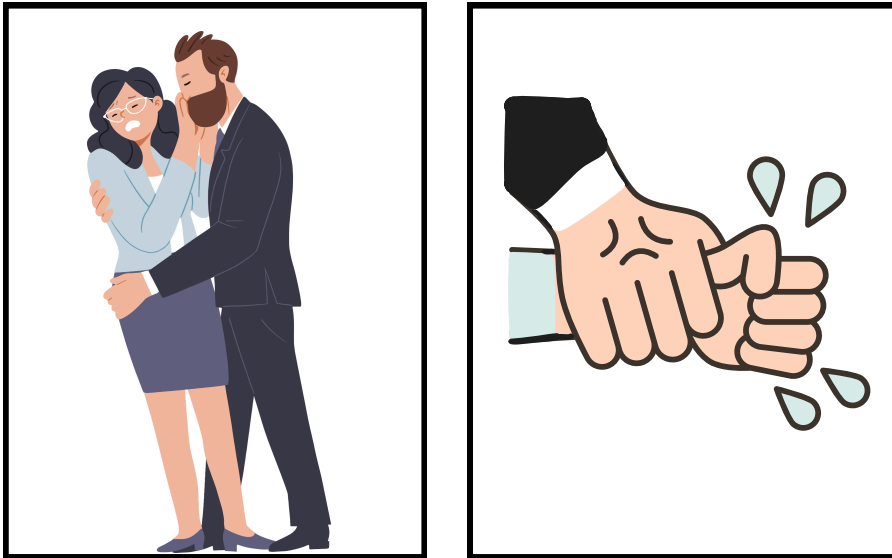
It can be when someone does not want sexual activity but another person

- has sexual activity with them
- tries to have sexual activity with them
- tries to change their mind about having sexual activity with them
- says sexual comments that makes the person feel unsafe or uncomfortable.

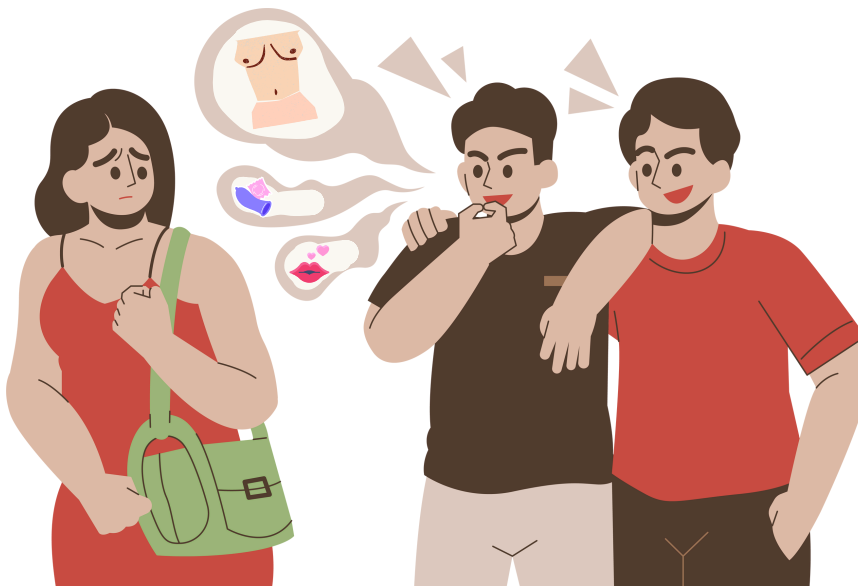
The person who does the sexual violence can be someone you know or someone you do not know.

Anyone can commit sexual violence. Anyone can experience sexual violence.

Sexual assault



Sexual harassment



Sexual assault

Sexual assault is when someone

- does sexual things to you without your consent
- forces you to do sexual activities.

Sexual violence can happen when someone uses

- physical force
- intimidation or
- threats.

Sexual harassment

Sexual harassment is when someone uses sexual language to make another person feel upset, embarrassed or intimidated.

The person doing the harassment might

- ask for sexual activity
- make sexual jokes
- make sexual statements
- be unkind to someone because of their sex or gender.

Family violence



Intimate partner violence



Family violence

Family violence is when any kind of violence happens between

- family members
- romantic partners
- carers or
- your partner's family.

