

# Getting specialist medical help after sexual assault.

**Te kimi i te āwhina  
haumanu i muri i  
te tūkino taitōkai.**

“*Having a specialist sexual assault medical assessment was the ultimate confirmation that what happened to me was an offence. The doctor articulated the process of damage in a psychological sense so I understood it. Amazing, the doctor was amazing, and part of my whole healing.*”



## Getting specialist medical help after sexual assault

It's normal to feel anxious about seeking medical help after you have experienced any type of sexual violence (sexual assault, sexual harm or rape). We hope that reading this booklet will help you to understand why seeing a medical service can be a good thing, even if the assault happened a long time ago, and whether or not you want to involve the police. A specialist sexual assault medical service (called SAATS – Sexual Assault Assessment and Treatment Service) can make sure you are okay and help deal with any concerns you may have about your health.

### Te kimi i te āwhina haumanu i muri i te tūkino taitōkai

Ka rongo noa koe i te mānukanuka i tō rapu āwhina rongoā i muri i te whakarekereke taitōkai (tūkino taitōkai, momo kino ā-ai, pāwhera rānei). E tūmanako ana mātou ina pānuihia ai tēnei mātārere ka whai mārama koe he mea pai te haere ki te ratonga rongoā, ahakoa i tūkinotia koe i mua rā anō pea, ahakoa hoki tō hiahia, tō kore hiahia rānei, kia whai wāhi te pirihihana. Ko tā te ratonga haumanu tūkino taitōkai (e kīia ana ko te SAATS) he manaaki, he āwhina hoki i a koe ki te whakamāmā i ō māharahara pea mō tō hauora.

## What a specialist sexual assault medical service can offer

### Ngā mahi āwhina a te ratonga haumanu mō te tūkino taitōkai (sexual assault)

#### Reassurance

By having a medical examination, just knowing that physically you are okay can give great relief, a sense of control, and can be an important step towards recovery.

#### Medical examination for recent and past assault

You can have a medical examination even if you don't want to involve the police. A medical examination will help assess:

- **Injuries:** for assessment and treatment. If you would like to involve the police, any injuries can be documented for police reporting.
- **Sexually transmitted infections (STIs):** A full STI check can be provided along with any preventative treatment.
- **Pregnancy:** treatment can be provided to prevent pregnancy within the first few days.
- **Psychological needs:** Emotional effects from what has happened are common and finding the right support for this is something most people need help with. Everyone reacts differently in these situations. Some people will want to talk to someone soon, others will want to do so later. An ACC claim can be lodged that will let you access funded counselling at any time in the future.

#### Te Whakatītina

Tērā pea ka kaha whakamāmātia koe e te mātaitanga haumanu (arā, ko te 'medical examination'), e te mōhio kau e pai ana tō tinana, ā, ka rongo koe i tōu ake mana whakahaere, ā, he tino ahunga whakamua tērā ki te whakaoranga.

#### Te mātaitanga haumanu mō te tūkino nō nāia tata nei, nō mua rā hoki

E āhei ana koe te whai mātaitanga haumanu, ahakoa tō kore hiahia pea kia whai wāhi ngā pirihihana. Mā te mātaitanga haumanu e āwhina te tiroiro i te:

- **Whara:** mō te tiroiro me te maimoatanga. Mehemea e hiahia ana koe kia whai wāhi te pirihihana, ka taea te whakapukapuka i ngā kōrero mō te ripoata pirihihana.
- **Poke mate paipai (arā STIs):** Ka āhei te rato i te tiroiro māriri mō te STI, me te maimoatanga arāi.
- **Hapūtanga:** ka āhei te rato maimoa i ngā rā tīmatanga ruarua hei ārai hapūtanga.
- **Matea hinengaro:** E tino kitea ana ngā pānga kare ā-roto ka hua mai, ā, ka hiahia te tautoko e tika ana e te nuinga o ngā tāngata. Ka puta i ia tangata tōna ake whanonga motuhake i ēnei horopaki. Ka hiahia ētahi tāngata kia wawe te kōrero ki tētahi atu tangata, heoi anō ka hiahia ētahi atu kia tāria te kōrero. Ka āhei te tuku tono ACC kia taea ai e koe te whai pūtea whakamahereora ā tōna wā.

# What a specialist sexual assault medical service can offer

## Ngā mahi āwhina a te ratonga haumanu mō te tūkino taitōkai (sexual assault)

### Forensic examination after a recent assault

If the assault happened within seven days:

- You can choose to have an examination that can include the collection of samples for evidence (forensic examination) and make a statement to the police. Ideally this is done as soon as possible after the assault as evidence is lost over time.
- If you don't know whether you want the police involved and want to leave your options open, that's okay. The clinician can do a forensic examination, but instead of giving this evidence to the police, it can be safely stored for you until you have had time to decide what you want to do. The team will let you know how long it can be stored for.

