

# Rape and sexual assault abroad



Foreign &  
Commonwealth  
Office

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Information for victims



## Information for victims

Rape and sexual assault can happen to women and men of all ages and backgrounds. While most visits abroad are trouble-free, we are becoming more aware of people being sexually assaulted whilst they are overseas.

Sexual assault can be a very traumatic experience whenever and wherever it happens, but the trauma can be made even more difficult to deal with when it happens abroad.

We will be as helpful as we can to anyone who tells us they have had sex against their wishes or been attacked by someone wanting sex.

## If you've been raped or sexually assaulted

- > The most important thing is to make sure that you are as safe as you can be. If you are alone, or with a stranger, get help from the police, a hospital or the British Embassy, High Commission or Consulate as soon as you are able to. If you want to contact us outside working hours all of our offices operate an answerphone service giving an emergency number or you can call +44 (0)20 7008 1500. It is important to get to a safe place. This should be your first consideration. If possible ask someone to contact a trusted friend.
- > Do not keep the attack to yourself. It can be very helpful to talk to someone straight away. If possible, talk to a friend or relative, and contact the nearest British Embassy, High Commission or Consulate.
- > We understand that you may find it painful or embarrassing to talk about what happened. We will be polite, patient, sensitive and non-judgmental. In cases of sexual assault, victims, regardless of their sex, may prefer to talk about their ordeal with women. If this is what you prefer, we will do our best to ensure that a female member of staff is present at any meeting.
- > You may suffer from a range of emotions, including post-traumatic stress disorder (a type of shock), so we strongly suggest that you avoid alcohol.

- > Male victims of rape and sexual assault may experience erections and/or ejaculation as a result of the prostate being stimulated. This is an unconscious and uncontrollable physiological reaction to the assault and not something you should be ashamed of, or embarrassed by.
- > Consider reporting the crime to the local police. Although we cannot give you legal advice, we can tell you about local police and legal procedures, as these can often be very different to those in the UK. You should be aware that cultural and social attitudes to rape and sexual assault victims may vary greatly in different countries. If you choose to report the incident to the police, ask a friend or relative to go to the police station with you – many people find it helps not to be alone. If you want, we may be able to come with you. Where possible we can request that you are interviewed by a female police officer if that is what you would prefer. We can also provide details of local lawyers and interpreters (see note 1). However, only you can decide if you want to take legal action: we cannot make the decision for you. Whatever you choose, we will support your wishes.
- > Remember that if you choose not to report the crime to the local police soon after the incident but change your mind later, forensic evidence may be lost – particularly if you have washed or changed your clothes.

**Note 1:**

Neither the Government nor the relevant British Embassy, High Commission or Consulate can make any guarantee in relation to the professional ability or character of any person or company on the list, nor can they be held responsible in any way for you relying on any advice you are given.

- > In many countries, you must report the crime **before** leaving the country if you want it to be investigated. **If you wait to report the crime on return to the UK, countries may not open a criminal investigation.**
- > We can help you deal with the local authorities in arranging a medical examination, where possible with a female doctor if you prefer. Depending on local conditions and laws, we can also arrange for you to see a doctor who can give advice on sexually transmitted infections, including HIV/AIDS, pregnancy, abortion or emergency contraception. Even if you do not want to report the crime to the police, you may wish to be examined by a doctor. We can provide a list of local hospitals and English-speaking doctors.
- > Check what your insurance policy covers. If you need medical treatment, you may need to provide details of your travel insurance policy. You may also be covered by your travel insurance for any personal injuries you receive as a result of a crime, and any belongings you may have lost at the time of the assault. It is likely that you will have to report the incident to the police in the country that you are in for the insurance to be valid.
- > If you want us to, we can contact your next of kin or other family and friends.

