

An illustration of a hand holding a bouquet of flowers. The hand is orange and is positioned at the bottom left, gripping the green stems of the flowers. The bouquet consists of several large, stylized flowers in shades of pink, orange, and yellow. The background is white.

# You Are Not Alone

## Sexual Violence Victim Support Guide

**#8891**

Nationwide Short Number / Toll-Free Dial








**075-222-7711**

E-mail : [kyotosara@iaa.itkeeper.ne.jp](mailto:kyotosara@iaa.itkeeper.ne.jp)

Kyoto One-Stop Consultation Support Center  
for Sexual Violence Victims

**KYOTO SARA**

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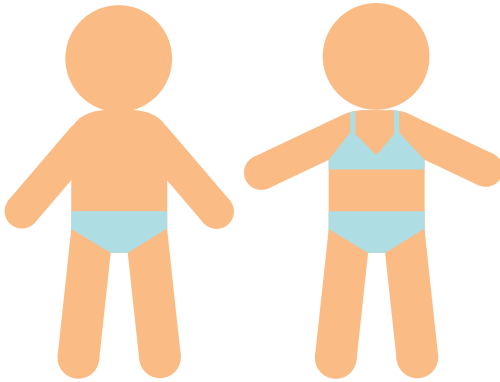
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# Introduction

● Sexual violence isn't the only kind of rape case you see in newspapers or on TV. If you feel you've been subjected to something sexually terrible, even if you're unsure whether it qualifies as a crime, it might be sexual violence.

## Do you know about your private zones?



The areas covered by a swimsuit are your private zones. These are places that should not be seen by others, shown to others, touched by others, or made to touch others.

What is  
sexual  
violence ?

● Kyoto SARA is a consultation and support center for victims of sexual violence established by Kyoto Prefecture. Support staff trained in specialized techniques provide compassionate support to those who have experienced sexual violence. Please feel free to consult us.

# What is counseling?

Please consult us first. **Kyoto SARA 075-222-7711**

We accept consultations 24 hours a day, 365 day, 365 days a year.

(From 10:00 PM to 10:00 AM the next day, you will be connected to the nighttime and holiday call center which was established by the Cabinet Office)

Individuals with hearing impairments can apply for counseling via email, and foreign nationals can apply via email in their native language.

E-mail : [kyotosara@iaa.itkeeper.ne.jp](mailto:kyotosara@iaa.itkeeper.ne.jp)

**Confidentiality is guaranteed.**

## Who can consult?

- The person who experienced sexual violence.
- People consulted by the victim(s), guardians, partners, school nurses, friends, etc.
- The victim's age, gender, or nationality does not matter.
- You can consult even if time has passed since the incident.
- Those residing in Kyoto Prefecture, working within the prefecture, attending school within the prefecture, or those outside Kyoto Prefecture whose incident occurred within Kyoto Prefecture can utilize the following "In-Person Consultation" (meeting face-to-face).
- Others can receive information and additional services by phone.



## Kyoto SARA will listen to your story directly (In-Person Consultation)

**Your confidentiality is assured.**

- In-person consultations are available for:

Residents of Kyoto Prefecture

Individuals working or attending school in Kyoto Prefecture

Individuals outside Kyoto Prefecture whose incident occurred within the prefecture

- Your story will be heard by trained professional support staff.
- Only one person is seen at a time. You will not encounter other clients.  
No one other than the support staff will overhear your conversation.

**Consultations are free of charge.**

## Physical Care

We can refer you to hospitals (medical institutions).  
When visiting a medical institution, a support staff member can accompany you (accompaniment support - free of charge).  
Public funding systems (systems covering costs) are available for emergency contraception and testing fees.

▶ P.5

## Mental Health Care

A public funding system is available for up to 10 free counseling sessions.

▶ P.7

## Going to the Police

If you wish to consult the police about an incident or file a report, you can make an appointment with a police station through Kyoto SARA. A support staff member can accompany you to the police station (accompaniment support - free of charge).

▶ P.9

## Legal Support

You can consult a lawyer about what legal options are available. One legal consultation is free. Two lawyers are available for consultation (you can choose the gender of the lawyer you wish to consult).  
A support staff member will accompany you during the legal consultation.

