

Overcoming the shock takes time

If you have been raped, whether by a stranger or by a person you know, you will probably be in a state of shock.

- ✘ You may feel as if you have been thrown out of your normal life for hours or even several days.
- ✘ You may constantly feel uneasy and stressed, depressed or exhausted. You may feel paralyzed and dazed.
- ✘ Even when the shock wears off, symptoms such as fear, sleep disorders and nightmares may continue.

All these feelings are normal and mostly subside automatically after several weeks or months. Being in an environment in which you feel safe and comfortable will help you, while your body and mind gradually come to realize that the danger has passed.

It may help to pay particular attention to your needs during this time or to remember what helped you in high-pressure situations or crises in the past. Family members, partners and friends can also provide support. Family members and people you trust can also obtain advice from LARA.



Important phone numbers

- ✘ LARA Hotline.....2 16 88 88
- ✘ LARA Mobile Services for Female Refugees2 16 30 23

- ✘ Violence protection Ambulatory (Gewaltschutzambulanz der Charité) 4 50 57 02 70
- ✘ Charité Campus Benjamin Franklin Rescue Centre..... 84 45-0 25
- ✘ Women's Crisis Telephone.....6 15 42 43
- ✘ Berlin Crisis Service.....3 90 63 10
- ✘ Network of Handicapped Women 61 70 91 67/68
- ✘ Lesbian Counselling Service.....2 15 20 00
- ✘ Wildwasser (against sexual violence) 6 93 91 92
- ✘ FrauenNachtCafé (contact point for women in crisis situations)..... 61 62 09 70
- ✘ BIG – Hotline Against Domestic Violence..... 6 11 03 00
- ✘ Frauenraum – help and information centre..... 78 71 83 40
- ✘ Self-defence for women..... 7 81 94 32
- ✘ State Office of Criminal Investigation 13 Keithstraße 30, 10787 Berlin LKA13.....46 64-0
- ✘ Office for Medical Refugee Aid.....6 94 67 46
- ✘ Emergency Service for Girls..... 61 00 63

The phone numbers may be called from Berlin landline phones as listed. Callers from mobile phones must add the Berlin area code 030 to the beginning of the phone number.

LARA services

- ✘ Telephone and personal consultation
- ✘ E-mail consultation
- ✘ Support in crisis situations
- ✘ Short-term therapy
- ✘ Personal support when filing charges and during legal proceedings
- ✘ Legal consultation by female attorneys
- ✘ Various offers for groups
- ✘ Consultation for family members and other people who are close to
- ✘ Advanced training for other professional groups

LARA

Fachstelle gegen sexualisierte Gewalt an Frauen*
Rape Crisis Center

Fuggerstraße 19
10777 Berlin-Schöneberg
Phone: 2 16 88 88, Fax: 2 16 80 61
E-mail: beratung@lara-berlin.de
Web: www.lara-berlin.de

Counselling by telephone or in person:
Monday – Friday, 9 am – 6 pm

Donations Account: Bank für Sozialwirtschaft,
IBAN DE93 1002 0500 0032 6680 1, BIC BFSWDE33BER

Gestaltung: Lesotre®/Conceptual Brand
Creation, www.lesotre.de



Gefördert durch die Senatsverwaltung
für Gesundheit, Pflege und Gleichstellung



WHAT YOU CAN DO
IF YOU HAVE BEEN RAPED

LARA

FACHSTELLE
GEGEN SEXUALISIERTE GEWALT
AN FRAUEN*

☎ 2 16 88 88

BERATUNG
KRISENINTERVENTION
KOORDINATION

What you can do if you have been raped

The right to sexual self-determination is enshrined in law in Germany. Yet women, irrespective of their sexual orientation, often experience sexual coercion in their everyday lives. While women often successfully defend themselves against assaults, any woman can become a victim of sexual harassment or rape. Violence against women is a problem of our society.

After a sexual assault, it is good to know where you can find advice and support.

Consultation

Whether you need general information, a counselling session or help filing charges and going through the legal procedures, you can always contact LARA. Here, you can also take part in group or short-term therapy. There are many ways to come to terms with an act of violence. We can help you find your own way. Many women seeking our help have not yet talked to anyone about the attack and thus feel increasingly alone. Fear of rejection and shame or the feeling that they contributed to the assault are often the reasons for their silence. One basic principle of our consultation is: **Only the offender is responsible for the assault.**

All LARA's employees are female

We provide women with advice and support following any type of sexual violence they have experienced since puberty. You can contact us, no matter whether you want to talk about a current incident or something that happened a long time ago.