## If you think you've been drugged

- > Trust your instincts – they are there to warn you of danger. You may feel strange, sick or drunk after only a couple of drinks. Even if you have not drunk alcohol, someone could have put a drug in your soft drink.
- > Tell a friend and, if possible, ask them to take you to a safe place, such as your hotel room. Ask your friend to stay with you until the effects of the drug have fully worn off – probably the following morning. Be very sure that you fully trust the friend you are asking to help you, no matter how long you have known them.
- > Try to avoid going anywhere with a stranger.
- > Try to avoid giving out your personal details, including where you are staying or your room number to strangers.
- > Consider getting medical attention. Drugs can affect people in different ways, and may react badly particularly if you are taking any medication.

## Returning home

- > A sexual assault may change the way you feel for a long time. People react to the trauma of sexual assault in different ways. You might feel angry, ashamed, frightened or guilty. You may have different feelings at different times. You may have some of these feelings soon after the attack and some may develop later on, even years later. This is normal after such a trauma and you should consider getting help and advice from a counsellor or support group whenever you feel you need to. We can provide you with information on what professional help is available locally and in the UK for you and for your family.
- > If your case goes to trial abroad at a later date, we may be able to assist in certain ways, for example by keeping you up to date with any developments in the case. Sometimes, however, this can be difficult because in some countries consular officers are not recognised as interested parties, and so judicial authorities will refuse to give them information. In these cases you should consider appointing a local lawyer who can look after your interests in court and follow any trial for you. Be aware that we cannot investigate the crime, provide legal advice ourselves or pay for your lawyers.
- > Courts overseas may be able to order the offender to pay compensation for your injuries or losses, either after they have been convicted in a criminal court or as a result of civil action. Your lawyer is best placed to advise you on how to go about a private compensation claim. Some countries have a state-funded compensation scheme to cover physical or psychological injuries suffered as a result of a violent crime, which may apply



to foreign nationals as well. You will normally need a police report and consular staff can advise you of the process you will need to follow.

- > One of the distressing things about sexual assault is that, if you are a woman, it may result in pregnancy. If your period is late, you may wish to consider having a pregnancy test. Stress, tension and worry can also sometimes delay your period, however, if you are in doubt, it is probably best to get medical advice.
- > For both men and women, the possibility of sexually transmitted infections is a very real risk. If you are examined by a doctor, they should be able to give you the appropriate advice, but when you return home you may also want to consult your own GP.
- > Even if you did not report the attack while you were overseas, you may want to report the crime to the police when you return to the UK. Your local police force should be able to tell you what action they may be able to take and what options may be available to you. They will also be aware of local support organisations. If you wish, we can consult our London-based Police Adviser, who can consider requesting the services of a Sexual Offences Trained Officer from your local police station to advise and assist you on your return. However, you must understand that the British police will not generally be able to investigate an attack that has taken place abroad.

## Useful contact information

### **Sexual Assault Referral Centres**

SARCs are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They aim to be one-stop service, providing the following under one roof: medical care and forensic examination following assault/rape and, in some locations, sexual health services. Medical Services are free of charge and provided to women, men, young people and children. SARCs are mostly able to assist in the immediate aftermath of an assault but do not offer long term specialised counselling and advocacy services that are provided by Rape Crisis Centres. SARCs are funded and run in partnership, usually between the NHS, police and the voluntary sector. Most SARCs are able to offer medical services to anyone including those who do not wish to report the assault to the police ('self referrals'). Service users can then choose whether they would like to inform the police at a later stage and have their samples stored whilst they are considering what to do next. It is hoped that through this option service users can take back some control over what is happening whilst allowing more time to make such an important decision. In order to preserve any evidence that may be present it is vital that help from the SARC is accessed as immediately as possible after an assault. In addition, SARCs can advise on and assist with other medical needs. For information and to book an appointment, phone the SARC nearest to you.

For further information please visit:

**[www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?ServiceType=RapeAndSexualAssaultSupport](http://www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?ServiceType=RapeAndSexualAssaultSupport)**

### **Rape Crisis (England and Wales)**

Freephone 0808 802 9999  
(between 12–2.30pm, 7pm–9.30pm)

#### **[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)**

On this website you will find information about rape and other forms of sexual violence, and details of your nearest Rape Crisis Centre if you are looking for support. There is also information for family and friends of sexual violence survivors, students and professionals.

