



ENGLISH

Sexual violence - meaning forced sexual activity without the other person's consent - is something that many girls, women, trans, inter, agender and non-binary people are familiar with.

It does not necessarily have to be physical assault but can take on many different forms. Also (digital) harassment or other forms of sexualised comments or actions can be sexual violence and lead to a serious invasion of privacy and self-understanding. It is used as a means to discriminate and oppress girls and women and is not - against common knowledge - an expression of sexuality.

If you or someone close to you has experienced sexual violence or is experiencing it, you have the right to seek help. Whether it is to just talk about what happened or to get support in order to reclaim control and self-determination; you decide what and what not to talk about. Our counseling is free of charge and, if requested, anonymous. We treat all conversations confidentially.

We offer counseling by phone or face-to-face if you...

- have experienced sexual violence or are experiencing it.
- know someone (for example, a friend, family member, student, client) who has experienced or is experiencing sexual violence.

You can contact us via phone or email to make an appointment.

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