

Rape and sexual assault overseas



Foreign &
Commonwealth
Office

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 is 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 think you've been raped or sexually assaulted

- > Do not keep the attack to yourself. It can be very important that you talk to someone straight away. If possible, talk to a friend or relative, and contact the nearest British Embassy, High Commission or Consulate.
 - > We will offer you appropriate consular assistance. We understand that you may find it painful or embarrassing to talk about what happened. We will be polite, patient, sensitive and non-judgemental. In most cases of sexual assault, the victims, regardless of their sex, 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 posttraumatic stress disorder (a type of shock), in which case, it is best to avoid alcohol.
- > 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.
 - > In most 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, many countries will not open a criminal investigation.**

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.

- > 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 (the morning after pill). 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.
- > 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.
- > 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 0207 008 1500. It is important to get to a safe place. If possible ask someone to contact a trusted friend.
- > 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.
- > Consider getting medical attention. Drugs can affect people in different ways, and may react badly particularly if you are taking any medication.

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.

Returning home

- > A sexual assault may change the way you feel for a long time. Different 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 be able to investigate an attack that has taken place abroad.

Useful contact information

Project Sapphire – 020 7321 7359

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

Rape Crisis (England and Wales) – 0808 802 9999

Rape Crisis (England and Wales) website provides information that female survivors of rape and sexual violence, friends and family need to access their services including details of local rape crisis centres that offer advice, support and counselling. They will also help direct women to local rape crisis services in other countries.

www.rapecrisis.org.uk Contact email: **info@rapecrisis.org.uk** or call the national freephone helpline above.

Rape and Sexual Abuse Support Centre – 020 8683 3300

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

The Survivors Trust – 01788 550554

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

Roofie Foundation – 0800 783 2980

Provides support by telephone for people affected by drug-related rape and sexual abuse.

www.roofie.com

FPA – 0845 310 1334

FPA (previously called the Family Planning Association) provides advice and details of local sexual health clinics in the UK. Their helpline is open from 9am to 7pm, Monday to Friday.

www.fpa.org.uk

Rape Crisis Scotland – 0141 248 8848

Does not provide direct support but can refer victims to a relevant local service.

Terrence Higgins Trust – 0845 1221 200

The Terrence Higgins Trust helpline is open every day from 12 noon to 10pm 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

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 on Tuesdays from 7pm to 10pm.

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

Relate – 0845 130 40 10

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 from 9.30am to 4.30pm, Monday to Friday.

www.relate.org.uk

The Suzy Lamplugh Trust – 020 8876 0305

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

Samaritans – 08457 909090

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

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 9pm, Monday to Friday, and from 9am to 7pm at weekends.

www.victimsupport.com



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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 look at the FCO website (<http://www.fco.gov.uk/consularfeedback>) for our customer satisfaction survey, or ask your local Embassy or Consulate for a copy. Information about our official complaints procedure is also on this website.

If you prefer to contact us directly our contact details are:

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Foreign and Commonwealth Office
King Charles Street
London
SW1A 2AH

Email: feedback.consular.services@fco.gov.uk

Tel: +44 (0)20 7008 1500



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The contents of this publication are correct at time of printing (September 2011).

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