



→ | Sexualised violence
Protection in Oberhausen

Information
Addresses
Telephone numbers

Sexualised violence is not a private matter!

Remember that you are not the only one to experience sexualised violence. There are people and facilities which can help you.

This brochure will tell you how to find protection from sexualised violence with the help of the police, where you can get support and advice, and what your rights are.

→  The contact data for institutions marked with this symbol are listed in the address directory printed on pages 14 and 15.

published by:

Arbeitskreis  **Gewalt**
Oberhausen

sponsored by:

Ministerium für Gesundheit,
Emanzipation, Pflege und Alter
des Landes Nordrhein-Westfalen



→ What is sexualised violence?

Sexualised violence is violence expressed by sexuality, and means a massive violation of the victim's sense of self. It is an assault on the mental and physical integrity of the victim. Sexualised violence is usually committed by an acquaintance of the victim, and more rarely by strangers who suddenly appear. Sexualised violence occurs in all social classes, independent of income, level of education, culture, or social status.

→ Forms of sexualised violence

Insinuating and embarrassing comments | unexpected touching | forced and unwelcome kisses | pressing against your body | exhibitionism | sexual abuse of children | rape

Sexual abuse of children

Sexual abuse always takes place when an adult or adolescent uses a girl or boy to act out personal needs and drives by means of sexualised violence. The offender takes advantage of his position of power and the dependence of the child and ignores the child's personal limits. He sees the child only as an object. The action is not simply a "lapse" or "mistake", but a consciously planned, often carefully prepared act. Sometimes offenders simultaneously use sexual and physical violence even if the child is "only" forcefully kept in a situation by threats, promises, or rewards. Sexual abuse rarely happens only once – most often it is a repeat offence.

Approximately every 4th or 5th girl and every 9th to 12th boy experiences at least one incidence of sexualised violence before her or his 18th year.¹

Offenders and offender strategies

Sexual abuse is primarily committed by men and male adolescents. In about 20% of the cases, women and young girls commit sexualised violence. A third of all cases of sexual abuse are committed by offenders who are children and adolescents. 90% of the offenders come from the immediate environment of the child. In only 10% of cases are the offenders fully unknown to the child. Offenders come from all social classes, independent of culture, skin colour, age, or level of education. There is no such thing as sexual abuse "by mistake". Sexualised violence is not a spontaneous act, but is consciously sought and planned. Offenders create an increasingly close web of relations in which they catch their future victim.

¹ zartbitter Köln



The offender is always to blame and responsible for the sexual abuse.

Consequences

Sexual abuse in childhood frequently leads to serious long-term consequences. It doesn't take place in a vacuum, but is coupled with other important life experiences. The duration, extent, and closeness of the child to the offender, the family dynamics, the existence or non-existence of help for the child all determine the consequential damages. If the child gets help and support and is listened to and believed, the consequences of the childhood abuse are possibly slight in adulthood.

Possible effects as an adult

Problems with trust | fear of human contact | difficulties in saying "no" | sensation of powerlessness | difficulties falling asleep or sleeping through the night | constantly recurring nightmares | feelings of guilt and shame | poor self-esteem | oppressive ill humour, including depressions | self-destructive and self-injurious actions | addictive behaviour (drugs, alcohol, medicines, food) | flashbacks | feeling numb, lack of personal integrity | gagging and suffocation attacks | difficulty in swallowing | respiratory distress | skin rashes | itching | suicidal fantasies, suicide attempts

Many of these symptoms can indicate post-traumatic stress disorders.

Rape

Rape is the most extreme form of sexualised violence.

Counter to the widely held belief that rape is committed by strangers, about 70 to 80% of such acts are committed by men from the woman's closer circle of acquaintances. Forced sexual intercourse within the marriage is also rape, and hence a criminal offence. Every rape is a massive violation of personal privacy and a serious assault on the mental and physical integrity of the victim. In rape situations, women are subjected to the arbitrary will and power of the offender.

