



Medical acute care after rape

# MEDIZINISCHE SOFORTHILFE NACH VERGEWALTIGUNG

Any form of rape is a medical emergency.  
You will find help in a hospital.  
In confidence.



This new service is for you:

- if there is cause to assume that a sexual offense was committed.
- if you are a rape victim.
- if someone forced you to have sex.
- if you want to accompany a person who was raped.
- if you want to obtain information about this topic.
- irrespective of gender identity, origin, residential status, type of disability.

Your focus should now be on your health and your future well-being.



### **You want to file criminal charges**

If you're the victim of sexual violence and want to immediately file criminal charges, please phone:

#### **Polizeistation Friedberg (police station)**

Grüner Weg 3 | 61169 Friedberg

Phone (0 60 31) 6 01-0 | Telefax (0 60 31) 6 01-1 81

The police station is manned 24 hours a day, 7 days a week.

The officers will coordinate your complaint and will accompany you to a hospital for examination and securing evidence.

### **You do not want to file criminal charges**

If you're the victim of sexual violence and **do not want to file criminal charges**, you may turn to the Hochwaldkrankenhaus (hospital) Bad Nauheim (see p. 8).

No criminal charges will be filed without your consent, **medical confidentiality is in effect**.

#### **You may choose between the following options:**

1. You want a medical examination, but do not wish any medical evidence to be secured.
2. You want a medical examination and want all medical evidence to be secured.

You have access to all required information about acute medical care at the website [www.soforthilfe-nach-vergewaltigung.de](http://www.soforthilfe-nach-vergewaltigung.de) under "**Wetterau**".



### **When**

Medical care after a sexual violation should be provided as soon as possible. Do not hesitate to immediately contact the clinic, even if there are no visible injuries.

If the rape has already occurred several days ago, please contact the clinic during regular duty hours to make sure someone will be available to help you.

### **Boys and men may also be rape victims**

The assistance options described here are of course also available to male victims under due consideration of their particular requirements.

(You will find more information at [www.soforthilfe-nach-vergewaltigung.de](http://www.soforthilfe-nach-vergewaltigung.de) under "**Wetterau**")

Owing to the large number of victims, the focus of this campaign is on girls and women.

### **Have someone accompany you to the examination**

Depending on how you feel, the presence of a family member or a trusted friend might be very helpful. Perhaps the person may not be able to be with you in the examination room, but he/she may wait with you and may afterwards accompany you home.



You will find the following information at [www.soforthilfe-nach-vergewaltigung.de/](http://www.soforthilfe-nach-vergewaltigung.de/) under "**Frankfurt am Main**":

- medical examination and treatment **without** securing of evidence
- medical examination and treatment **with** confidential securing of evidence
- how to proceed after consuming drugs, alcohol or after suspected malicious administration of so-called knockout drugs
- how to proceed in the event of domestic violence
- male victims
- how to proceed if you are under 18 years of age
- sexually transmitted diseases, emergency contraception, etc.
- retention of medical findings and filing criminal charges at a later date
- what to do next
- professionals and family members
- addresses

#### **Medical confidentiality**

The examining and treating physician acts upon your request and is bound to medical confidentiality.

**As a consequence, no steps will be taken without your consent or against your will; the police will not be notified! The physicians are under no obligation to make any notifications.**

Nobody may send you away, nobody may pressure you to secure any medical evidence or to press charges. Make use of all consultation options and then decide together with the physician what steps to take next.



Acute medical care after rape /sexual violation

### Medical examination by physician

You may ask for the examination to be conducted by a female physician.  
If possible, the clinic will then assign a female physician to you.

Make your report on what happened. Only an accurate report will enable the physician to examine you thoroughly for any injuries and possible physical consequences.

### Securing evidence

**Documentation of your injuries will make your testimony on what happened verifiable.** This is important both for criminal proceedings as well as for civil action for compensation for damages and for damages for pain and suffering. This may presently not appear to be important to you, but your opinion may change as time progresses. Proper and correct diagnosis cannot be conducted at a later date.