Intimate partner violence

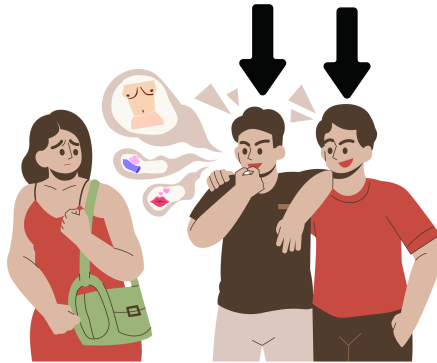
Intimate partner violence is a type of family violence between you and your sexual or romantic partner.

This violence can be

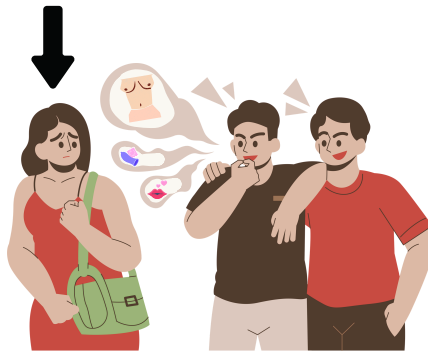
- physical
- sexual
- psychological or
- emotional.

Intimate partner violence happens when a person controls another person to make them do things they do not want to do.

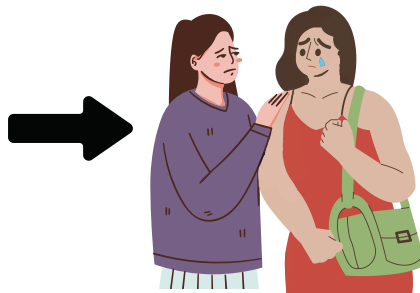
Perpetrator



Victim-survivor



Supporter



There are different words used to describe people involved in sexual violence.

We call the person who does the sexual violence to someone else the **perpetrator**.

There can be more than one perpetrator in some acts of sexual violence.

We call the person who experiences the sexual violence the **victim-survivor**.

Some people like the word victim and some people like the word survivor.

This is why we use the word victim-survivor.

Some people do not like any of these terms.

Supporters are the people who help a victim-survivor after learning about their experience of sexual violence.

How to support people who experience sexual violence



How to support people who experience sexual violence

Someone might tell you they have experienced sexual violence.

It takes a lot of courage for a person to tell you about their experience.

It is not a person's fault if they experience sexual violence.

If the victim-survivor is under the age of 18 you may have to report this to ACT Child and Youth Protection Services.

You can find information about when and how to report sexual abuse of a child on the ACT Government website. You can access the website at <https://www.act.gov.au/community/child-protection-and-youth-justice/report-child-abuse-or-neglect>.

1



1

Listen to the person

Let them tell you as much or as little as they want.

Let them take their time.

You can ask questions but do not tell them what to do.

2



2

Believe them

Tell them that the sexual violence was not their fault.

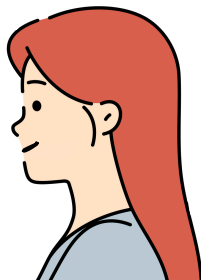
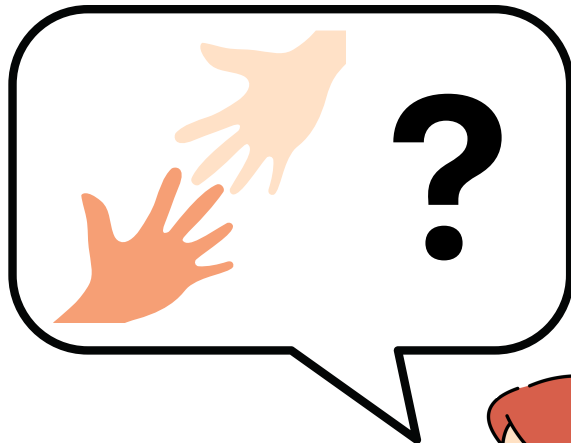
Believe what they say happened and believe their feelings.

Tell them their feelings are ok - no matter what the feelings are.

3



4



3

Check if they are safe

Ask if they feel safe today and overall.

You can ask if they feel safe

- at home
- at work
- in public
- when they travel.

4

Ask if they would like you to support them

Ask them if and how they want you to support them.

They might not want you to support them yet.

It can take time to be ready to ask for support.

This is ok if they do not want your support right now.

You can remind them that you will always be there to support them if they want you to.

5



5

Share information about where they can get help

You do not have to be their only support.

Other people can help them too.

You can ask them if they want to speak to a support service, like a counsellor.