▶ P.11

# Physical Care

## Visit an OB/GYN

You may feel very anxious about visiting an OB/GYN immediately after the incident. However, it is necessary to protect the body of the victim. You may have injuries that need treatment. We recommend getting examined as soon as possible.

- If you feel uneasy about going to a medical facility (obstetrics/gynecology) alone, a Kyoto SARA support staff member can accompany you.

### Accompaniment Support (Escort) is Free of Charge

- If you visit a medical facility after consulting with Kyoto SARA, you can use the public expense system (a system where costs are covered).

### Public Expense System (Free Medical Care) is Available ▶ P.17~18

- For evidence collection regarding date rape drugs, consult the police. Since urine will be tested, it is critically important to avoid using the restroom as much as possible. ▶ P.9

## “I might be pregnant! How can I prevent pregnancy?”

To prevent pregnancy, you must take emergency contraception (the morning-after pill) within 72 hours. Even within 72 hours, the contraceptive effectiveness decreases the longer you wait. It is best to take the medication as soon as possible.

(Some pills are effective up to 120 hours, even beyond 72 hours, but not all OB/GYN clinics carry them. Consult Kyoto SARA.)

## “When can I find out if I'm pregnant?”

If your period is more than a week late, you can use an over-the-counter pregnancy test. However, you won't know for sure until you see an OB/GYN.

## **“I might have contracted an STI (sexually transmitted infection)”**

The time it takes for an STI infection to show up in tests varies by disease type. Some can be detected within days, others after 4-5 weeks, and some of them even after half a year. Please consult a doctor or public health nurse for details.

## **“The perpetrator's bodily fluids or evidence of the crime might still be on my body”**

It is critically important to avoid showering or bathing as much as possible before going to the hospital.

Have evidence collected by an OB/GYN clinic. If evidence is collected after going to the OB/GYN via the police, it falls under police jurisdiction and will be sent for forensic analysis. If it is collected through Kyoto SARA, Kyoto SARA will store it securely.

## **“I want to preserve evidence. How urgently should I proceed?”**

While earlier is always better, there are deadlines for investigation because the quality of the evidence and chances of validation decrease over time.

- Collecting evidence such as bodily fluids from the perpetrator (vaginal contents)
  - Within 72 hours (chances decrease after 72 hours). Maximum limit is one week to ten days.
- Collecting evidence of rape drugs (urine/blood)
  - Urine... Up to about 3 days (chances decrease after 3 days). Maximum one week (depends on the person's constitution and condition; e.g., they regularly take sleeping pills, etc.).
  - Blood... Must be tested sooner than urine to detect it.
- Have injuries, lacerations, and wounds examined and documented
  - For vaginal injuries, seek examination as soon as possible since they heal quickly.

# Mental Health Care

## “What happens to my mind and body?”

Experiencing a traumatic event can cause the following changes in your mind and your body. This isn't because you're weak. It's a natural reaction that happens to anyone, just like bleeding when you get injured.

### ■ Symptoms Immediately After the Incident... ASD (Acute Stress Disorder)

#### Mental

- Wanting to pretend the incident never happened
- Feeling it's hard to believe it really happened to you  
→ You may seem surprisingly calm to others, but this is not the case.
- Unable to think clearly
- Feeling lost and unsure what to do
- Feeling ashamed
- Blaming yourself

#### Physical

- Insomnia
- Uncontrollable crying
- Palpitations (heart pounding)
- Body trembling

### ■ If symptoms like these persist about a month after the trauma, it is PTSD (Post-Traumatic Stress Disorder).

#### Mental

- Feeling pulled back to the moment of the incident (flashbacks)
- Repeatedly remembering the incident
- Feeling utterly alone
- Excessively blaming others or yourself
- Wanting to harm yourself
- Lack of concentration
- Nightmares
- Anger
- Thoughts of death
- Difficulty recalling the incident clearly
- Unable to trust anyone
- Avoiding reminders of the incident and trying not to think about it

## Physical

- Hyperventilating
- Insomnia
- Loss of appetite
- Trouble with breathing
- Nausea, vomiting

## Why not visit a medical institution such as a psychiatric hospital or a mental health clinic?

You might hesitate to see a psychiatrist, but seeking help early is said to speed recovery. You can get necessary prescribed medication to protect your body and help recovery. They can also write a medical certificate for taking time off from your work or your school. At Kyoto SARA, the public funding system covers the initial consultation fee and medical certificate fee, allowing you to visit a psychiatric hospital or a mental health clinic at no cost.

