WHAT IS SEXUAL VIOLENCE?

Sexual violence includes the use of sexual contact by one person to another against his or her will and may include acts such as:
- Forced penetration of the vagina or anus with a penis or other object.
- Touching the private parts including the penis, vagina or anus.
- Oral sex (placing the mouth or tongue on a person’s vagina, penis or anus.
- Rubbing of a penis, hand or other object against another person’s private parts.
- Performing sexual acts with an animal.

![The P3 form must be filled by the health care provider at the health facility.]

**WHAT TO DO WHEN SEXUALLY VIOLATED?**

- Talk to someone you trust.
- Go to the nearest health facility/police station as soon as possible, preferably within 3 days of the assault (the earlier the better).
- Do not wash, comb or clean any part of your body no matter how much you may want to before you visit a health facility and are examined by a health care provider.
- If possible do not change clothes so that medical staff can collect evidence such as hair, nail and skin particles that got caught in the clothes. The clothes can also provide evidence that the assault occurred for example where the clothes were torn during the assault.
- Do not wash or destroy your clothing; wrap them in a newspaper or brown paper bag - NOT A PLASTIC BAG, as this may destroy the evidence.
- Take them to the health facility with you and let the health care provider examine them.
- If possible carry an extra set of clothes.
- Do not change anything at the scene of the assault since important evidence may be found at the scene and would be destroyed if anything was changed.
- Either you or the health facility staff can call the police to report the assault.

**REMEMBER:**
- Once sexually violated go to the nearest health facility/police station as soon as possible, within 3 days (72 hours) of the assault.
- Do not wash or destroy your clothing; wrap them in a newspaper or brown paper bag - NOT A PLASTIC BAG, as this may destroy the evidence.
- Take them to the health facility with you and let the health care provider examine them.
- If possible carry an extra set of clothes.
- Do not change anything at the scene of the assault since important evidence may be found at the scene and would be destroyed if anything was changed.
- Either you or the health facility staff can call the police to report the assault.

**WHAT HAPPENS AT THE HEALTH FACILITY?**

- The health care provider will ask questions about the sexual assault. You will need to answer all questions asked frankly.
- You will be given prophylactic treatment (PEP) against HIV, pregnancy and sexually transmitted infections.
- A health care provider will examine your whole body for bruises, marks and wounds.
- The examination may be uncomfortable, embarrassing and sometimes painful but it is necessary.
- The health care provider will also take samples e.g. blood and urine for test and investigation purposes.
- The health care provider will record this information in detail in the PRC form (Post Rape Care form) already available at the health facility. The health care provider must sign this.
- If you have not reported to the police station, you will be required to do so (in order to be issued with a P3 form which will form part of the health care provider medical report)
- If you have been to the police, hand in the P3 form to the health care provider to fill in.

**REMEMBER:**
- You have the right to ask for a female or male police officer to go with you to the health facility.

**WHAT IS A P3 FORM?**

- It is the Kenya Police Medical Examination Form.
- It should be completed and signed only when you have fully recovered from all your injuries.
- It is used to request for medical examination by a health care provider in order to determine the nature and extent of bodily injury sustained by a complainant in assault cases.
- It is provided for free from police stations and should not be paid for.

**WHERE CAN I SEEK HELP IF SEXUALLY VIOLATED?**

- Go to the nearest health facility or Police station.

**HOW CAN I HELP SOMEONE WHO HAS BEEN SEXUALLY VIOLATED?**

- Listen to them carefully and comfort them.
- Go with her/him to the nearest health facility/police station.

**ABOUT LVCT**

LVCT is a Kenyan NGO that provides a range of services for HIV prevention, care and support; as well as training and sensitization for communities and service providers.

LVCT has spearheaded gender equitable provision of HIV/AIDS prevention, care and treatment services with particular emphasis on improving access to services for groups with special needs including survivors of sexual violence.

Since 2004, LVCT has offered technical support to the Ministry of Health through the Division of Reproductive Health in the provision of post rape care services in 16 public health facilities.