**Contact email: [info@rapecrisis.org.uk](mailto:info@rapecrisis.org.uk)**

### **Rape Crisis Scotland**

freephone 0808 801 0302  
(everyday 6pm til midnight) or if you're hard of hearing or deaf minicom number 0141 353 3091

### **The Rowan Sexual Assault Referral Centre (N.I)**

The Rowan is the regional Sexual Assault Referral Centre (SARC) for Northern Ireland.

24 hour free phone 0800 389 4424 (calls may be charged when calling from a mobile)

**<http://therowan.net/>**

### **The Survivors Trust**

An umbrella group which provides a link to over 70 member organisations working with victims of sexual crime, including child abuse.

**[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)**

### **FPA**

FPA (previously called the Family Planning Association) provides advice and details of local sexual health clinics in the UK.

**[www.fpa.org.uk](http://www.fpa.org.uk)**

### **Terrence Higgins Trust**

0808 802 1221

The Terrence Higgins Trust helpline is open 10am-8pm Monday to Friday and provides information and counselling for people who know or fear they might have a sexually transmitted infection, particularly HIV or AIDS.

**[www.tht.org.uk](http://www.tht.org.uk)**

### **Survivors UK**

0845 1221201

Survivors UK supports and provides resources for men who have experienced any form of sexual violence. Their national helpline for men and their families, partners and friends is open 7pm-9.30pm Monday and Tuesday and midday to 2.30pm on Thursdays.

**[www.survivorsuk.org](http://www.survivorsuk.org)**

### **Refuge**

0808 2000 247

Refuge has a 24-hour helpline that offers support and practical help to women experiencing domestic violence, including rape and sexual assault.

**[www.refuge.org.uk](http://www.refuge.org.uk)**

### **Relate**

0300 100 1234

Relate offers a relationship counselling service, and provides a counselling service for victims of rape and sexual assault and their partners, particularly where trauma leads to relationship difficulties. Their helpline is open Monday-Thursday 8am-10pm, Fridays 8am-6pm and Saturdays 9am-5pm

**[www.relate.org.uk](http://www.relate.org.uk)**

### **The Suzy Lamplugh Trust**

020 7091 0041

(Monday to Friday 9.30am–5pm)

The Suzy Lamplugh Trust offers advice on personal safety and tips on how to avoid being the victim of aggression. The Trust publishes a 'Worldwise' handbook and video on safer travel abroad, and has a 'Worldwise' website from which you can download specific 'safety' guidance on countries throughout the world.

**[www.suzylamplugh.org](http://www.suzylamplugh.org)**

### **Samaritans**

08457 909090

Samaritans has a 24-hour helpline that offers confidential emotional support for people who are suicidal or distressed.

**[www.samaritans.org](http://www.samaritans.org)**

### **Victim Support**

0845 3030 900

Victim Support provides information and confidential support to victims of rape and sexual assault, and can refer victims to other support networks and local agencies if necessary. Their national helpline is open from 9am to 8pm, Monday to Friday, and from 9am to 7pm at weekends and 9am–5pm on Bank Holidays.

**[www.victimsupport.org](http://www.victimsupport.org)**

### **Project Sapphire**

Project Sapphire is a Metropolitan Police scheme aimed at improving rape investigation and victim care. Project Sapphire can put you in touch with local police and support services wherever you live in the UK.

**[www.met.police.uk/sapphire](http://www.met.police.uk/sapphire)**

**Rape and Sexual Abuse Support Centre –  
(South London)**

0808 802 9999 (12noon–2.30pm and 7pm–  
9.30pm daily)

Will provide support and counselling for women  
and girls, but can refer male victims to other  
organisations.





# Foreign & Commonwealth Office

## Tell us what you think!

### Giving us feedback

**We welcome your views on the support we provide.** They will help us to identify what we do well and what we could do better. Please contact us with any feedback at:

#### Consular Directorate

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London  
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**Email:** [feedback.consular.services@fco.gov.uk](mailto:feedback.consular.services@fco.gov.uk)

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The contents of this publication are correct at time of printing (March 2014).

Printed on recycled paper containing a minimum of 75% post consumer waste and 25% ECF pulp.