



Surviving Rape

Rape is a crime of sexual violence, involving dominating someone in a sexual way. This can be done once, or on a repeated basis. In any circumstance rape is wrong, and it is always the fault of the rapist, not of the person who is attacked.

Rape is far more common than most people want to believe and it is usually women or girls who are raped, by adult men and sometimes by boys. Rape can involve weapons or fists; it can involve threats and swearing but it can also be quiet, and manipulative.

Rapists can be men we know and trust, they are often respectable, likeable and even good-looking. You can't spot a rapist by looking at him.

Trafford Rape Crisis is a women's support service, provided by women.

We listen to women talk about rape.

We always take you seriously.



0800 783 4608

If you have experienced rape or if you are supporting someone else who has been raped then you can call our freephone and talk to us. Please leave us a message, if we are not there.

- If you have been **raped recently** and you want to talk to someone, then please phone us. If you are not sure whether you want to tell anyone else, including whether to report to the police, you can also talk that over with us.
- However, if you were **raped some time ago**, you can still call us now. If you feel that you want to talk then please do call Trafford Rape Crisis.
- Don't feel bad about wanting to talk. It is fine to talk to us we will keep what you tell us confidential. We know that it helps to talk things over. We will not judge you and we will always listen.
- If you prefer you can send us an email to **dorothytrc@hotmail.co.uk** or you can write us a letter to: **Trafford Rape Crisis, Unit 314, Peel House, 30 The Downs, Altrincham, Cheshire, WA14 2PX.** We will reply, if you want us to.

If you are **supporting someone who has been raped** then please give them space and time to tell you what they need to tell you, in their own time. Remember that this may be new to you, but it may be something that the survivor has lived with for some time.

- Listen;
- Be patient;
- Allow her time;
- Above all, believe her and be respectful.

Have a look at some books and websites about surviving rape and sexual abuse, if you need to understand more. Do remember that it is not the survivor's job to fill in gaps in your understanding.

Rape Myths

There are a lot of ideas about rape which blame women who get raped and which make it harder to survive rape. Feminists call these "rape myths". You may have previously thought that women were somehow to blame for what had happened for rape, this is common and not something you should reproach yourself for now. It is often said that women should be able to keep themselves safe and that men cannot help raping. Neither of these things are true.

You can survive rape

There are very many different reactions to rape. None of them are “wrong” or “weird”.

- It is normal to feel that you cannot talk about it. But it is also normal to feel that you can't stop talking about what happened.
- It is common to be raped by someone you thought was trustworthy, but it is also possible to be raped by someone else, perhaps someone you hardly knew.
- It is common to find that intimacy is very difficult for you. It is also common to want sex a lot.
- Many women cannot sleep and some sleep all the time.
- It is common to want to hurt yourself, but there are ways of surviving without hurting yourself.

You can talk over all or any of this, with the women at Trafford Rape Crisis. Find out more about us by having a look at our website:



www.traffordrapecrisis.com