

# Finding Your Way after Sexual Violence

A guide to options and supports after rape, sexual assault and other forms of sexual violence in Ireland



## Briefing note

*Finding Your Way after Sexual Violence* will be launched by Minister for Justice Simon Harris TD in Dublin on Monday 17 April 2023.

**What is it?** A new specialised, online resource for victims and survivors of sexual violence. From the early stages of seeking medical and forensic help at a Sexual Assault Treatment Unit, to reporting a crime to Gardaí, through to navigating the criminal justice system and courts, this guide will offer independent, reliable information that is available online at any time. The guide is developed by Dublin Rape Crisis Centre and funded by the Department of Justice.

**Who is it for?** *Finding Your Way after Sexual Violence* is intended to help victims, survivors and their supporters understand what services are available to them, where to find them and how to access them. The guide is there to assist people during a challenging, upsetting and often re-traumatising period

**How does it work?** Along with up-to date information divided into 5 sections, the guide uses animations to illustrate various settings and processes. It contains written and audio statements from lawyers, gardaí, hospital staff and rape crisis support workers, as well as testimonials from victims and survivors themselves on how they experienced the various aspects of the journey.

Each section has a FAQ covering issues commonly raised by victims and survivors as well as a special section for friends, family and others who support victims and survivors in navigating the various options. It has links to support organisations and specialised agencies.

The guide is **trauma informed**, which means it takes into account the impact of sexual violence on a person's mental, physical, social and emotional wellbeing and thus how people may react to different types of information. It is also **victim-centred**, which means prioritising those who have been subjected to sexual violence in the guide's creation.

**Where do I find it?** Access is free and available online at [www.drcc.ie/fyw/](http://www.drcc.ie/fyw/)