**Note:** No medical examination of any sort will be done without your full consent.

### Referral to other support services

- Immediate crisis support (refuges/safe accommodation)
- Counselling services
- Court support services and ACC

### Te mātai ā-ture i muri tata i te tūkino

Mehemea i tūkinotia i roto i ngā rangi e whitu kua pahure ake:

- Kei a koe te whiringa kia mātaitia koe, tae atu ki te tango tīpako hei taunaki (mātai ā-ture), kia taea ai te tuku tauākī hoki ki te pirihihana. He pai kē atu kia mahia tēnei i muri tata atu i te tūkino nā te mea ka ngaro haere te taunakitanga i te rerenga o te wā.
- Kei te pai mehemea kāore koe i te mōhio ka hiahia koe kia whai wāhi te pirihihana, kāore rānei. E āhei ana te kaihaumanu te mātai ā-ture, otirā ka taea te pupuri i te taunakitanga e kore e tukuna atu ai ki te pirihihana, kia whai whakaaro ai koe he aha tō hiahia. Ka whakamōhio atu te tīma e hia te roa ka āhei te pupuri.

**Kia mōhio mai:** E kore rawa koe e mātaihia ā-haumanu - ahakoa te momo - ki te kore koe e āta whakaae.

### Whakawhitinga ki ratonga tautoko atu anō

- Tautoko tangetange mō te mōrearea (ruruhau/wharenoho haumarū)
- Ratonga tohuora
- Ratonga tautoko kōti me ACC

# Frequently asked questions

## He pātai auau

### Who will be present at the examination?

There will be a specially trained doctor and nurse (clinicians) at the examination. In some areas a crisis support person may also be available to attend, but it is up to you if they are present during the examination. The police will not be present during the examination, even if you have spoken to them.

### Can I bring someone to the examination with me?

It's often easier to talk openly with as few people present as possible, but you are welcome to bring someone with you for support if you wish (friend, relative or member of your whanau). It's okay if you don't want them there during parts of the examination.

### Do I need to bring anything with me?

If the sexual assault happened within the last seven days, and you are considering involving the police, bring along any clothing that you were wearing when you were assaulted. Often the clothing will be collected when a forensic examination is conducted, so you may want to bring a spare change of clothing with you. Some replacement clothing can be provided.

### Ko wai mā ka tae atu ki te mātaitanga?

Ka tae atu ki te mātaitanga tētahi mātanga tākuta, nēhi (kaihaumanu) kua āta whakangungua. I ētahi rohe, ka wātea pea tētahi kaitautoko ki te tae atu ki te mātai, engari kei a koe te whiringa kia uru ia, kāore rānei. E kore te pirihihana e tae atu ki te mātaitanga, ahakoa kua kōrero pea koe ki a rātou.

### E whakaaetia ana kia haere mai tētahi atu tangata hei hoa mōku ki te mātaitanga?

Tōna tikanga he māmā atu te āta hora i ō kōrero ina he tokoiti ngā tāngata kei tō taha, heoti anō e whakaaetia ana kia haere mai ō kaitautoko, ki te hiahia koe (tētahi hoa, tētahi o tō whānau, whanaunga rānei). Kei te pai noa ki te kore koe e hiahia kia tae rātou ki ētahi wāhanga o te mātaitanga.

### He aha ngā mea me hari atu e au?

Mehemea i taitōkaitia koe i roto i ngā rangi e whitu kua pahure, ā, e whai whakaaro ana koe kia uru atu te pirihihana, haria atu ngā kākahu i mau ai koe i te wā i tūkinotia. Ina whakahaerehia tētahi mātai ā-ture, ka kohia ngā kākahu, nō reira he pai te hari atu i ētahi anō kākahu mōu. Ka taea te rato i ētahi kākahu hei whakakapi.

# More frequently asked questions

## He pātai auau anō

### What happens at an examination?

#### The clinician will ask you about

- Your medical health, treatments you are on, contraception, and your mental and sexual health history. This information will help them to look after your health needs. If you do choose to report to the police, the clinician will not pass on all of this confidential information to them.
- Any symptoms or concerns that you have.
- The details of the sexual assault so that they can decide what sort of an examination they need to do.