Our consultations always take account of your personal living situation. LARA's consultations are free of charge and can be used anonymously. We offer interpreting services and barrier-free consultations upon request.

Seeing a doctor

If you file charges immediately after the assault, the criminal investigation police will ensure that you have a medical examination. Physical injuries are often documented by means of photographs taken directly by the police.

In the event that you press charges, injuries, traces of sperm or genital hair of the offender are important pieces of evidence. Therefore, you should not wash yourself until after the medical examination, even if this may be unpleasant for you. Irrespective of your charges, it makes sense to see a gynaecologist **within 24 hours** in order to:

- ☒ treat possible injuries
- ☒ be examined for contagion with sexually transmitted diseases
- ☒ get information about the possibility of an HIV test
- ☒ get a prescription for the "morning-after pill"
- ☒ ask whether traces and the findings of the doctor's examination can be documented for a possible future report of the incident to the police. (This is not a standard requirement.)

It is also advisable to keep clothing, underwear and other objects that could contain traces of the act of violence in paper bags as further evidence.

If you do not yet wish to file a report with the police, the emergency room of the Charité hospital offers a confidential securing of evidence service (without involving the police) for the first 72 hours after an act of sexual violence has been committed. The service is available from Monday to Friday 8:00 am–4:00 pm, please call 0 30-4 50 57 02 70 to make an appointment. Bring your health insurance card and your ID card, passport or some other form of ID with you. The DNA traces will be stored for one year. During this time you can file charges with the police and they can collect the DNA traces directly from the hospital. Once a year has expired, this evidence will be disposed of.

Reporting the assault to the police

Sexual violence is a crime, even in marriages or partnerships. You therefore have the right to file charges and the police are obliged to listen to you and investigate your case. In order to file charges, you can:

- ☒ call the police on 110 or go to the nearest police station
- ☒ go directly to the criminal investigation police and therefore avoid being questioned more than once. The Department for Crimes against People, LKA 413 in Keithstraße, Berlin-Tiergarten, is responsible for such cases. There, you will be questioned in detail and the officers will initiate an investigation. If you first file charges at another police station, you will then be summoned to appear before the criminal investigation police.
- ☒ file charges at the public prosecutor's office

You can also hand in a written testimony to the police. If the public prosecutor's office summons you, you will have to testify in person. Owing to the severity of the offence, charges cannot be withdrawn, as the criminal proceedings will then be continued in the public interest (rape is an offence liable to public prosecution). Therefore, you should take the decision about whether to file charges on your own behalf.

You can obtain information beforehand, e. g. from LARA, as charges do not have to be filed directly after the offence. For example, rape only comes under the statute of limitations after 20 years.



Your rights with the police

- ☒ If you want to be questioned by a woman, the police will try to accommodate your wish.
- ☒ You have the right to a translator if German is not your mother tongue. You can also consult an attorney or another person of trust for support, provided that he or she was not a witness to the attack.
- ☒ If some questions seem strange to you, you can ask why they are being posed.
- ☒ If you are exhausted, you can demand breaks or an interruption in the questioning.
- ☒ If you have the impression that you are being treated badly, you can stop the questioning and wait to give testimony at the public prosecutor's office.

When you receive the protocol of the questioning for signature, please make sure that it really contains what you said in the way you said it. Please insist that the police officers correct all errors before you sign the protocol. The protocol should be translated into your mother tongue, if necessary.

If legal proceedings are initiated, you are the injured party and the witness, while the public prosecutor's office is the plaintiff. With the help of a female attorney you can become a joint plaintiff and hence play a more active role in the proceedings. You normally do not have to bear the legal fees.

At LARA, you can obtain advice from experienced female attorneys free of charge.

NO MEANS NO: A new law on sexual offences came into force in Germany on 10 November 2016. Under this law a sexual assault constitutes a punishable offence if it is carried out obviously against a person's will. Whether the person in question resisted the assault is no longer the only criterion used to judge. Saying "no" is sufficient. This new law also guarantees equal treatment for disabled victims or victims incapable of resisting, and it makes sexual harassment in public places punishable offence.