It is ok if they say no.

Do not force them to use any help services if they do not want to.

6

Look after yourself

It can be hard for you to learn about someone else's experience of sexual violence.

It is important that you are also ok.

You can also reach out to a support service for help.

6



How to look after yourself

Vicarious trauma



Burnout



How to look after yourself

It is important to take care of yourself when someone tells you about sexual violence.

Vicarious trauma

When someone else tells you about their trauma you can experience negative feelings.

These negative feelings can be similar to feelings a victim-survivor has even if the trauma is not your own.

This is called **vicarious trauma**.

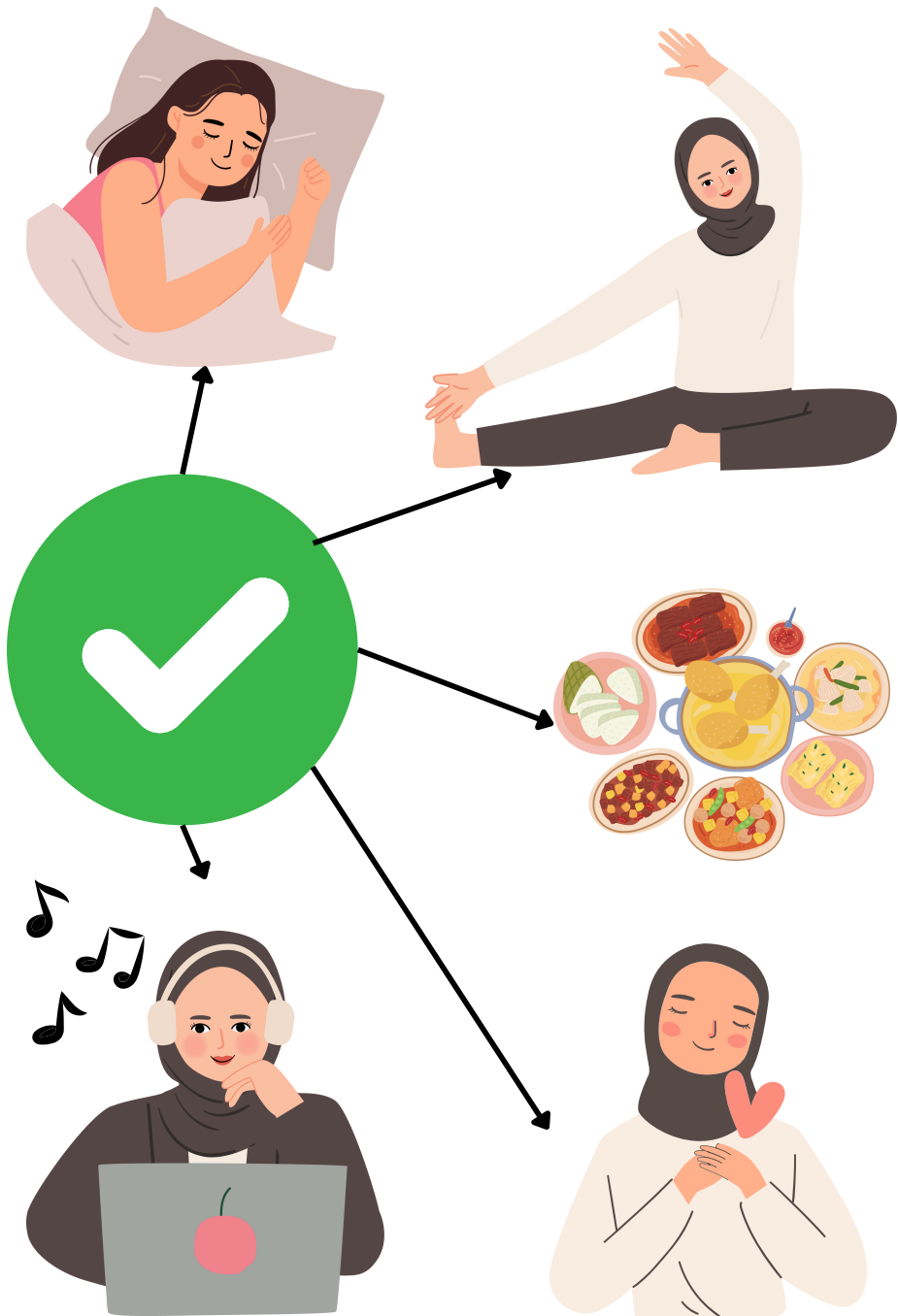
Burnout

You or the victim-survivor might also have **burnout**.