#### The physical examination

- If you are comfortable the clinician will examine you.
- Not everybody needs the same sort of examination.
- The clinician may suggest performing an examination of your body including your genital area.
- The clinician will make sure you feel safe and keep everything as private as possible.
- You can stop at any time you wish.

#### Evidence collection

If the assault happened within seven days:

- The clinician may collect evidence (if you choose to have a forensic examination - whether or not you have decided to report to the police at this stage).
- This can include swabs taken for semen and saliva, blood and urine tests, clothing and hair samples.

### Ka ahatia i te mātaitanga?

#### Ka pātai te kaihaumanu ki a koe mō

- Tō hauora tinana, ōu maimoatanga, te ārai hapū, me ngā kōrero mō tō hauora hinengaro, taihemahema hoki. Mā ēnei mōhihio rātou e āwhina ki te whakaea i ō matea hauora. Ki te whakatau koe ki te whakamōhio i ngā Pirihimana, e kore te kaihaumanu e tuku i ngā mōhihio tūmataiti katoa ki a rātou.
- He tohu māuiui, māharahara rānei ōu.
- Ngā pitopito o te tūkinō taitōkai kia whakatau ai rātou i te momo mātaitanga ka whakahaerehia.

#### Te mātaitanga ā-tinana

- Ki te tau koe ka mātāi te kauhaumanu i a koe.
- Ehara i te mea kōtahi te momo mātaitanga mō ngā tāngata katoa.
- Ka tono pea te kaihaumanu ki a koe kia mātāihia tō tinana, tae atu ki ō taihemahema.
- Mā te kaihaumanu e whakaū ka rongo koe i te tino kōunga o te haumarū me te tūmataiti e taea ana.
- Ka āhei koe ki te kati ina hiahia ana koe, ahakoa te wā.

#### Te kōhi taunakitanga

Mehemea i tūkinotia i roto i ngā rangi e whitu kua pahure ake:

- Ka whakaemi pea te kaihaumanu i te taunakitanga (ki te whiriwhiri koe i te mātāi ā-ture - ahakoa ka tau rānei, kāore rānei, tō whakaaro ki te whakamōhio atu ki te pirihimana i tēnei wā).
- Tae atu tēnei pea ki te papanga ka tango i te waitātea me te hūware, i ngā toto me te mimi, i te tīpakonga kākahu, huruhuru hoki hei mea whakamātau.

- If you choose to report to the police, the police will collect this evidence and scientists may examine it and provide results to the police.
- If you haven't yet decided whether or not to involve the police, this evidence can be stored safely for you by the specialist medical service until you have decided what to do.

#### Treatment

The clinician will:

- If necessary, treat and provide advice on any injuries you may have.
- Refer you on for additional medical assessment and treatment e.g. if you have more serious injuries or health needs, the clinician can refer you to a hospital doctor for assessment and treatment.
- Help with any concerns you have about pregnancy and infection (chlamydia, gonorrhoea, hepatitis B, hepatitis C, HIV/AIDS, syphilis).

#### Information about support services

- The clinician will provide you with information on how you can get counselling and help from other support services.

### How long will the examination take?

Examinations can take different amounts of time.

- Medical examination - usually about one hour but may be longer.
- Forensic examination - usually about one to two hours but may be longer.

- Ki te whiriwhiri koe ki te whakamōhio atu ki te pirihimana, mā rātou te taunakitanga nei e tiki, ā, ka tiroirohia pea e ngā kaipūtaiao, ā, ka rātoā ngā hua ki te pirihimana.
- Mehemea kāore anō koe kia whakatau kia whāi wāhi te pirihimana, kāore rānei, ka taea e te ratonga mātanga haumanu te āta pupuri i tēnei taunakitanga tae noa ki te wā ka tau tō whakaaro.

#### Maimoatanga

Ko tā te kaihaumanu he:

- Maimoa i ōu whara, ka rato kupu āwhina hoki, mehemea ka matea.
- Tuku i a koe kia whai mātaitanga haumanu anō, maimoa anō rānei, hei tauira, ki te tino taumaha ō whara, ō matea hauora rānei, ka tukuna pea koe e te kaihaumanu ki te tākuta hohipera mō te mātaitanga, maimoatanga hoki.
- Whakamāmā i ō āwangawanga mō te hapūtanga me te poke (kamiria, konoria, atekakā B, atekakā C, huaketo ārai-kore, pākewakewa).

#### He mōhihio mō ngā ratonga tautoko

- Ka tuku mōhihio te kaihaumanu ki a koe mō te tono tohuora, āwhina hoki mai i ratonga tautoko atu anō.