Reactions of the victim

They feel under shock | they feel as if paralysed | they feel speechless | they act as if nothing has happened | they suffer frequent flashbacks of the deed | they are afraid to leave the house and go about their daily business | they feel polluted and want to constantly wash themselves | they suffer from panic attacks and insomnia | they can't stand to be touched | they fluctuate between the need to take action and the desire to forget

These are all **normal** reactions to an experience that is **not normal**. Victims frequently feel as if they were partly responsible for the act, that they wrongly assessed a situation or didn't take necessary safety precautions.



But you are not to blame – only the offender is to blame! You are entitled to assistance and support!

Sexualised violence under k.o. drops

K.o. drops (knockout drops) are substances which relatively quickly lead to a clouded consciousness or totally unconscious state. An overdose of such substances can trigger a comatose state, and in the worst case lead to respiratory depression and even death. K.o. drops include for instance the benzodiazepines (tranquillizers and sedatives) or also the drug GHB (gamma-hydroxybutyric acid), known in the youth scene as "liquid Ecstasy".

K.o. drops can be used in the practice of sexualised violence with the intention of making the victim submit without any personal will of her before the offence is committed. Taking k.o. drops can dull one's powers of recollection up to amnesia (loss of memory) or unconsciousness. Therefore physical abnormalities or injuries, finding oneself in a strange room or place, possibly only scantily clothed, are indications of a criminal sexual offence. **In this case go to the doctor as soon as possible (even if you are unsure) and have a blood and urine sample taken to learn whether you were administered k.o. drops. Some k.o. drops can only be detected 6-14 hours after being taken. You need to act quickly!**

Some of the k.o. drops have no taste or smell and are colourless, which makes it easy to **secretly slip** them into a drink without being noticed. Such k.o. drops are sometimes used in discotheques, at larger events, or parties. There are also known cases when such drops were administered within the home, as well.

How can you protect yourself?

→ Don't leave any opened drinks unattended! | → Always order and accept your own drinks yourself! | → Don't accept any opened drinks from people you don't know! | → In the event of sudden discomfort, speak immediately to a friend and ask to be accompanied! Speak to the staff if you are at a public event! | → Friends should look after each other and keep their eyes on each other's drinks if one of them leaves, for instance to go to the washroom! | → Friends should immediately intervene if one of you becomes nauseous, or shows unusual sexually uninhibited behaviour (k.o. drops can have such

an effect) or if strangers attempt to lead your friend away! |→ Inform the police immediately if you have any suspicion that k.o. drops have been added to a drink!

Sexualised violence on the internet²

The internet firmly belongs to the daily life of children and adolescents, but also contains **the danger of making them victims of sexualised violence:**

→ Photos posted on websites are reworked into pornographic images and distributed. |→ Intimate films produced by mutual or underhandedly in secret are made public. |→ Sexualised images and violent actions, including those of children and adolescents, are self-filmed as a sort of “courage test” and posted on the internet.

In chat rooms and web communities, children and adolescents are

→ subject to being sexually addressed and harassed, including being sent pornographic images, without having done anything themselves to invite such actions. |→ requested to partake in sexual activities in front of webcams or reveal intimate information. |→ can become victims of paedocriminal offenders who shortly after making contact, aggressively force an actual meeting.

Furthermore there is always the danger that while using the internet, minors are confronted with pornographic and violent contents which are harmful to young people and/or hinder their normal development:

→ Access to pornographic contents is simple, since most computers lack effective access control. |→ Merely by using a search engine or innocently making a typing mistake can lead one unintentionally to pornographic websites. |→ Children’s websites and links in schoolbooks are sold to providers of pornographic content. |→ On some “model” websites, minors are shown in sexually explicit poses. |→ Games with explicitly sexualised contents are offered on the internet.



Due to the multimedia capability of mobile phones and playstations, these dangers are no longer restricted to using computers.

Consequences and effects for the victims

are similar to those subjected to sexualised violence (see page 4 → Rape). The victims can neither prevent nor stop the public distribution of the images.