**Public Funding (Free Medical Care) System Available** ▶ **P.17~18**

## Would you like to receive trauma counseling?

If you consult with Kyoto SARA and are deemed to need counseling for trauma care, there is a system available for publicly funded counseling (up to 10 sessions are free of charge).

**Publicly Funded Counseling (Up to 10 Sessions · Free)**

## When a flashback occurs:

- Focus your awareness on your body to avoid being overwhelmed by past sensations. Try tapping your feet, rhythmically opening and closing your mouth, or consciously being aware of your bodily sensations.
- Keep your eyes wide open and consciously register each visible object around you.
- Tell yourself: "This is a flashback," "This isn't real," "Today is [Month] [Day], and I am at [Location]," "This is a safe place."

# Going to the Police

## “Should I call 110 right away and notify the police?”

- If you feel your life is in danger, call 110 without hesitation.
- If you've been victimized, moving to a safe place first is crucial.
- You can choose to call 110 immediately after the incident (they will likely take the victim to the hospital and collect evidence). Alternatively, you can choose to consult the police or file a report at a later date. Those around the victims should respect the victims' feelings and avoid pressuring them to choose one option over another.
- If going immediately after the incident, in order to preserve evidence, avoid showering or bathing.
- If you suspect you may have been drugged with a rape drug (e.g., if you have a complete memory lapse about the incident, starting from a certain point), refrain from using the restroom and request a urine test at the police station.

**For evidence collection deadlines, see p.6** ▶ **P.6**

## “What should I do if I go later?”

- Go to the police station with jurisdiction over the location where the incident occurred or the police station with jurisdiction over the perpetrator's address.
- Call the police station in advance to schedule a date and time to visit. At that time, you can also request to be assisted by a female police officer (there is no guarantee that a female officer will be available to assist you).
- If you feel uneasy going alone, a support staff member from Kyoto SARA can accompany you.
- To preserve evidence, store the clothing that you were wearing during the incident in a paper bag or similar container.
- To preserve evidence, do not delete emails or SNS messages from the perpetrator; take screenshots showing the date.

**See p.6 for evidence collection deadlines.** ▶ **P.6**

- Filing a police report means declaring you were a victim of sexual violence and requesting punishment for the perpetrator. Expressing your desire for punishment of the perpetrator is appropriate.

**Accompaniment by a staff member is free of charge.**

## You also have the option to consult Kyoto SARA first

Consulting with Kyoto SARA before contacting the police allows you to discuss the incident in-person, helping you to organize your memories and feelings. Afterwards, Kyoto SARA will arrange for you to go to the police through the Prefectural Police Crime Victim Support Office. We also provide accompaniment to the police station free of charge.

**Accompaniment by a staff member is free of charge.**

## “What happens after reporting the crime to the police?”

Medical evidence collection will be performed at a healthcare facility, followed by questioning at the police station. A written statement will be created based on what you say. A crime scene inspection (referred to as “jitsujō kenbun” ) will be conducted at the location where the crime occurred, including verification and a reenactment (using mannequins). Afterwards, the police will conduct their investigation and solidify the evidence. The case will be sent to the prosecutor's office (document referral), and if it is prosecuted (the prosecutor decides to bring the case to trial), it will proceed to criminal court.