### E hia te roa o te mātaitanga?

He momo tiroiro anō, he roanga wā anō.

- Te mātaitanga haumanu - tōna kotahi haora, neke atu rānei.
- Te mātāi ā-ture - tōna kotahi ki te rua haora, heoi anō ka roa atu pea.

# More frequently asked questions

## He pātai auau anō

### Is there anything I can do to protect forensic evidence before an examination?

If you are considering making a report to the police, the sooner you are seen after a sexual assault, the more likely it is that the clinician will be able to collect forensic evidence to help with a police investigation. However, they understand that people often don't want to get help straight away. Often people are seen for a forensic examination up to seven days after the assault. If you do wait, there are some things you can do to make sure the clinician can get as much forensic evidence as possible:

- Avoid washing, showering or bathing.
- If you need to pass urine, press your underwear to your vagina or penis before going to the toilet and avoid wiping afterwards.
- If you have been anally assaulted, and need to poo, press your underwear to your anus before going to the toilet, and avoid wiping afterwards.
- Keep the clothing you were wearing at the time of the assault and don't wash it.

Even if you haven't done these things, there may still be some forensic evidence and it's still worth being seen for a medical examination to check that you are physically okay.

### Will I be seen again after the examination?

The clinician may offer you a follow up appointment, or they may advise you (or you may prefer) to see your own family doctor/GP.

### He aha te mahi māku i mua i te tiroiro hei tiaki i te taunaki ā-ture?

Mehemea e whai whakaaro ana koe ki te whakamōhio atu ki te pirihihana, mā te haere wawe kia tirohia koe i muri i te tūkinotanga, e tinga ana ka āhei te kaihaumanu te kohi taunakitanga ā-ture hei āwhina i te tūhuratanga pirihihana. Heoti anō e mārara ana rātou he auau te kore hiahia o te tangata te rapu āwhina i taua wā tonu. Tae noa ki te whitu rangi i muri i te tūkinotanga, kitea ai te tangata kia mātaihia ā-ture ia. Mehemea ka tatari koe, arā ētahi mahi māu kia whakaū ai ka riro i te kaihaumanu te nui o ngā taunakitanga ā-ture e taea ana:

- Kaua e horoi, uwhiuwhi rānei, kaukau rānei.
- Mehemea ka matemimi koe, pēhia tō tarau roto ki tō teke, tō ure rānei i mua i te haere ki te wharepaku, ā, kaua e ūkui i muri atu.
- Mehemea kua tūkinotia ā-tou koe, ā, ka mate tiko, pēhia tō tarau roto ki tō tou i mua i te tiko, ā, kaua e ūkui i muri atu.
- Pupurihia ngā kākahu i mau i a koe i te wā o te tūkinotanga, ā, kaua e horoia.

Ahatia kāore anō koe kia mahi i ēnei mahi, kei konā tonu pea he taunakitanga ā-ture, ā, ka whai hua tonu kia mātaihia ā-haumanu kia kite ai kei te pai koe ā-tinana, kāore rānei.

### Ka tiroirohia anōtia au āmuri i te mātaitanga?

Ka whakaritea pea e te kaihaumanu he wā maimoa anō, ka tohutohu rānei ki a koe, ka hiahia rānei koe te toro atu ki tō ake tākuta whānau.

### If the examination was normal does that mean that a sexual assault didn't happen?

NO. Many people think that there are always injuries to the genital or other areas after a sexual assault, which the clinician will be able to see. But this isn't necessarily the case. In fact, most people do not have any injuries and have normal examinations.

There are several reasons why you may not have visible injuries after an assault including:

- The type of contact that happened, for example touching, kissing, doesn't cause injury.
- Your genital tissues are stretchy and allow things to go inside without necessarily causing an injury.
- A small injury happened, but it healed by the time you were examined.

### Is my information confidential?

- **Police** - If you are reporting to the police then the clinician will need to give them some information. This will include what you told the clinician about the events of the sexual assault and any relevant information and examination findings.
- **GP** - With your permission, the clinician can send a brief letter to your GP, informing them of what has happened to you.

Your information will be kept confidential unless you give permission to pass information on. There is one exception to this - the specialist medical services are required by law to disclose information if they have serious concerns about your health or safety.

### Ki te āhua māori noa te mātaitanga, he tūtohi tērā, kāore i tūkinotia ā-taitōkai?

KĀORE. E pōhēhē ana te tokomaha o ngā tāngata ka hua mai he whara ki ngā wāhi taihemahema, ki hea atu rānei i muri i te tūkinotanga, e taea ai e ngā kaihaumanu te kite. Engari ehara i te mea he tūturu tēnei. Kāti koa, kāore he whara o te nuinga o ngā tāngata, ā, he pai noa ngā mātaitanga.

