

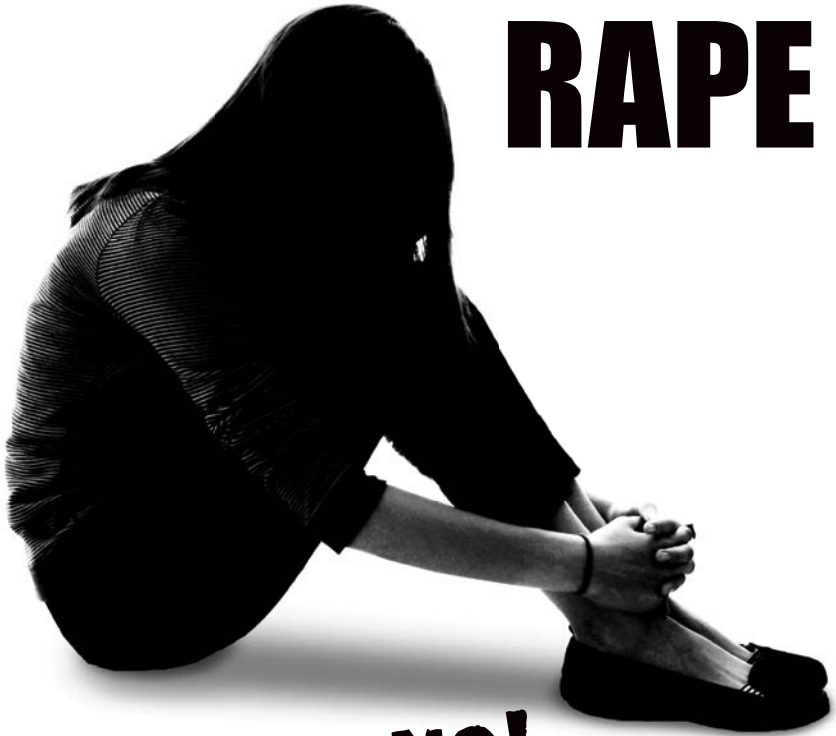
SEX

NO MEANS NO!



**Consent - Respect
the decision**

CONSENT or RAPE



NO MEANS NO!

There is no grey area!

Consent

When a person agrees to have sex and has the freedom and ability to decide - **No Means No!**

Rape

Sexual intercourse with another person who is not consenting and the man does not reasonably believe the other person is consenting – **No Means No!**

If you don't want sex:

- Say so
- Be sure the other person is aware of your decision
- **No Means No!**
- There is no grey area – **Yes or No**

RAPE

Too drunk to consent?



Alcohol plays a significant part in many rape cases

If a person is too drunk to decide they cannot consent

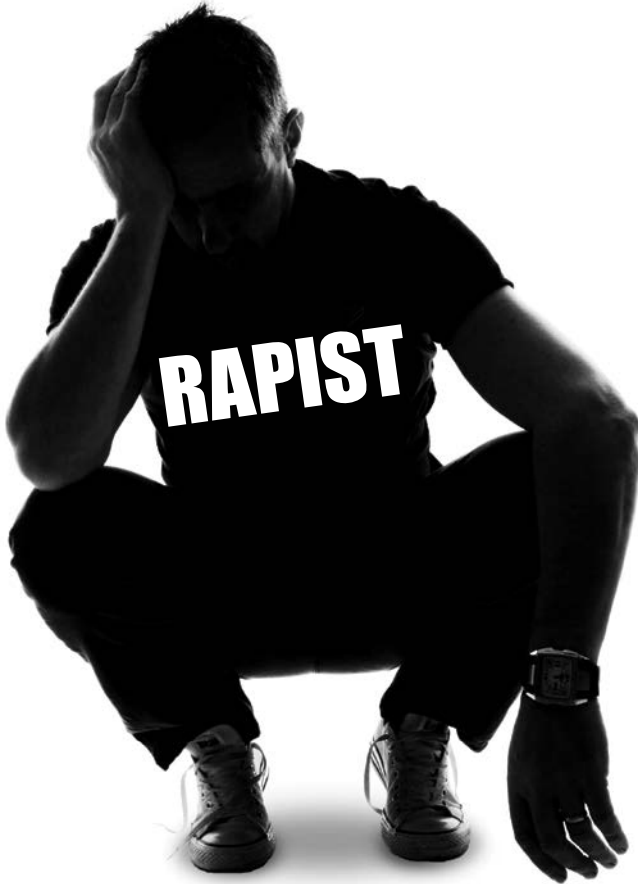
67% of victims attending Spring Lodge Sexual Assault Referral Centre from 1st May 2010 – 31st April 2012 **were in drink at the time of the rape.**

