

## YOU ARE VALUABLE AND YOU ARE A SURVIVOR.

OVER TIME, AS YOU HEAL, THINGS WILL GET BETTER. REMEMBER THAT THE ONLY PERSON RESPONSIBLE FOR THE ABUSE INFLICTED ON YOU IS THE PERSON WHO COMMITTED THIS CRIME, NOT YOU.

IT IS VITALLY IMPORTANT THAT YOU REPORT THE VIOLENCE TO THE RELEVANT AUTHORITIES PROMPTLY AND THAT ALL NECESSARY EVIDENCE IS GATHERED IN A TIMELY MANNER SO THAT THOSE RESPONSIBLE ARE APTLY PENALISED FOR THEIR CRIMES.



**Note:** If you are examined at a healthcare facility (e.g. emergency room, general practitioners etc) before contacting the police, gendarmerie, or prosecutor's office, any reports you receive from the healthcare facility may not be considered sufficient during legal proceedings. To avoid having to go through medical examination multiple times, **first make sure to register your complaint with the police, gendarmerie, or public prosecutors**, who will then formally advise you in writing to have a forensic medical examination. This way, any medical reports you receive will be more credible and strengthen your hand during legal proceedings.



### IN CASE OF EMERGENCY:



### TO FIND OUT INFORMATION:

**THE ASSOCIATION FOR COMBATING SEXUAL VIOLENCE**  
<https://cinselsiddetlemucadele.org/>

**THE SEXUAL VIOLENCE SUPPORT SYSTEM**  
<https://csdestek.org>

**MOR ÇATI WOMEN'S SHELTER FOUNDATION**  
<https://morcati.org.tr/>

## THE MEDICAL EXAMINATION and CLAIMS PROCESS FOR SEXUAL ASSAULT CASES



EVERYONE'S PHYSICAL AND PSYCHOLOGICAL REACTIONS TO SEXUAL ASSAULT ARE DIFFERENT. FEELING HELPLESS, ANGRY, AND FRAGILE ARE ALL NATURAL RESPONSES; YOU MIGHT ALSO EXPERIENCE FEELINGS OF SHAME, GUILT, CONFUSION ETC.

THERE WILL NEVER EXIST ANY REASON THAT CAN JUSTIFY VIOLENCE. DO NOT LOOK FOR THAT REASON WITHIN YOURSELF OR TRY TO RATIONALISE YOUR EXPERIENCE. THE PERSON WHO ATTACKED YOU, IS THE SOLE PERSON RESPONSIBLE FOR THIS CRIME THEY HAVE COMMITTED, NOT YOU.



**It is crucial that you exercise your rights by having a forensic examination so that the perpetrator receives the punishment he deserves.** By holding the perpetrator

accountable you can play an active role in preventing him from re-committing an offence against both you and others.

**It is essential that you have a forensic examination conducted promptly, to ensure your own health and wellbeing and also to support legal proceedings.** The medical examination is also crucial to determine whether any sexually transmitted diseases (STDs) have been transmitted or if the assault has resulted in a pregnancy.



**After the assault, you must first contact the police or, if you are within their vicinity a gendarmerie, or the public prosecutor's office. They will provide you with a formal letter for a forensic medical examination and immediately refer you to a health facility.** If it is

out of business hours, you may be directed to the emergency room. The report provided by emergency room specialists will not be as detailed as the report provided by a forensic medical examiner. For this reason, it is imperative that a forensic medical examiner still examines you. If you cannot see a forensic specialist, request that you be referred to a medical facility where a forensic medical examiner will be able to offer an examination during business hours the next day. Forensic experts will conduct both a thorough physical examination and psychological assessment because they approach the case holistically, which is critical for the legal process.

# 1

## WHAT YOU NEED TO DO BEFORE THE MEDICAL EXAMINATION:



- **Never take a shower** after a sexual assault. Do not wash any area of your body, and **do not change your clothes, if possible.**



- If you need to change your clothes, **take the clothes** you were wearing at the time of the assault **by putting them in a paper bag.** Do not use plastic bags.



- If possible, **avoid eating or drinking and going to the bathroom.**



- If possible, **try to be examined within 24 hours of the assault**, so that the evidence of the attack is not lost. If you are unable to be examined within 24 hours, it is crucial that you are examined by a forensic specialist within the first 72 hours. If you are unable to be examined within 72 hours, you should still go to a medical facility to have a medical and **psychological exam** as these will still be useful in the process of seeking rights and obtaining justice.



- **The duration of the forensic examination may vary according to the severity of the assault.** Keep in mind that it may take several hours.



# 2

## DURING THE EXAMINATION:

- Before the start of the examination, each step will be explained to you in detail. If this is not done, you can ask for information on how the examination will be performed. Firstly, an interview will be held and the details of the events will be recorded. **Your body will then be examined and, if necessary, a genital examination will also be performed.** Circumstances permitting, you can also request to **be examined by a female doctor.**

They will ask for your consent at every stage of the examination, if there is a situation that you do not feel comfortable with, feel free to let the examiner know. **Being examined is important for your health and especially for gathering evidence.**



- If you think you have been given a **drug or a drug-like substance**, be sure to express this concern. Your urine sample will be taken to determine if any substance has been given.



- The forensic specialist may be accompanied by a nurse or assistant during your examination. If there is any additional medical staff in the room, you may ask them to leave.



- During the physical examination, injuries on your body will be identified and photographed.



- Your blood pressure, body temperature, pulse rate and respiratory rate will be examined. Your blood sample will also be taken to detect any **sexually transmitted diseases and pregnancy.**



- Other additional procedures might also be conducted if the forensic medical examiner deems it necessary to provide a **more comprehensive examination.**

# 3

## AFTER THE EXAMINATION:

- Try to rest and relax after the examination, the hardest part is now over.



- If you have contacted the police, gendarmerie or prosecutor's office and have been examined after receiving an official letter from them, **your forensic medical report will be taken into account during the investigation process.**



- If the prosecutor concludes that a crime has been committed, the indictment issued by the prosecutor will be accepted by the court and a **case will be opened.**