

Time to overcome the shock

Rape no matter whether committed by a stranger or a familiar person could cause a shock.

- ☒ You could feel like you have been thrown out of your normal life for hours or several days.
- ☒ You may constantly feel uneasy and stressed, depressed or exhausted. Maybe you feel paralyzed and dazed.
- ☒ Even when the shock wears off, symptoms like fear, sleep disorders and nightmares could occur.

All these feelings are normal and mostly abate automatically after several weeks or months. An environment in which you feel safe and comfortable is helpful in this respect. Your body and your soul will need time to adapt to the fact that the danger has passed.

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

LARA Services

- ☒ counselling by telephone or in person
- ☒ support in crisis situations
- ☒ short-term therapy
- ☒ support while filing charges and during legal proceedings
- ☒ legal advice from female attorneys
- ☒ support seeking a psychotherapist
- ☒ various offers for groups
- ☒ counselling for family, friends and partners
- ☒ advanced training and supervision for other professionals
- ☒ counselling in German, Turkish, English, French and with interpreters

LARA

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

Design:
[Lesotre@Conceptual Brand Creation](mailto:Lesotre@ConceptualBrandCreation.com),
www.lesotre.de

bff:

FRAUEN GEGEN GEWALT E.V.

Gefördert durch die Senatsverwaltung
für Arbeit, Integration und Frauen

DER PARITÄTISCHE
UNSER SPITZENVERBAND

WHAT TO DO AFTER A RAPE

LARA

KRISEN- UND
BERATUNGSZENTRUM
FÜR VERGEWALTIGTE UND
SEXUELL BELÄSTIGTE FRAUEN

☎ 2168888

You have a right to support

The right to sexual self-determination is established by law in Germany. However, at the same time, women often have to deal with sexist assaults. Harassment, sexual assault and rape are current problems in our society. Women often successfully defend themselves against assaults. However, every woman could become a victim of rape. After a sexual assault, it is good to know where you can find advice and support.

Consultation

Whether it is about general information, a counselling session or help to file charges and to go through the legal procedures, you can always contact **LARA**. Here, you can also take part in a group or short-term therapy. There are many ways to overcome 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 offence and thus feel increasingly alone. Fear of rejection and shame or the feeling that they contributed to the assault constitute the reasons for their silence. One basic principle of our consultation is: **Only the offender is responsible for the assault.**

LARA's female employees

We provide women with advice and support after every type of sexual violence and sexual assault that has happened after puberty. You can contact us, no matter whether it is about a current incident or something that happened a long time ago. Our standard is to integrate your personal living situation into our consultation. We also offer consultation in barrier-free rooms, if required.

The **LARA** consultation is free of charge and can also be utilized anonymously; we offer interpreting services 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 made 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 gynecologist **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 examination results can be documented for a possible future report of the incident to the police (this is not a standard/required service)

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.



Reporting to the police

Sexual violence (also in marriages or partnerships) is a crime. You have the right to file charges; the police have to listen to you and investigate your case.

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 your support, provided that he or she is not a witness with regard to the offense.
- 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 of the questioning.
- If you have the impression that you are being treated badly, you can discontinue the questioning and only make a testimony at the public prosecutor's office.

If you are given the questioning protocol for signature, please make sure that it really contains what you said, also with regard to the way you said things. Make the officers correct all the 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, whereas the public prosecutor's office is the plaintiff. You can join the legal action as the joint plaintiff with the help of a female attorney in order to play a more active role. You normally do not have to bear the legal fees.

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