

AFTERCARE POST SEXUAL ASSAULT

- Move to a safe environment and seek support from someone you trust.
- Sexual assault is never your fault. It is an act of aggression and the attacker is always at fault.
- Seek medical help for first aid and to rule out pregnancy, STD and other infections.
- Do not brush your teeth, use the toilet, wash or bathe after the assault until medico legal evidence is taken.
- Put the clothes you were wearing in an airtight plastic bag without cleaning them, so that evidence is not lost.
- Reach out for help immediately if someone threatens or blackmails you.
- Seek counseling against trauma.

YOUR RIGHTS POST SEXUAL ASSAULT

- You have a right to free legal aid.
- You can file a complaint at any police station.
- You are entitled to a copy of the medical report.
- You can ask for a lady police officer.
- There is no time frame within which you have to file a sexual assault case.
- If the assault happened when you are an adult, nobody can force you to file a complaint if you do not want to
- You can record the statement, in private, in front of the magistrate.
- You have a right to privacy so that your name is not revealed to the public.



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