

SEXUAL VIOLENCE

Sexual Violence refers to any behaviour of a sexual nature which takes place without the consent or understanding of the victim.

It can happen to anyone, regardless of factors such as age or gender.

Sexual Violence can be perpetrated by a stranger or by even someone whom the victim may know. It can also take place in the context of any relationship or setting.

WHAT IS SEXUALLY VIOLENT BEHAVIOUR?

- Forcing a person to engage in any sexual activity
- Engaging in sexual activity with a person without consent (e.g. molest, rape)
- Engaging in sexual activity with a person who lacks the understanding or mental capacity to give consent (e.g. children or vulnerable adults)
- Any plan or intent to groom a person for any sexual activity, and maintaining sexual access to the person
- Engaging in non-contact sexual activity with a person without consent (e.g. forcing underaged persons to witness any sexual activity, such as pornography, exhibitionism, indecent exposure or voyeurism)
- Distributing or threatening to distribute sexual images or videos, or any obscene content relating to another person
- Preventing the victim from telling or reporting about the abuse

ONLINE SEXUAL VIOLENCE

- Pressuring a person to send explicit images of themselves online (e.g. via social platforms)
- Posting any unsolicited sexual comments
- Distributing any explicit images or videos of another person online
- Performing sexual acts on online platforms

WHAT ARE SOME SIGNS TO LOOK OUT FOR IN VICTIMS?

- Unexplained injuries around the private parts, urinary irritation or genital diseases
- Displaying unusual and sudden intense fear and avoidance of a particular person, place, or object (e.g. a sudden fear of bathing as victim was abused in the bathroom)
- Use of non age-appropriate knowledge or language, interest in sex or display of sexualised behaviours in young children (e.g. using sexually explicit words or asking his or her classmate to get into positions that look sexual in nature)
- Displaying self-harm or suicidal behaviours*

** These signs may also be indications of other problems that a person is experiencing and may not necessarily be due to sexual violence.*

BREAK THE SILENCE



WHAT IS FAMILY AND DOMESTIC VIOLENCE?

Any violent, threatening or controlling behaviour that occurs with any persons within the family, household or domestic setting. It can happen to people who are dating or in an intimate relationship, or between a caregiver and dependent.

FORMS OF ABUSE



Dating Violence



Spousal Abuse



Child Abuse



Elder Abuse



Vulnerable Adult Abuse

SIGNS AND SYMPTOMS

Physical Abuse

- Bruises, cuts, burns
- Broken bones, internal injuries
- Wrongful confinement

Neglect

- Not attending to your medical needs
- Denying you food over a period of time
- Not providing a child, elderly or mentally incapacitated person proper care and supervision

Emotional and Psychological Abuse

- Constant criticism, name-calling or shouting
- Private or public humiliation
- Insulting or threatening to harm friends and family
- Constantly requiring you to report what you do or where you go
- Not allowing you to contact your family or friends
- Not allowing social contact
- Throwing and destroying things
- Gaslighting as a form of manipulation

What can you do when you suspect someone is experiencing violence or abuse?



DO approach the victim in private.

DO accompany the victim to the doctor if needed.

DO approach any of the following agencies or sources of help:

- Police
- National Anti-Violence and Sexual Harassment Helpline
- Family Violence Specialist Centres
- Child Protection Specialist Centres
- PAVE ISIFPSC



DON'T downplay or dismiss the violence and tell the victim that everything will be fine.

DON'T lose your patience if the victim refuses to seek help. Continue to support and keep in touch with him/her.

DON'T encourage the victims to leave a relationship or the household if they have no safety plan or support from a network.

Do not stay silent or walk away when you witness violence.

**You can STOP the violence.
Step in. Offer Help.**

Call the National Anti-Violence and Sexual Harassment Helpline

1800-777-0000

**Operating hours: 24 hours daily, Monday to Sunday*

For more information, please visit:
www.msf.gov.sg/breakthesilence