Wichtige Telefonnummern

- Berlin Crisis Service 030 3906310
- BIG Hotline, Berlin Initiative against Domestic Violence 030 6110300
- Bora (a women's shelter and counselling centre with facilities for children) 030 9274707
- Frauenraum (counselling centre for domestic violence) 030 4484528
- Frauentreffpunkt (counselling centre for domestic violence) 030 6212005
- Charité hospital dept. for victims of domestic violence 030 450570270
- Intercultural Initiative – a women's shelter and counselling centre 030 80195980
- TARA Frauenberatung (women's counselling centre) 030 78718340
- Violence against Women Support Hotline 0800 0116016

LARA staff are obliged to treat all information they receive confidentially. You may bring a female relative or friend along to the counselling session. Please note that men are not permitted to enter our premises during opening hours.

LARA offers

- A rapid hotline support service
- Legal advice from experienced female lawyers
- Crisis intervention even without a prior appointment
- Support in reporting a sexual offence and during legal proceedings
- Support groups
- Counselling in your mother tongue or through a language mediator
- Counselling for family members
- Trainings and information for other professionals
- Free counselling (including to women to prefer to remain anonymous)
- Counselling for transgender
- Mobile advisory service fore refugee women*

LARA

Rape Crisis and Counselling Centre

Tel: 030 216 88 88 Fax: 030 216 80 61
E-mail: beratung@lara-berlin.de
Web: www.lara-berlin.de

Please check our current adress on our homepage or contact the hotline.

Counselling in person or by telephone:
Monday to Friday from 9.00 to 18.00

Please make donations to: Bank für Sozialwirtschaft
IBAN DE93 1002 0500 0003 2668 01
BIC BFSWDE33BER

Berlin
Gefördert durch die Senatsverwaltung für Gesundheit, Pflege und Gleichstellung

DER PARITÄTISCHE UNSER SPITZENVERBAND

bff: FRAUEN GEGEN GEWALT E.V

SEXUAL ASSAULTS IN MARRIAGE AND PARTNERSHIPS

216 88 88

LARA

FACHSTELLE
GEGEN SEXUALISIERTE GEWALT
AN FRAUEN*
BERATUNG KRISENINTERVENTION KOORDINATION

Background

Sexual acts of violence committed by non-marital or marital partners are taboo in our society and are rarely talked about. The prevailing image of a rapist is of a stranger who ambushes and overcomes his victim. The reality is quite different, however: in more than a third of documented cases of sexual assault or rape these acts of violence are committed by a woman's partner or husband. Statistically speaking, the domestic sphere is still a very dangerous place for women.

The Legal Situation

A law (Section 177 of the German Criminal Code) placing marital rape and sexual assault by use of force or threats on a par with the same acts committed outside marriage was not passed until 1997. This law legally enshrined the right to sexual self-determination within marriage. All women now enjoy the same legal protection, irrespective of the relationship between the woman and the perpetrator. If a woman decides to report a sexual attack to the police, she must be given a hearing and an investigation must be carried out. Usually a report cannot be subsequently withdrawn, since rape is classified as a public offence. This means that the investigation is in the public interest and will be pursued by the police and the public prosecutor.

Statutory Limitation

The statutory period of limitation for rape and sexual assault can be up to twenty years. It is therefore still possible to report an act of sexual violence even long after the act was committed. Our experienced female lawyers can advise you about this and other legal issues in the first counselling appointment offered by LARA, which is free of charge.

Support

Women who have suffered acts of violence committed by a non-marital or marital partner are in an especially difficult position as long as they continue to live together with their partner and their joint children are affected.

This means that their private sphere is no longer a safe place and their feeling of personal security is fundamentally violated. Domestic violence often also involves sexual assault, sexual harassment or sexual acts involving the use of force.
Here the law on protection against violence can offer support.

Violence, particularly sexual violence, can inflict permanent physical and psychological damage on its victims. Often the non-visible physical and emotional wounds result in traumatisation, in some cases severe.

Effects of Trauma

Symptoms may include the following: nightmares, anxiety, feelings of insecurity and panic, depression, pain, dissociative states including self-harm and thoughts of suicide.

In many cases the perpetrators give women the feeling that they are to blame for the sexual violence they have suffered and that no-one will believe them. Feelings of guilt or shame are usually very difficult to talk about and you may therefore find it hard to confide in another person.

It may be easier for you to talk to a professional counsellor in a neutral situation. The staff at LARA will listen to you and try to understand your personal situation. Even if you have not (yet) reached a point where you are prepared to change your situation, counselling can help you to decide what to do next or simply make you feel better.

Counselling can also be conducted in your mother tongue. LARA offers counselling in English, French, Turkish and Polish. For other languages we use a language mediator.

Please enquire about our current support groups.