**If you have opted for an examination with documentation of medical findings and taking evidence,** it is possible to search and find traces and injuries caused to your body by the acts of violence. Should you decide to file charges at a later date, these forensic findings may substantiate your charges. Medical examination and diagnosis are important also if you do not have any externally visible injuries!

**Changing and cleaning clothes as well as taking a shower will destroy traces and evidence.** If it is at all possible, avoid taking any showers before the examination.



**The findings significant for any criminal prosecution are stored for a fixed period of time** (see below).

In the Wetteraukreis district, the clinic may transfer the recovered material to the **Institut für Rechtsmedizin** (*institute for forensic medicine*) for retention. The material is stored there and made available to the police only if charges are filed.

The **retention period** at the institute in Gießen is currently **one year**. After that period has expired, the specimens and diagnostic findings are destroyed.

**Please note:**

**You will not be sent any separate notification about the disposal!**

**As a consequence, you must decide within one year** if the diagnostic findings are to be used. Irrespective of such decision on the use of these finding, you may file charges up to 20 years after the criminal act took place (see: criminal offense requiring public prosecution).

**More information is available at:**

[www.soforthilfe-nach-vergewaltigung.de/](http://www.soforthilfe-nach-vergewaltigung.de/)  
under "Wetterau"



**You may turn to these clinics for help:**

**Hochwaldkrankenhaus Bad Nauheim**

Fachabteilung Gynäkologie (gynecology)

Gynäkologische Ambulanz

(Facharztzentrum, Treppe B)

Chaumontplatz 1

61231 Bad Nauheim

Phone (0 60 32) 7 02-12 07

Telefax (0 60 32) 7 02-11 40

**Duty hours: 08:00 –16:00 hrs.**

**Outside regular duty hours:**

Interdisziplinäre Aufnahme (emergency admission)

Phone (0 60 32) 7 02 24 08

**For optimal treatment, we urgently advise you to set up contact as is described at the website**

[www.soforthilfe-nach-vergewaltigung.de](http://www.soforthilfe-nach-vergewaltigung.de)

**under "Wetterau". Please inform yourself at the website before going to a clinic.**

**Possible pregnancy – emergency contraception**

If there is a risk of unwanted pregnancy resulting from rape, you may take an emergency contraception pill up to 72 hours or, depending upon the preparation, up to 120 hours after the rape took place.

The emergency contraception pill may be bought without a prescription at any pharmacy. For females under 20 years of age with a prescription, the "morning-after pill" is available at no cost apart from the prescription fee, which must be paid by persons 18 years of age or older.





## What's next?

Try not to be alone. You may contact the **Frauen-Notruf Wetterau** (*women's emergency call*) immediately after the offense or at a later time for counseling and support as well as for information. This consulting service is free of charge and anonymous.

If you have insufficient command of the German language or are deaf, we will call in a female interpreter.

The topics discussed personally or on the phone might include:

- How can I protect myself?
- How do I proceed?
- Who can support me?
- What are my rights?
- Which forms of help are available?

### **Frauen-Notruf Wetterau e.V.**

Hinter dem Brauhaus 9

63667 Nidda

Phone. (0 60 43) 44 71

Telefax (0 60 43) 44 73

E-Mail: [frauennotruf@t-online.de](mailto:frauennotruf@t-online.de)

[www.frauen-notruf-wetterau.de](http://www.frauen-notruf-wetterau.de)



**Susanne Fröhlich**

is a successful author and radio presenter.

She supports and sponsors the initiative "**Medizinische Soforthilfe nach Vergewaltigung/ Acute medical care after rape**".

Susanne Fröhlich is absolutely in favor of the campaign, which she wholeheartedly endorses:

*"I'm a woman and a mother. The victims must be aware that they're not the ones at fault, instead it's the victimizers and offenders who are responsible for the acts of violence." And she is certain: "This issue is still not receiving the attention it needs. That's why it's so important to make the public aware of the available support and assistance programs."*