## Police-Related Consultation Hotlines

- Sexual Crime Victim Consultation Hotline **#8103** (Connects to the consultation desk of the police department with jurisdiction over the location you are calling from)
- Kyoto Prefectural Police Ladies 110 Hotline **075-411-0110** (Weekdays 9:00 AM - 5:45 PM)
- Kyoto Stalking Consultation Support Center **075-415-1124** (24-hour service)

# Legal Support ①

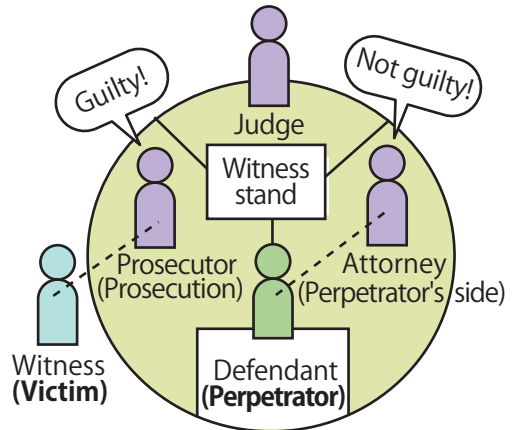
Victims can use legal means to express their justified anger toward the perpetrator. They may be able to restore their dignity, regain confidence, and rebuild their trust in society. You do not have to face this alone. Consult a lawyer about what legal steps you can take. Broadly speaking, legal measures involve two approaches: criminal proceedings and civil proceedings.

## “What are criminal proceedings like?”

- + • They can impose punishment on the perpetrator
- • The prosecutor decides whether to hold a criminal trial (prosecute), and the victim is positioned as a witness to help with proving the established, improving some aspects)

### ■ How the Criminal Trial Works

These are trials where the state punishes individuals who have committed crimes defined in the Penal Code according to the law. If there are discrepancies regarding the facts, the victim will testify as a witness for the prosecution. To reduce the burden on the victim during this process, measures such as assigning an attendant, providing a shield, or testifying via video link from a separate room can be taken.



**Victim Participation System** … A system allowing victims to participate in criminal trials. Victims can directly question the defendant and express their opinions regarding sentencing

※ For details, please refer to 'To Crime Victims: Systems for Victim Protection and Support' (published by the Public Prosecutors Office).

[https://www.moj.jp/keiji1/keiji\\_keiji11.html](https://www.moj.jp/keiji1/keiji_keiji11.html)

## “What are the civil proceedings like?”

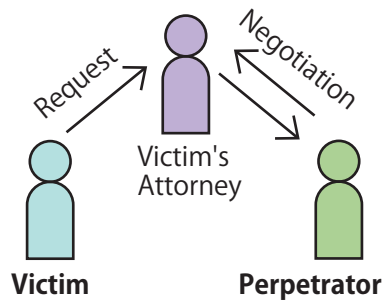
- + • You can seek compensation from the perpetrator
- You can file a civil suit even if criminal prosecution was not pursued
- • The perpetrator may refuse to cooperate (however, if they refuse to participate in civil court, the judgment will be based solely on the victim's testimony)

### Types of Civil Procedures

• Unlike investigations led by police or other agencies, victims can decide on the process while consulting with a lawyer. You can convey your feelings through testimony or written statements, or directly confront the perpetrator.

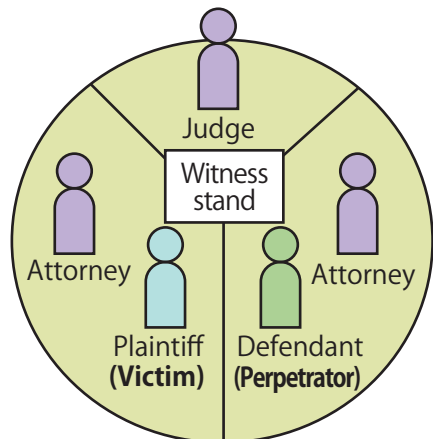
#### • Negotiation (Settlement)

Through a lawyer, the victim requests an apology and compensation from the perpetrator. However, if the perpetrator denies the facts or refuses to negotiate, the negotiation will not succeed.



#### • Civil Litigation

This involves filing a lawsuit in a court. Court judgments carry enforceable authority. If the perpetrator has assets, they can be seized. However, proof is required, so evidence must be gathered (without police cooperation). It also takes time. Civil litigation can proceed alongside criminal proceedings, or a claim for damages can be filed within the criminal trial.