Victims of sexualised violence in the internet are also entitled to help and support as well as the option to file a complaint (see page 8)!

How can you protect yourself?

→ Handle your personal data and photos with great care! |→ Never pass on private and/or intimate information to people you don’t know! |→ Develop a “healthy mistrust” of strangers! |→ Do not share “nicknames” or passwords with anyone! |→ Resist and take action against sexual inquiries and molestations! |→ Never let yourself be forced to post sexual texts or photos! |→ Document any sexual molestations (screenshot)! |→ A complaint should be filed in the case of sexual abuse in the virtual world as well. Note the date, time, internet address, offender, dialogue or chatroom partner, witness(es) of the abuse and/or create a screenshot. |→ **And above all** never agree to an actual meeting with anyone you don’t know before previously checking all the data!

Pregnancy after sexualised violence

There is possibly the option of obtaining a criminological or medical indication. According to German law, if a girl under 14 years of age becomes pregnant, she is entitled to a criminological indication.

If after sexual abuse it cannot be excluded that insemination has taken place, the “morning-after pill” can be prescribed up to max. 72 hours after the offence has been committed. It is safest if the pill is taken within 12 hours afterwards. An emergency IUD can also be inserted within five days after the offence. Your physician or one of the consulting agencies can provide further information.

HIV infection

There is a high risk of being infected with HIV if you have unprotected vaginal or anal sexual intercourse. But a HIV infection can only be established 12 weeks after contagion! **An immediate test will confirm that you were not already infected beforehand.** For this reason it is advisable to have an immediate HIV test conducted, in order to implement possible subsequent claims against the offender, insurance companies, or make claims according to the German law on victim compensation.



Aidshilfe (Aids Assistance) offers you consultation during the time period between the act/possible infection until receipt of the definitive test results, which can take up to 12 weeks. You will be informed about the risk of contagion and the consequences of a possible infection.

Gesundheitsamt der Stadt Oberhausen (public health department of Oberhausen) conducts anonymous, free HIV-antibody tests, Tuesdays and Wednesdays from 9.00am to 11.00am, and 1.30pm to 2.30pm without appointment.

Transmission of other sexual infections

It is of course also possible to be infected by other sexually transmitted diseases (e.g. hepatitis, syphilis, tripper). Most of these diseases can be treated and cured. The prerequisite, however, is timely diagnosis!

It is highly advisable to consult a physician, latest if any symptoms arise, such as itching, burning sensation when urinating, or putrid discharge (pus). Subsequent immunizations are frequently possible directly after the act or infection.

→ Filing a complaint

Filing a complaint is the only possibility of effecting the judicial punishment of the offender and at the same time an important step for you as victim to actively process the experience and put up resistance to the offence. Filing a complaint can protect other women from becoming a victim of the same offender. Furthermore, the procedure allows you to assert claims according to the German law on victim compensation, and improves your starting point for claiming restitution for damages and compensation for injuries suffered from the offender.

As soon as you have decided to file a complaint, you should do so immediately, because this provides the greatest chance of catching the offender and securing evidence for the act. Remember: a long period of time between the act and court sentence can make it easier for the offender.



An immediate examination by a physician as soon as possible after the act is of great importance for a subsequent criminal procedure. Therefore report as soon as possible to:

Gynäkologische Ambulanz des Clemens-Hospitale Sterkrade
(gynaecological outpatient clinic of Clemens Hospital Sterkrade)
Wilhelmstraße 34 | 46145 Oberhausen | Telefon (0208) 69 50

Ambulanz des Ev. Krankenhauses (outpatient clinic of Ev. Hospital)
Virchowstraße 20 | 46047 Oberhausen
Telephone from 8.00am – 3.00pm (0208) 88 13 400
Zentralambulanz (central outpatient clinic)
Telephone after 3.00pm (0208) 88 11 114



*If at all possible, do **not** wash yourself beforehand, since this could destroy important traces of evidence. Likewise you should not wash any clothes you were wearing at the time. It is best to use paper bags to transport and store these clothes. If possible, write down your experience as soon as you can afterwards, describing what happened as clearly as possible, as well as current and later feelings. Feelings and consequences of the rape have a great impact on your life, as well as in court proceedings.*

You can also get legal advice. A lawyer can file the complaint for you in writing and press charges. In any case your filed complaint will be followed by a police interrogation, to which your lawyer may accompany you.

