

## The Effects of Rape

No two survivors of sexual assault react in exactly the same way, or feel the same emotions at the same time, or heal in exactly the same way. Every survivor deals with the assault in a way that addresses their particular situation. While every survivor should feel encouraged to seek a healing path that works for them, there are some commonalities among most, if not all, sexual assault survivors.

Remember, these are not “rules” for a “normal” reaction to sexual assault, but rather some of the many emotions and experiences you *may* have as a survivor. It is important for the survivor to know that they are not alone in their pain or experience.

## Common Reactions To Sexual Assault

- o Emotional Shock
- o Disbelief
- o Fear
- o Embarrassment
- o Guilt
- o Shame
- o Depression
- o Anger

## What to do if you have been raped

- o Go to a place where you will be safe
- o Call a friend to talk to or be with, or FRASAC, or both. You may be feeling not only frightened and upset, but guilty as well. Talking it over with a worker at FRASAC can help you understand what has happened to you, why you feel the way you do and, no matter what the circumstances, that it was not your fault.
- o Decide whether you want to report the rape to the Police. The decision is yours, and no matter what choice you make, FRASAC will support you.

## If you decide not to report it

- o Have any injuries treated by your doctor or at a hospital.
- o If there is a possibility of pregnancy you may want to take the morning after pill (up to 72 hours after the rape) or have a coil fitted (up to 5 days after). To do this, go to your Family Planning (FP) Clinic or your GP. If you later want a pregnancy test this can be done by your own doctor or FP Clinic. Go as soon as possible. If they want you to go back, it is important that you do.

If you are pregnant and want an abortion, discuss it with your GP or FP clinic. You are entitled to go to another doctor or clinic if your own GP will not refer you for an abortion.

- o The Genito-Urinary (GUM) Clinic at the Victoria Hospital in Kirkcaldy offers fully confidential treatment.

You do not need a letter from your doctor. You may be asked to return - it is important that you do so.

You do not have to say you have been raped.

You can make an appointment by calling 01592 643774.

You can ask a friend or your support worker to go with you.

## If you do decide to report it

- o Before you call the police, call a friend or FRASAC. You may want someone to go with you.
- o Do not wash or change clothing, as this will destroy evidence. Take a change of clothes with you. The police may keep the ones you are wearing for evidence.
- o After reporting to the police, you may wish to consider the previous medical advice.

## Why me?

- o Women of every age, race and religious background are raped.
- o No matter where you were, what you were doing or what you were saying, you did not deserve this.
- o The responsibility lies with the attacker, not you.

## How do you feel?

- o You may feel angry, dirty, ashamed, depressed, upset, tearful, suicidal, guilty, worthless, or indeed, nothing at all.
- o You may be having nightmares or be re-living the events.
- o You may lose confidence and trust and find day-to-day life hard.
- o Everyone is an individual and reacts differently. The list above is by no means everything you may be feeling. Expressing your feelings can help you heal.
- o You must remember that you did not ask for this to happen to you. Your feelings need to be directed at the person responsible—the attacker. Speak to someone you can trust or come and speak with someone at FRASAC. Even if the attack was some time ago, your feelings are important.

## Contact Us At:

**29 Townsend Place    2a Burnside North**  
**Kirkcaldy                      Cupar**  
**Fife                                      Fife**  
**KY11 1HB                      KY15 4DG**  
**01592 642336                  01334 655205**

**Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)**

**Website: [www.frasac.org.uk](http://www.frasac.org.uk)**

## Opening Times

**Monday to Friday 9am – 5pm**

## Other Useful Numbers

**Rape Crisis Helpline: 08088 01 03 02**  
**Samaritans: 08457 90 90 90**  
**Police: 0845 600 5702**  
**GUM Clinic: 01592 643774**  
**Women's Aid: 01592 261008**  
**01334 657537**

**Funded by Fife Council & Scottish Executive**



**Fife Rape &  
Sexual Assault  
Centre**  
**( FRASAC )**

**INFORMATION FOR  
SURVIVORS OF RAPE  
OR SEXUAL ASSAULT**

**SUPPORT**

**INFORMATION**

**CONFIDENTIALITY**