# Legal Support ②

## “What should I discuss with a lawyer?”

- I went to the police but couldn't file a report
- I want to know what legal options are available in my situation
- I want to negotiate with the other party

At Kyoto SARA, if you wish, you can request a legal consultation with a lawyer who is trained in matters pertaining to sexual violence after your in-person consultation.

**Free Legal Consultation (One Session)**

## “I feel uneasy talking to a lawyer alone.”

A support staff member will accompany you during the legal consultation.

**Accompaniment support (accompaniment) is free**

## “I'm worried about lawyer fees. Can I get help if I don't have money?”

There are systems in place to reduce the financial burden if your economic situation falls below a certain predetermined standard.

### ■ For criminal proceedings...Japan Federation of Bar Associations' Legal Aid System for Crime Victims

- Whether you need to pay is determined after the aid ends, considering your financial situation. However, if the applicant is under 18, there is no cost for the legal aid.

### ■ For civil proceedings...Legal Aid from the Japan Legal Support Center (Houterasu)

- This system pays attorney fees for you in advance.
- You will reimburse the advanced funds in fixed installments after the case is concluded
- Recipients on welfare may qualify for repayment deferrals or exemptions.

※ For details, search the Houterasu website or consult an attorney.

# What those around the victim can do

## Saying these words will further hurt the victims

"Why didn't you say something earlier?" → Blames the victim

"Maybe you were at fault, too" → Blames the victim

"Just forget about it" / "You're lucky it wasn't worse" → Downplays the damage

"You'll be fine" / "Hang in there" → Useless, flippant encouragement

## What those around the victim can do

- Do not downplay the severity of the harm or doubt the facts of the victimization
- Listen carefully to their feelings without judgment, acknowledging with "I see"
- Express gratitude for their courage in sharing their story
- Tell them "It's not your fault" and "It was the perpetrator's fault" (they may not accept this immediately, but repeat it)
- Don't push recovery with advice or lecturing with comments like "How long will this last?" or "You should try this instead"
- Provide a safe and secure space.

## Requests for the partner of the victim

- Don't jump to conclusions like "I want to take my revenge on the perpetrator" or "I'll sue them."
- Don't assume what the victim wants; discuss and proceed together.
- Don't act indifferent (indifference is a "threat" to the victim).
- If the victim's anger turns towards you, do not confront it head-on.
- Do not frame the sexual assault as a sexual relationship or assume that the victim was complicit with the perpetrator (sexual violence is not the same as sex, and the inability to resist does not mean consent to intercourse)
- The decision of when and how to have sex should be made by the victim.

# Child Sexual Abuse

## Signs of Sexual Abuse

- Reluctant to be alone
- Suddenly becoming overly clingy with adults
- Showing fear or avoidance of specific people
- Using sexual language or behavior that they shouldn't know

## How to Interact with a Child

- Listen to the child (Listen without judgment; don't ask "Why?" )
- Do not force them to talk
- Document what the child says (notes, audio/video recording)
- Ask concisely "Who did what to you?" (record their exact words)
- Praise and thank them for sharing their story
- Tell them "It's not your fault"
- Do not dismiss it (physical and mental effects are common)

### ■ Avoid asking "when," "where," and "how" as much as possible

Children are susceptible to suggestion and leading questions, so we must avoid distorting their memories. Leave detailed questioning to specialists.

## Feelings of children who find it hard to disclose abuse

- It was embarrassing and disgusting
- If I tell my family, they'll get angry
- It's my fault for going along
- Feeling complicit because I received candy (or money)
- Feeling threatened by being told not to tell anyone

## Adolescents may also have these concerns

- Being forced to send nude photos and then threatened by the sender
- Meeting someone they met on SNS and being raped
- Suffering sexual abuse through JK business or sugar-daddy arrangements
- Being deceived into “model shoots” and forced to appear in adult videos
- Being threatened by an ex-partner with photos or videos from their relationship (Revenge porn)
- Being forced into unwanted sexual acts by a partner
- Worries about pregnancy or STDs

