

## Rape survival tool kit

### Background First - What impacted me in my own rape and afterwards as well

**Numbness** – in the first few days after being rape, *expect to feel numb and almost unable to complete the simplest of tasks.*

Your brain will not be functioning properly and you will easily be disorientated. The reason for this is the severity of the trauma and this causes your brain to short circuit completely.

Questions like “what did I do?”, “did I attract it on any level?” may arise.

Know that these questions are absolutely normal so firstly, DON’T blame yourself.

*Rape is about violence not about sex.*

*Perhaps it is the only crime in which the victim becomes the accused and, in reality, it is she who must prove her good reputation, her mental soundness, and her impeccable propriety.*

*Rape is the only crime where the victim is questioned as if they were the cause of the crime.*

Let me be absolutely clear – every piece of research shows that rape is about the rapist and their issues of the need to control and belittle, to have power OVER another.

Your rape was not about YOU! It is a crime aimed to disempower the victim.

There is such an unhealthy conditioning around rape victims worldwide.

This conditioning contributes much to self-doubt and self-blame.

**Fear and lack of trust** – you may experience lack of trust in human nature and of the gender that abused you.

This is a normal reaction to abuse.

**Disillusionment** – you may experience a disillusionment with the world.

Your optimistic outlook may be shattered.

The good news is, there is a light at the end of your tunnel.

### Three Steps you must take to start to heal

#### Step 1: Share your experience

Push through all feelings of shock, shame and blame and share with someone! You can call me Hayley 072 971 8450. You will be talking with a trained person who deeply understands your rape situation.

## Step 2: Get medical attention

Go to your nearest hospital out-patient section and be tested for STD's and HIV and you will be able to speak with an HIV counsellor at that hospital.

## Step 3: Get Emotional Support on an ongoing basis as a solid treatment plan

The reality is - THIS TREATMENT WILL TAKE SOME TIME.

Knowing this will give you some much needed peace of mind.

Visit my Facebook page called Rape and Sexual Abuse Support Group at

<https://facebook.com/groups/1619035931710394/>

I know the steps you should take to start healing - call me on 072 971 8450 and let's start working together