In Oberhausen please directly contact the specially trained members of the police station who are responsible for pursuing and prosecuting sexual abuse crimes. If you want, you can make an appointment with one of the policewomen there.



Kriminalkommissariat 11 | Telefon (0208) 82 64 611
(responsible police department)

You can be accompanied by a person of trust when you file a complaint. Carefully read the police report made of your statement, and only sign it if everything is 100% true. Insist on having the report changed if necessary, since the subsequent legal proceedings are based on this statement.

The police will accompany you to the medical examination in the hospital. The hospital staff makes sure that all traces of evidence are secured and will treat you with understanding and consideration.

If you don't (yet) want to file a complaint

At first some victims are afraid to file a complaint with the police, or because of the traumatic experience are not able to make a decision right away.



Nevertheless you should secure the evidence and take measures to protect your health! Have a physician examine you as soon as possible, and safeguard your health!

Relatives, friends, partners

are usually very anxious and don't know how to behave with the victim. Victims need a great deal of understanding and support in their private environment.

As a personal relation or friend, how can you help?

→ Do not express any doubt about what the victim reports to have happened! |
→ Try to be a good listener! | → Don't ask the victim about details! | → Relieve the victim of self-reproaches and feelings of guilt! | → Discuss all options of how to proceed, but do not make any decisions for the victim! | → Do not take any steps without permission from the victim! | → Especially legal steps should only be set in motion after gathering thorough information and by agreement. | → Offer your presence, a place to sleep, to accompany the victim to the police or physician! | → Have patience and give the victim time!



Partners of the victim can also get professional help!

Court proceedings

After the police have made note of the offence, they help the public prosecution to initiate an investigation. When the investigation is complete, the prosecuting attorney generally presses charges. The responsible court (whether regional court or county court) depends on the expected punishment.

In the court proceedings the victim is a witness, but can also appear as joint plaintiff. In principle the victim of a crime of sexualised violence is entitled to being assigned a lawyer if the act is a crime (10 or more years term during which claims may be lodged), for victims under 16 years of age also if the act is a misdemeanour (five-year term for claims). The prerequisite is submitting an appropriate request. The costs are borne by the public purse. In the event of a sentence, the money is demanded back from the offender. The lawyer is allowed access to the records.

The victim can participate in the entire trial and is entitled to be heard. The victim as well as the lawyer can ask questions and make motions to admit evidence.



The terms of limitation are oriented on the severity of the acts. The time limitation for crimes is set according to Sections 176 to 179 of the German Criminal Code (StGB) until completion of the 18th year of the victim, i.e. the deadline on prosecutions begins only after the victim has turned 18.

Adhäsionsverfahren

(financial claim in criminal proceedings according to German law)

In the trial, the victim can request money for injuries suffered and claims for damages. The demanded amount of money must generally be specified. The request can be submitted with the offence report, or also later to the public prosecution or the court. In the event of a sentence, the ruling of the criminal court generally likewise includes a decision on the claims of the victim. If the court does not decide about these official requests, the victim can continue to pursue the claim in civil court.

Opferentschädigungsgesetz

(Social law for compensation of victims of violence)

The German law on victim compensation regulates the statutory restitution according to the Federal Support Law (BVG) for persons who have suffered damage to health due to a personal attack. The application is made to the



Landschaftsverband Rheinland (LVR).