## Helpful guides (available for download)

### For Parents

‘Care for Mind and Body: When the Heart is Hurt’  
(National Center for Child Health and Development)

[https://www.ncchd.go.jp/kokoro/disaster/to\\_protected.pdf](https://www.ncchd.go.jp/kokoro/disaster/to_protected.pdf)

### For School Staff

‘When Sexual Violence Occurs at School: Crisis Response Guide for Cases Where the Victim and Perpetrator Attend the Same School’

[https://onestop-hyogo.com/wp-content/uploads/2020/07/tebiki\\_web.pdf](https://onestop-hyogo.com/wp-content/uploads/2020/07/tebiki_web.pdf)

## Seeking Consultation

- National Short Dial for Sexual Violence Victim Support **#8891** (Connects to the nearest One-Stop Center from your location)  
(For Kyoto Prefecture) Kyoto SARA **075-222-7711**
- Child Guidance Center Abuse Response Dial **189** (Connects to the Child Guidance Center with jurisdiction over your location)
- Sexual Crime Victim Support Hotline **#8103** (Connects to the police consultation desk for the area where the call originates)
- NPO Paps <http://www.paps.jp/> (Provides consultation support for digital sexual violence and image removal requests at cost only, without compensation)

# Medical Expenses Covered by Public Funds

## Medical expenses covered by public funds in Kyoto Prefecture (Kyoto SARA)

### ● Obstetrics and Gynecology

- Initial consultation fee
- Initial treatment fee … Includes cervical mucus sampling, vaginal irrigation (1 procedure), emergency contraception medication, and other emergency contraceptive procedures
- Sexually transmitted infection (STI) testing fee … Includes testing costs and follow-up consultation fee to confirm results (※1)
- Costs for induced abortion (※2)
- Pregnancy test
- Medical certificate fee (per certificate)

### ● Surgery, Orthopedics, ENT, etc

- Initial consultation fee … If multiple departments are required based on injury location, initial consultation fees for each department
- Initial visit costs … Treatment fees for injuries caused by sexual assault, imaging diagnosis fees, medication fees, etc. (except hospitalization fees)
- Medical certificate fee (per certificate)

### ● A psychiatric hospital • A mental health clinic

- Initial consultation fee and medical certificate fee (per certificate)

※ 1 Free testing for each type of common STI: gonorrhea, chlamydia, syphilis, hepatitis B, and HIV, and follow-up consultation to receive the results.

※ 2 Limited to cases where emergency measures were performed, using public funds from Kyoto Prefecture, but pregnancy occurred despite the efforts to prevent conception.

For details, please contact Kyoto SARA.

## Medical expenses covered by public funds via the police department

### ● Obstetrics and Gynecology

- Initial consultation fee
- Initial treatment fee … Includes cervical mucus sampling, vaginal irrigation (one session), and emergency contraceptive medication for urgent contraceptive measures
- Sexually transmitted infection (STI) testing fee … Includes testing costs and follow-up consultation fee for results confirmation (※1)
- Costs related to induced abortion (※3)
- Medical certificate fee (per certificate)

### ● Surgery, Orthopedics, ENT, etc

- Initial consultation fee … If multiple departments are required based on injury location, initial fees for each department
- Initial visit costs … Treatment fees for injuries caused by sexual assault, imaging fees, medication fees, etc. (excluding hospitalization costs)
- Medical certificate fee (per certificate)
- Medication fees

### ● A psychiatric hospital • A mental health clinic

- Consultation fees for up to 3 visits
- Medication fees (if medication is deemed necessary by a physician or counselor)

※3 If you report the incident to the police after the assault and are covered by the police public expense system, even if you did not take emergency contraception at public expense, costs for an abortion resulting from the assault will also be covered by public funds (free of charge)

Do not blame yourself for “causing” the rape. A situation where you feel at risk of rape is also a situation where you feel your life is in danger. The only responsibility a victim bears is to protect oneself. Injury or death is not the ultimate “proof” of rape. We just want you to survive.

‘It’s Not a Date, It’s Not Flirting, It’s Not Sex’  
Robin Warshaw (East Press)

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