Arā ētahi take e kore pea e kitea ngā whara kua puta i muri i te tūkinotanga, tae atu ki te:

- momo mahi i mahia, hei tauira, te pā atu, te kihi, kāore i whakahuatia mai te whara.
- kūtotoroto o ō kiko taihemahema, ā, ka tukuna kia uru ētahi mea ki roto me te kore whai whara.
- āhua iti o te whara i mua, engari i mahu i mua i te wā mātaitanga.

### Ka noho muna tonu āku mōhiohio?

- **Pirihihana** - Mehemea e whakamōhio ana koe ki te pirihihana, me tuku te kaihaumanu i ētahi mōhiohio ki a rātou. Tae atu tēnei ki āu kōrero ki te kaihaumanu mō te ahunga mai o te tūkinotanga me ngā mōhiohio e hāngai ana, kitenga mātaitanga hoki.
- **Tākuta** - Ki te whakaae koe, ka tuku te kaihaumanu i tētahi reta poto ki tō tākuta e whakamōhio atu ana i ahatia koe.

Ka noho tūmataiti ō mōhiohio māna ka whakaae koe kia tukuna atu. Hāunga tēnei tūāhuatanga kotahi - ka noho here ā-ture ngā ratonga mātanga haumanu ki te tuku mōhiohio ki te tino māharahara rātou ki tō hauora, haumarua rānei.

## More frequently asked questions

### He pātai auau anō

#### How to access a specialist sexual assault medical service (SAATS)

There are several ways:

- You can access a service directly without a referral. The MEDSAC website (<https://medsac.org.nz/ServiceDirectory>) will show you a list of medical sexual assault clinics around the country, and how to get in touch with your nearest crisis support agency if you want counselling or advice.
- Ask the Police to refer you.
- Ask your GP, Family Planning Clinic or Sexual Health Clinic to refer you.
- Ask the Hospital or 24-Hour surgery to refer you
- Ask Oranga Tamariki (previously known as CYFs) to refer you if you are under 18.



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#### Te ara whai uru ki tētahi ratonga rongoā tūkino taitōkai (SAATS)

Arā ētahi ara:

- Ka āhei koe ki te whaiuru tōtika ki tētahi ratonga kāore tō whakawhiti ōkawa. Tā te MEDSAC paetukutuku (<https://medsac.org.nz/ServiceDirectory>) he whakaatu atu i te rārangi whare haumanu tūkino taitōkai puta noa i te motu, ā, me pēhea te whakapā atu ki te pokapū tautoko mōrearea e tata ana ki te hiahia koe i te tohuora, kōrero tohutohu rānei.
- Tonoa te Pirihimanaki te tuku i a oe.
- Tonoa tōtākuta, te Family Planning Clinic, Sexual Health Clinic ki te tuku i a koe.
- Tonoa te Hohipera, te whare rongoā haora-24 rānei ki te tuku i a koe.
- Tonoa Oranga Tamariki (i mua ko CYFs) ki te tuku i a koe mehemea kei raro koe i ngā tau 18.



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## Can I talk to someone about my options?

YES, you can, there is a national Helpline. For free 24/7 confidential contact with trained specialists who can connect you to sexual harm support services in your community, you can get in touch with **Safe to talk**.

### Ka taea e au te kōrero ki tētahi tangata mō āku whiringa?

ĀE RĀ, ka āhei koe, arā he waea āwhina ā-motu. Mō te whakapā koreutu, 24/7, tūmataiti hoki ki ētahi mātanga mā rātou koe e hono atu ki ngā ratonga āwhina o tō hāpori, ina kua tūkinotia ā-ai, whakapā atu ki **Safe to talk**.

- 📄 Online via webchat – <https://www.safetotalk.nz>
- 📞 Phone – 0800 044 334
- 💬 Text – 4334
- ✉ Email – [support@safetotalk.nz](mailto:support@safetotalk.nz)

You can also contact your **local crisis support service** directly by clicking on the medical sexual assault clinic closest to you on the MEDSAC website service directory (<https://medsac.org.nz/ServiceDirectory>).

Ka taea hoki e koe te whakapā tōtika atu ki tō ratonga āwhina mōrearea ā-rohe mā te pāwhiri i te whare haumanu tata mō te rongoā tūkino taitōkai kei te rārangi paetukutuku ratonga a MEDSAC (<https://medsac.org.nz/ServiceDirectory>).



MEDSAC  
Service Directory

