

Who can access support?

Any woman who is in prison or who has been through the Criminal Justice System can access the Sexual Assault program.

Women's Rights

Women who access support through Sisters Inside's Sexual Assault Program have the right to:

- be believed
- be supported & listened to
- be treated with respect
- confidentiality & an explanation of what this means for Sisters Inside
- give feedback or complain & access Sisters Inside's grievance policy
- be informed about how the Sexual Assault service & Sisters Inside work

Complaints & Grievances

Sisters Inside has a complaints & grievance policy to ensure that you have the opportunity to voice any problems that you might have with Sisters Inside.

If you have a concern:

- Talk with the worker involved if you feel able, and/or
- Request a copy of our complaints & grievance policy from Sisters Inside staff, in person, via phone or via mail.

All complaints will be addressed.

WHERE WE ARE

ADDRESS	Level 2, 53 Tribune Street SOUTH BRISBANE Q 4101
POSTAL	PO BOX 3407 SOUTH BRISBANE Q 4101
TOLL FREE	1800 003 242
TELEPHONE	07 3844 5066
FAX	07 3844 2788
EMAIL	admin@sistersinside.com.au
WEBSITE	www.sistersinside.com.au
OFFICE HOURS	8.30am - 4.30pm
PUBLIC TRANSPORT	Catch a train or bus to Vulture Street Station



SISTERS INSIDE INC



**Sexual Assault
Counselling & Support
Service**

What is Sexual Assault?

Sexual Assault is any action of a sexual nature which is forced upon another person without that person's consent. Sexual assault can range from sexual harassment, such as leering or threats, through to rape or incest. It includes things such as unwanted touching or sexual behaviours.

Although both women & men can be sexually assaulted, the great majority of abuse is by men who sexually violate women and children.

**Sexual Assault is never acceptable!
There is no excuse!**

No one deserves to be sexually abused!

Sexual Assault is never your fault!

Sexual abuse is an act of aggression and power. Circumstances such as alcohol or drugs do not excuse sexual abuse. (Many people drink, but do not abuse others.)

Abuse is the choice of the abuser NOT the responsibility of the survivor.

Everybody has the right to have control over their own bodies, regardless of their age or sex.

What is the Sexual Assault Program?

Sisters Inside has a number of programs that support women to move beyond prison. The Sexual Assault program is funded by Qld Health to provide women with counselling and support to help them cope with the effects of sexual abuse.

Sisters Inside believes that the effects of sexual abuse are long lasting & can impact on all aspects of a woman's life. Because of this the support that we provide can focus on any aspect of your life.

We are guided by women in prison as to the type of support they want.

It's up to you to decide:

- if you want support
- what type of support you want &
- how often you want support

The type of support that we provide can include:

- Counselling
- One-on-one support
- One day programs
- Talking with loved ones, lawyers, community agencies, etc
- Assistance after release
- Court support
- Group work

What is support?

Support involves talking through your experiences & the things in life that are troubling you at a pace that you find comfortable.

Support can include: working through experiences of abuse, understanding & coping with the effects of abuse, coping with prison, or just having a chat.

While support can differ according to a woman's needs, all the support that we provide will be:

- Respectful of your rights & experiences
- Directed by you so that is we talk about what you want to when you want to
- Confidential
- Voluntary

Having your say!

We value your input & we encourage all women to have their say in how the Sexual Assault Support program operates.

Tell us:

- How the program can be improved
- What activities you'd like to organise with support from workers

Or become involved in a group project implemented as part of the Sexual Assault Program.