53.5% of suspects were in drink according to those same victims.

Be safe

- Know your limits – beware the predator
- Look after your friends
- Avoid travelling alone when drunk
- Don't accept lifts from strangers
- Book a reputable taxi in advance
- Don't be afraid to say no

Labelled for Life



NO MEANS NO!

Don't ignore the decision

NO MEANS NO!

There are consequences:

- Life Imprisonment
- Conviction for life
- Placed on the Sex Offenders Register
- Labelled for life

Consent can be removed at any time
even during sex – **No Means No!**

This applies to anyone – including your
husband or boyfriend – **No Means No!**

Respect the Decision – Don't be
labelled for life – **'RAPIST'**

Stranger Rapes are rare – in most cases
the victim knows the offender who has
ignored the simple rule – **No Means No!**

Help or advice...

You won't be judged



LINCOLNSHIRE POLICE
RAPE INVESTIGATION TEAM

**Speak to our Specially
Trained Officers and
experienced Detectives
committed and dedicated
to rape investigation**

IN AN EMERGENCY ALWAYS CALL: **999**
WHEN IT'S LESS URGENT THAN 999 CALL: **101**

NO MEANS NO!

It is not your fault

- No matter what you wore, where you were or who you were with
– **IT IS NOT YOUR FAULT**
- You always have the right to say 'No' **No Means No!**
- You can get help
- You make your own choices



Spring Lodge is a specialist centre designed to help people who have been raped or sexually assaulted.

How we can help?

- You can speak to a trained member of staff at SARC if you are unsure what to do and do not wish to go to the police; we will provide emotional support and run through your options on a one to one with you, at your pace.
- You can have a medical examination on site if this is appropriate where we can secure evidence but you gain valuable breathing space.
- You can get ongoing support from one of our professionally trained Independent Sexual Violence Advisors.
- Get advice about contraception.
- Talk to someone about Sexually Transmitted Infections and get help and treatment.
- We can talk to the police on your behalf if you like and we can do so keeping you anonymous to them.
- You can talk to the police if you want but it's your choice.

We will make sure you talk to the people you need.

Telephone: **01522 524402**

(office hours between 9.00 and 5.00, Mon – Fri)

01371 812686 (out of hours)

Email: **info@springlodge.org**

Website: **www.springlodge.org**

Spring Lodge is here to help you.

Useful Contacts

Contraception and Sexual Health
Appointments: **01522 539145**

Lincolnshire Police: 999 (101 for non-emergencies)

Crimestoppers: 0800 555111

National Rape Crisis: 0808 802 9999

Survivors UK Male Rape and Sexual Abuse: 0845 122 1201

National Association for People Abused in Childhood (NAPAC): 0800 085 3330

Domestic Abuse Services

West Lincs: **01427 616 219** • www.wldas.org

East Lindsey: **01507 609 830**

Boston and South Holland: **01205 318 600**

National Domestic Abuse Helpline: 0845 3030 900

Samaritans: 08457 909090

Childline: 0800 1111

NSPCC: 0808 800 5000

Lincolnshire Children's Services: 01522 672 111

Adult Safeguarding: 01522 782 155

National Stalking Helpline: 0808 802 0300

Forced Marriage Unit: 0207 008 0151

Honour Network Helpline: 0800 5999 247

NO MEANS NO!

CALL YOUR LOCAL POLICE		101	IN AN EMERGENCY ALWAYS CALL 999
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LINCOLNSHIRE POLICE

policing with **PRIDE**



01522 524402
www.springlodge.org