In particular, payments are made for

curative therapies and treatment of disease | pensions, if the damage to health leads to a not only temporary reduction in earning power of at least 25% | death benefits | money for funerals | surviving dependents' insurance



Additional support and consultation



Frauenberatungsstelle

(local advisory bureau for women)

serves as point of contact for women and girls from 16 years of age who have experienced or are still experiencing sexualised violence. The women consultants specialise in helping women who are victims of physical and/or mental violence and are trained in trauma therapy. You can have individual consultations until you feel sufficiently strengthened and stable. The employees are pledged to professional secrecy. Consultation is independent, free of charge, and confidential.

You receive information about

the consequences and effects of sexualised violence | how to proceed in filing a complaint | anonymous securing of evidence (in case you don't want to file a complaint) | court proceedings | German law on victim compensation

You can be accompanied to lawyers | police | trials

Telephone consultation hours

Monday – Thursday 8.30am to 4.30pm, Friday 8.30am to 3.00pm

→ pro familia

You can consult pro familia if you:

- suspect that a girl or boy has been subjected to sexualised violence |
- know that sexual abuse has taken place on a child or adolescent and you require help and support |
- have experienced sexualised violence yourself |
- want advice in the decision-making process regarding making an offence report |
- want to find out how you can take precautions to prevent a child from sexualised violence |
- fear you are pregnant and need the “morning-after pill”! |
- have become pregnant and you require pregnancy counselling and/or a criminological indication for termination of pregnancy |
- need advice and psychological support in making a decision |
- want to be gynaecological examined in a quiet atmosphere in order to document or exclude injuries |
- need psychological advice and support after termination of a pregnancy |
- want information about legal, social, and financial assistance

We will give you support from female physicians, a psychologist, and teachers with various therapeutic training backgrounds.

Bereich Jugendamt und soziale Angelegenheiten

(youth welfare office and social affairs)

offers you in the case of sexual abuse:

- consultation | flexible and inpatient assistance as well as transfer to other information and consultation centres and offers of help |
- attendance and care of your children in an emergency situation |
- advice and support as part of its involvement in family court proceedings to structure and regulate custody issues and rights of access to the child(ren) in consideration of continued protection from further violence |
- integration assistance in the event of threatening or already existing mental disability

The Jugendamt keeps all information confidential upon request.
The Jugendamt is not obliged to report a complaint to the police.

You will find contact persons at your local

→ **Regionalteam erzieherische Jugendhilfe** (Educational youth welfare service regional team)

Psychological assistance

is receivable for you in the:

→  **Psychologische Beratungsstelle für Kinder, Jugendliche, junge Erwachsene und Eltern der Stadt Oberhausen** (Psychological consulting centre for children, adolescents, young adults and parents of Oberhausen)

→  **Erziehungsberatung, Familien- und Schulambulanz des Caritasverbandes** (Child guidance, family and school ambulance of the Caritas Association)

→  **Evangelische Beratungsstelle für Erziehungs- Partnerschafts- und Lebensfragen** (Evangelical Information Centre for questions in child guidance, partnership, and life)

→  **Traumaambulanz** (Trauma outpatient clinic)

→ Weisser Ring

The employees of the “Weisser Ring” association are volunteers who help victims of criminal acts and who are in the position to provide advice about all the mentioned options for aid and support. Furthermore, you can receive a so-called Beratungsscheck (consultation cheque) from the Weisser Ring to cover the costs of an initial consultation with a lawyer. Possibly a lawyer can be financed for the entire duration of the whole legal proceedings. The Weisser Ring will provide you with more detailed information.

→ Solwodi

The Lilja project, initiated by Solwodi e.V., helps victims of sexual violence who work in prostitution. You can contact our consultancy office if you have been forced to perform sexual acts or practising prostitution, and/or if you want to stop working as a prostitute. Our team is multi-lingual and gives you confidential advice free of charge. We consult you on how to get out of prostitution, guide and accompany you to government offices and authorities, help you get in touch with other offers of assistance, and provide help in returning to your homeland if desired.

→ Gleichstellungsstelle/Gleichstellungsbeauftragte (Equality Body, Commissioner for Equal Opportunities)

The Gleichstellung department of the city of Oberhausen offers advice on various questions and problems and can help you get in touch with other suitable local facilities that provide help.