Burnout is when you are

- overly exhausted and
- overwhelmed or stressed.

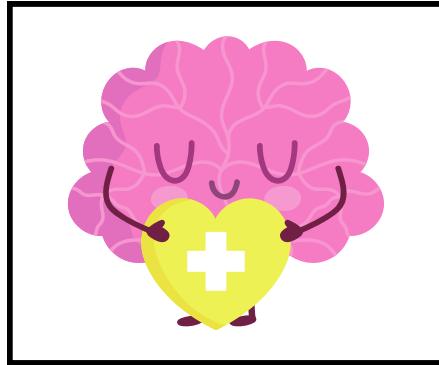
This often happens when someone works very hard with their body and brain and does not take breaks for a long time.



Some things you can do to help look after your body and brain are

- to have a sleep
- move your body or exercise in a way you like
- do something creative - like paint or listen to music
- eat things you like
- spend time doing something that makes you happy.

Your mental health



Your mental health

Your **mental health** is very important.

Your mental health is the health of your brain and emotions.

It affects how we

- think
- feel and
- act.

It is important to take care of your mental health.

You can

- talk to a trusted adult or support service about your feelings
- write down some things you like about yourself or your day
- not use social media for a few days
- do some breathing exercises, like breathing in for four seconds, holding your breath for two seconds, and breathing out for six seconds.

It is ok to ask for help from others to look after your mental health.

Re-traumatisation and triggers



Re-traumatisation and triggers

Victim-survivors might want help if they are **re-traumatised** by certain

- words
- images
- smells or
- touches.

Re-traumatisation is when a person who has experienced trauma feels like they are re-living the traumatic experience.

A victim-survivor might feel the same way they felt during the sexual violence.

To help support a victim-survivor you can ask them what their **triggers** are.

A trigger is something that causes a person to remember their trauma.

It can make the person feel distressed.

Crisis services in the ACT

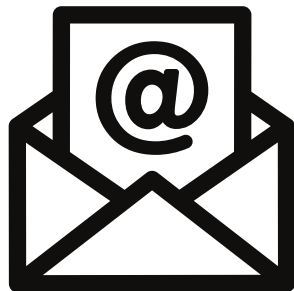


Crisis services in the ACT

Some crisis services in the ACT that you can talk to are

- ACT Police. You can call them on 000 or 131 444. They help people in an emergency.
- Canberra Rape Crisis Centre. You can call them on 02 6247 2525 or email them at crcc@crcc.org.au. They give free counselling and support to anyone that has experienced sexual violence.
- Domestic Violence Crisis Service. You can call them on 02 6280 0900 or text them on 0421 268 492 or email them at crisis@dvcs.org.au. They give free crisis and support services to anyone that has experienced domestic, family or sexual violence.
- Forensic and Medical Sexual Assault Care. You can call them on 02 5124 2185. They get evidence from a person's body who has experienced sexual violence to give to the police. They are at the Canberra Hospital.
- ACT Access Mental Health. You can call them on 1800 629 354. They give support to anyone who has bad mental health and needs help.

Support services in the ACT



Support services in the ACT

Some support services in the ACT that you can talk to are

- Advocacy for Inclusion. You can call them on 02 6257 4005 or email them at info@advocacyforinclusion.org. They help people with a disability to get the support and help they want.
- Menslink. You can call them on 02 6287 2226 or email them at info@menslink.org.au. They give men free counselling and education. They help victim-survivors and supporters.
- Companion House. You can call them on 02 6251 4550 or email them at info@companionhouse.org.au. They give counselling and other support to refugees and asylum seekers.
- Victim Support ACT. You can call them on 1800 822 272 or 02 6205 2066 or email them at victimsupport@act.gov.au. They help victims of crime like counselling, money and help when going to court.

If you need help to talk in English you can call the Translating and Interpreting Service on 131 450 to get you in touch with a service.

If you are deaf or need help to talk to a service you can call the National Relay Service on the Voice Relay number on 1300 555 727, the Type and Read (TTY) number on 133 677 or the SMS relay number on 0423 677 767.

Thank you to the people who helped make this book

Lots of people helped to make this book.



ACT
Government

We want to say thank you to the ACT Government for giving The STOP Campaign money to make this book.



We also want to say thank you to the Safer Me Safer You Project.

They have worked with us to write some of the definitions of the hard words in this book.

