

# SELF-ISOLATION, SEXUAL VIOLENCE & SAFETY

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FOR THOSE SELF-ISOLATING  
WITH AN ABUSIVE PERSON

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**SURVIVORSUK**

Survivorsuk is a London-based, inclusive male rape and sexual abuse charity supporting men, boys, transgender and non-binary people who have experienced sexual violence.



Current government guidelines have enforced self-isolation and quarantine except for essential travel.



Survivorsuk recognise that this can be a huge risk for those who are living with an abusive person.

## WHAT IS SEXUAL VIOLENCE?

Sexual violence is the general term used to describe **any kind of unwanted sexual act** including rape, sexual assault, sexual abuse, and many others.

## WHAT IS CONSENT?

Consent is when you are **free and happy to make that choice**.

If you feel pressured or forced, you have not given consent.



Lots of different people experience sexual abuse.

Anyone of any:

Age                  Race                  Ability  
Gender              Status                  Occupation



Sexual abuse can make you feel:

Scared                  Angry                  Anxious  
Worried              Upset                  Confused  
Numb                  & much more



People who sexually abuse others **can act nice or friendly** sometimes.

You might **love and care** about them as well.

This can be **confusing**.



It can be really **difficult to understand** an abusive person.

Especially if you love and care for them.



Sexual abuse is against the law.

The responsibility **always** lies with the perpetrator and **never** the victim/survivor.



Is anyone you live with (at home or in a care setting) **acting sexually towards you without your consent?**

# EXAMPLES OF SEXUAL VIOLENCE

## RAPE

Penetration with a penis of the vagina, anus or mouth without their consent.

## SEXUAL ASSAULT BY PENETRATION

Penetration with a body part or object (that is not the penis) of the vagina, anus or mouth without their consent. This crime carries the same sentences as rape.

## SEXUAL ABUSE

Involvement of a child in sexual activity that they do not fully comprehend or can consent to, including:

- Inappropriate touching
- Sexualised talk
- Exposing themselves
- Much more

## SEXUAL HARASSMENT

Unwanted behaviour of a sexual nature. This can take many forms, including:

- Sexual comments or jokes
- Exposure to sexual content
- Messages with sexual content
- Offering rewards for sex
- Much more

## SEXUAL ASSAULT

Any physical, psychological and emotional violation in the form of an unwanted sexual act.

This includes forcing someone to witness a sexual activity.



If you are experiencing any or have experienced any of these, you may be a **victim/survivor of sexual violence**.



If you feel uncomfortable or unhappy because someone is behaving in a sexual way towards you, **there is support and help for you**.



Self-isolation and quarantine may have created barriers to accessing support.

The following pages will focus on guidance for non-immediate danger and immediate danger with these barriers in mind.

## NON-IMMEDIATE DANGER GUIDANCE

Please remember, if you are experiencing sexual abuse ask for help by contacting any of the services below.

If you feel you are in immediate danger, call 999 and ask for the police.



Ask or call friends, family and other professionals for help.

We have listed some services below.



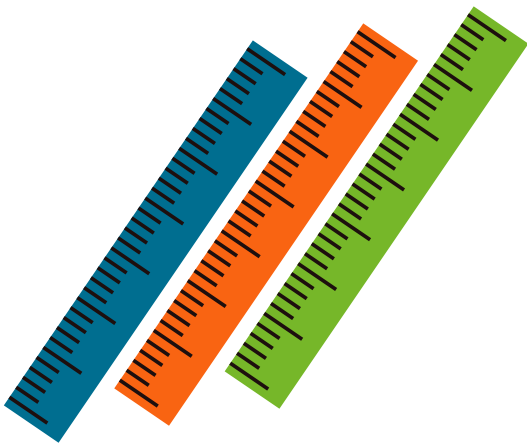
Ask for support from another member of your household who you feel safe with.



Try not to be alone with the person who makes you feel unsafe.



See if you can negotiate a space in your home where people can't interrupt you and where you feel safe,



Use the government guidelines for social distancing - we should not be closer than 2 metres to each other.

Creating that personal boundary may help you feel safe.

## IMMEDIATE DANGER GUIDANCE



if you feel that you are in danger, contacting the police may be a good idea. There are multiple ways to do this:

- **Phoning 101** (for non-emergency)
- **Phoning 999** (for emergency)
- **Speaking to police** on the street

## SUPPORT SERVICES



Support, chat services and counselling for male, transgender and non-binary people who have experienced sexual violence.

[help@survivorsuk.org](mailto:help@survivorsuk.org)

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



National organisation offering support and counselling for those affected by rape and sexual abuse.

0808 802 9999

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



Specialist support for LGBTQIA+ people who have experienced sexual violence or domestic abuse.

[www.galop.org.uk](http://www.galop.org.uk)



the havens



The Havens are a network of support services that provide urgent follow-up care to people who have experienced sexual violence recently.

020 3299 6900

[www.thehavens.org.uk](http://www.thehavens.org.uk)



Support for survivors, including a telephone helpline for male survivors.

0808 800 5005

[www.safeline.org.uk](http://www.safeline.org.uk)



Refuges, independent advocacy, community outreach projects, culturally specific services and the 24 hour National Domestic Abuse Helpline for women & girls.

0808 200 0247

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

**childline**

ONLINE, ON THE PHONE, ANYTIME

Helpline service for anyone under the age of 19 for any issues they may be experiencing,

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)



If you need someone to talk to around mental health difficulties and low mood.

116 123

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



Support for people with learning disabilities, autism or both who have experienced sexual abuse.

020 7383 0700

[www.respond.org.uk](http://www.respond.org.uk)

For all readers, take care and know **you are never alone.**

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