

There is no right or wrong way to react if you have been sexually assaulted – everyone reacts differently.

**You may feel:**

- Anxiety
- Disbelief
- Tearfulness
- Physical revulsion
- Self-blame and guilt
- Helplessness.

**Support is always available:**

**DVCONNECT**  
*Be heard. Be safe.*

**DVConnect | 1800 010 120**  
Statewide sexual assault helpline and  
DV Connect

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE

**1800 RESPECT | 1800 737 732**  
National domestic, family and sexual violence  
counselling service

**13 YARN**

**13 YARN | 13 92 76**  
National crisis call line for First Nations people



For more information, you can  
contact Queensland Police:

**Policelink | 131 444**  
[www.police.qld.gov.au](http://www.police.qld.gov.au)

If a crime is happening now or you are  
in danger, **contact Triple Zero (000).**

# Sexual violence:



**A guide for victim-survivors.**

25-035



© State of Queensland (Queensland Police Service) 2025 is licensed under  
CC BY 4.0. All Queensland Police Service material in this document – except  
any material protected by a trademark, and unless otherwise noted – is licensed under  
<http://creativecommons.org/licenses/by/4.0/legalcode>



**The Queensland Police Service (QPS) sexual violence webpage provides information about your options as a victim-survivor. You can scan the QR code on the back of this brochure to find out more.**

It is okay if you would like to tell police what happened, but you are unsure about going to court or police gathering evidence. Our website will answer most questions and provide you with options to reach the right decision for you personally.

## **What is sexual violence?**

Sexual violence is any unwanted sexual behaviour towards another person. It can happen in public, private, or institutional settings.

These behaviours can be done by people known to you (including family members, partners or former partners) or by strangers. Sexual violence can have lifelong impacts on people who experience it.

## **What is consent?**

Consent is your free and voluntary agreement to do something. When you consent to a sexual act, you are doing so freely and voluntarily. Under Queensland law, you cannot assume someone is consenting just because they do not say no - consent must be communicated through words, or actions such as clear body language. This is called **affirmative consent**.

**You have the right to withdraw consent at any time during sexual activity.** Even if you have consented to being with someone, you have the right to say 'stop' if you don't want to do something.

**Consenting to one kind of sexual act does not mean you consent to another.**

## **What is rape or sexual assault?**

If a person inserts their penis, body part of an object into your vagina or anus, or your mouth is penetrated by a person's penis without your consent, **it is considered rape**.

If someone has sexual contact with you or they make you commit a sexual act upon them without your consent, **it is considered sexual assault**.

## **If you have been sexually assaulted...**

There are several options available to help you recover and heal from the assault, including:

- Seeking medical treatment
- Talking to trauma supports or counsellors
- Telling police what happened to you.

## **If you want to talk to police...**

- Call Triple Zero (000) if it's an emergency
- Call Policelink on 131 444
- Visit a police station, or
- Use the QPS online reporting forms.

## **If you tell police what happened to you, you have options:**



You can tell police that you want them to investigate. This means you may have to go to court.



You can use Alternative Reporting Options (ARO). ARO provides a way to report to police without taking part in an investigation or court process. You can even report anonymously.

To find out more, visit the QPS website and search 'ARO' or scan the QR code on the back of this brochure.

**ARO is useful for police in assisting with other matters and protecting the community by knowing about the offender's behaviour.**