They also helped us to ask people with a disability if they understood this book.

We want to say a special thank you to

- Yenn Purkis
- Emily and Cassie Gardener
- Rachel Wotton
- Racheal Leahcar
- the leadership team of The STOP Campaign.

These people read the book and gave us comments about what could be better.

Dictionary

Age of consent means the age you and someone else must be for sexual activities to be legal. It is the law. In the ACT the law says you must be 16 years of age or older to do sexual activities. The law can be different in different places. Make sure you know what the law says where you are.

Burnout is when a person is

- overly exhausted and
- overwhelmed or stressed.

This often happens when someone works very hard with their body and brain and does not take breaks for a long time.

Consent is when all people agree to something that they want to happen.

This is called giving permission. Everybody has the right to communicate their boundaries and for them to be respected. Consent is a way of sharing these boundaries with other people. Consent can happen when

- you have options and
- can make a decision about things that affect you.

Consent is needed before and during an activity.

A **content warning** is when you are told that something has information or images about a topic that can be distressing. A content warning is sometimes called a trigger warning.

Family violence is when any kind of violence happens between

- family members
- romantic partners
- carers or
- your partner's family.

This violence can be

- physical
- sexual
- financial
- psychological or
- emotional.

Intimate partner violence is a type of family violence between you and your sexual or romantic partner. Intimate partner violence happens when a person controls another person to make them do things they do not want to do. This violence can include the same types of violence as family violence.

Your **mental health** is the health of your brain and emotions. It affects how we think, feel and act. It is important to take care of your mental health. It is ok to ask for help from others to look after your mental health.

A **perpetrator** of sexual violence is the person who does the sexual violence to someone else.

Private talk is conversations about private body parts, sexual activities, feelings, thoughts and emotions. If you need to talk about a private body part or sexual activity it is best to talk to a trusted person in a private place.

Private body parts are the parts of the body that are usually kept covered by clothes when we are in public. They are also body parts that are involved in sexual activities. They include the

- mouth
- bottom
- anus
- breasts
- vulva
- vagina
- testicles
- penis.

People can use different names for these body parts. This may be for cultural reasons or to feel more comfortable in their gender. It is important that people also know the correct name. This helps you ask questions or share worries with health professionals or a trusted person.

Respect is a positive feeling towards someone or something you care about. It is shown through behaviours like when you

- are fair
- listen
- are kind
- show someone you care
- help people.

Re-traumatisation is when a person who has experienced trauma feels like they are re-living the traumatic experience. Victim-survivors can be re-traumatised by certain

- words
- images
- smells or
- touches.

Rights are like rules about what a person is allowed to

- be
- do
- have or
- experience.

They are things the law says you are entitled to as a human being. There are many different types of rights. All people have rights.

Sexual activity can be lots of different things. It can mean any kind of sexual touch with any private body part. You need consent to do sexual activity. You can stop sexual activities at any time. Sexual activity should feel good. People can use different names for sexual activities, such as sex, making love or doing it. Sexual activities include

- vaginal sex
- oral sex
- anal sex
- kissing
- rubbing or touching the private body parts of yourself or another person.

Sexual assault is when someone

- does sexual things to you without your consent
- forces you to do sexual activities.

Sexual violence can happen when someone uses

- physical force
- intimidation or
- threats.

Sexual harassment is when someone uses sexual language to make another person feel upset, embarrassed or intimidated. The person doing the harassment might

- ask for sexual activity
- make sexual jokes
- make sexual statements
- be unkind to someone because of their sex or gender.

Sexual violence is any sexual activity that is not wanted. It can happen in person or online. Sexual violence can be when someone does not want to do sexual activity but another person

- has sexual activity with them
- tries to have sexual activity with them
- tries to change their mind about having sexual activity with them
- says sexual comments that make the person feel uncomfortable or unsafe.

Supporters are the people who help a victim-survivor after learning about their experience of sexual violence.

A **trigger** is something that causes a person to remember their trauma. It can make the person feel distressed. To help support a victim-survivor you can ask them what their triggers are.

A **trusted person** is an adult that

- you know well
- you like and
- helps you.

Trusted people are those you have chosen and they have agreed with you to have private talks together.

Vicarious trauma is when a person experiences negative feelings when someone else tells them about their trauma. These negative feelings can be similar to feelings a victim-survivor has even if the trauma is not your own.

A **victim-survivor** is a person who has experienced sexual violence.

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