A**Aidshilfe**

Elsässer Str. 24 | 46045 Oberhausen
T (0208) 80 65 18 | F (0208) 85 14 49

Amtsgericht Oberhausen

Rechtsantragsstelle | room 6
Friedensplatz | 46045 Oberhausen
T (0208) 85 86 313 | F (0208) 85 86 218
Office hours: Mo - Fr 8.00 - 12.00 noon

E**Erziehungsberatung, Familien-
u. Schulambulanz des Caritasverbandes**

Annastr. 65 | 46049 Oberhausen
T (0208) 94 04 920

**Evangelische Beratungsstelle
für Erziehungs-, Partnerschafts-
und Lebensfragen**

Grenzstr. 73 | 46045 Oberhausen
T (0208) 85 00 87 | F (0208) 85 00 899
evangelischeBeratungsstelle@kirche-
oberhausen.de

F**Frauenberatungsstelle**

Schwartzstr. 54 | 46045 Oberhausen
T (0208) 20 97 07 | F (0208) 20 37 28
fbst@meocom-dsl.de
www.frauenhelfenfrauen-oberhausen.de

Frauenhaus

T (0208) 80 45 12 | F (0208) 25 757
frauenhaus.ob@meocom-online.de
www.frauen-info-netz.de

G**Bereich Gleichstellung für Frau und Mann
der Stadt Oberhausen**

Ebertplatz 4 | 46045 Oberhausen
T (0208) 82 52 050 | F (0208) 82 55 030
gleichstellungsstelle@oberhausen.de

K**Kommissariat
Kriminalprävention/Opferschutz**

Havensteinstr. 27 | 46045 Oberhausen
T (0208) 82 64 515 | F (0208) 82 64 529
www.polizei-nrw.de

L**Landschaftsverband Rheinland**

Kennedy-Ufer 2 | 50679 Köln
T (0221) 80 90 | F (0221) 80 92 200
post@lvr.de | www.lvr.de

M**Medienkompetenz-Online**

Media competence
as preventive measure
www.medienkompetenz-online.de

P**pro familia**

Bismarckstr. 3 | 46047 Oberhausen
T (0208) 86 77 71 | F (0208) 97 02 999
oberhausen@profamilia.de
www.profamilia.de

**Psychologische Beratungsstelle
für Kinder, Jugendliche, junge Erwachsene
und Eltern der Stadt Oberhausen**

Schwarzwaldstr. 25 | 46119 Oberhausen
T (0208) 61 05 90 | F (0208) 61 05 928
psych.beratung@oberhausen.de

R**Regionale Arbeitsstelle Zuwanderung**

Mülheimer Str. 200 | 46045 Oberhausen
T (0208) 82 53 210 | F (0208) 82 53 204

*Educational youth welfare service
regional teams*

Oberhausen-Mitte/Styrum

Danziger Str. 11 - 13 | 46045 Oberhausen
T (0208) 82 52 212

Oberhausen-Ost

Alte Heid 13 | 46047 Oberhausen
T (0208) 82 53 970

Oberhausen-Alstaden/Lirich

Danziger Str. 11-13 | 46045 Oberhausen
T (0208) 82 52 106

Oberhausen-Sterkrade

Steinbrinkstr. 188 | 46145 Oberhausen
T (0208) 82 56 125

Oberhausen-Osterfeld

Bottroper Str. 183 | 46117 Oberhausen
T (0208) 82 58 127

S**Solwodi e. V.**

Postfach 10 11 50 | 47011 Duisburg
T (0203) 66 31 50
duisburg@solwodi.de

T**Traumaambulanz**

Rheinische Kliniken Essen
Virchowstr. 174 | 45147 Essen
T (0201) 72 27 521
www.rk-essen.lvr.de

W**Weisser Ring e. V.**

Branch office Oberhausen
T (0208) 60 44 95 | F (0208) 60 44 95
www.weisser-ring.de

