

Sexual assault: information for young people

What is sexual assault?

Sexual assault is when someone does something sexual to you without your permission. This can be confusing, upsetting or hard to talk about.

It is never your fault.

What does “without permission” mean?

You did not, or could not, provide consent. That could include if:

- You did not want this to happen
- You felt pressured, scared or unsure
- You said no, or you couldn't say no because you might have been asleep or intoxicated
- You couldn't say anything because you were scared or frozen
- You didn't respond in anyway

Remember: **Not saying anything does not mean yes**

What sexual assault can look like?

- Someone touching your body when you don't want them to
- Someone making you do something sexual
- Someone sending you sexual images, or pressuring you to send some to them
- Someone doing sexual things to you when you are asleep, drunk or unable to respond
- Someone continuing after you have said no or tried to move away
- Someone sharing your nudes without your consent

Important things to know

Sexual assault does not have to involve force or violence

It can be someone you know and even care about

You might not realise what it was straight away

People can react in different ways, including freezing or going along with it

Even if you did not fight back, it is still not your fault.

You might be unsure

You might be wondering if your experience “counts” as sexual assault. You could be feeling confused about it. You might be worried about getting in trouble.

If something felt wrong, uncomfortable or pressured, you should listen to your body and get some help.

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What can I do now?

- Talk to someone you trust. This could be a parent or carer, teacher, school counsellor or another trusted adult
- A trusted adult can help you get medical advice and support. They can also help you decide if you want to report anything to police, or if you want to get professional counselling

Where can I get help?

- **Kids Helpline** – 24/7 support by phone on **1800 55 1800** or chat on their website: kidshelpline.com.au/get-help/webchat-counselling
- **SECASA Intake** – during business hours on **8769 2200 – opt 1**
- **Sexual Assault Crisis Line** – after hours and weekend support on **1800 577 011**