

## 10. Know Your Rights

- **Protection Orders:** You may be able to get a protection order against the perpetrator to keep them away from you.
- **Compensation:** In some cases, survivors of sexual violence may be entitled to compensation for damages. Where compensation is awarded in your favour, ensure to speak with your lawyer on how to access same.

## 11. Take Care of Yourself

- **Self-Care:** Prioritize your well-being by practicing self-care and surrounding yourself with supportive people.
  - **Healing Takes Time:** Remember that healing is a process, and it's okay to take things one day at a time.
  - **Join a community:** We encourage you to join a community of survivors and support groups. Connecting with others who have faced similar challenges can provide immense comfort, understanding, and strength during your healing journey.
- These communities offer a safe space to share your experiences, gain valuable insights, and support one another in the path toward recovery and empowerment.

## 12. Be an Advocate

- As you heal and find your strength, we encourage you to become an advocate against sexual violence. Your voice and experience are powerful tools that can help raise awareness, prevent future harm, and support others who may be going through similar situations.
- By speaking out and advocating for change, you contribute to a safer and more just society for everyone. Together, we can work towards ending sexual violence and ensuring that justice is served

for all victims. Your courage can inspire others and make a lasting impact.

In conclusion, this pamphlet serves as a comprehensive guide to help you navigate the challenging journey of seeking justice as a victim of sexual violence. Remember, you are not alone—support is available at every step.

Whether it's through legal assistance, emotional support, or community advocacy, there are resources and people dedicated to helping you find justice and healing. Your courage in taking these steps is a powerful force for change, not just for yourself, but for others who may be affected by similar experiences.

Stay strong, stay informed, and never hesitate to reach out for the support you deserve. Together, we can create a safer and more just society.

**Remember:** You are not alone. There are people and organizations ready to support you through every step of this process. Accessing justice may take time, but it is your right, and help is available.

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# Step-by-Step Guide to Accessing Justice by Victims of Sexual Based Violence

At **Headfort Foundation for Justice**, we are deeply committed to ensuring that every victim of sexual-based violence receives the justice they deserve. Sexual violence is a grave violation of human rights, and its impact can be devastating. We understand the courage it takes to seek help, and we are here to guide you through every step of the process.

This pamphlet is designed to empower you with the information you need to navigate the justice system effectively. Whether you are a victim or someone supporting a loved one, this guide will provide clear, step-by-step instructions on how to access legal support, report the crime, and pursue justice. You are not alone—**Headfort Foundation** is here to support you every step of the way.

Together, we can work towards a future where every survivor's voice is heard, and justice is served.

## 1. Ensure Your Safety

- **Get to a Safe Place:** If you are in immediate danger, try to find a safe place away from the perpetrator.
- **Reach Out for Help:** Call a trusted person or emergency services to help you get to a safe location. Call 112, the Nigeria toll-free number for emergencies.

## 2. Seek Medical Attention

- **Visit a Hospital or Clinic:** Go to the nearest hospital or clinic as soon as possible. Medical professionals can treat any injuries and check for sexually transmitted infections (STIs).
  - **Request a Sexual Assault Examination:** Ask the doctor to perform a sexual assault examination (also called a "*rape kit*"). This will help collect evidence, which is crucial for legal action.
- You can visit the general hospitals or **Sexual Assault Referral Centers** closest to you or call **Ogun State Ministry of Women Affairs** on **08000000666/08000000555** to have the test done.

## 3. Preserve Evidence

- **Do Not Wash or Change Clothes:** Try not to bathe, wash, or change clothes before getting medical help. This will help preserve any evidence.
- **Keep Any Related Items:** Save any clothes, bedsheets, or other items that might have evidence on them in a paper bag (not plastic) to give to the police.

## 4. Report to the Police

- **Go to the Nearest Police Station:** Report the assault to the police as soon as possible. Bring a trusted person with you for support if needed.
- **Give a Detailed Statement:** Tell the police everything you remember about the incident. This might be difficult, but it's important for the investigation.

- **Obtain a Police Report:** Make sure to get a copy of the police report for your records.

## 5. Get Legal Support

- **Contact a Lawyer:** If possible, get in touch with a lawyer who specializes in sexual violence cases. They can guide you through the legal process and protect your rights.
- **Free Legal Aid:** If you cannot afford a lawyer, ask the police or a local NGO for information about free legal aid services. You can contact:  
**Headfort Foundation for Justice:** 09150577777  
**Website:** [headfortfoundation.org](http://headfortfoundation.org)  
**International Federation of Women Lawyers(FIDA):** 07088496115 **Website:** [fida.org.ng](http://fida.org.ng)

## 6. Access Support Services

- **Counseling and Support Groups:** Seek counseling or join a support group for survivors of sexual violence. Many organizations offer free or low-cost services to help you cope with the emotional impact.
- **Hotlines and NGOs:** Many hotlines and NGOs provide emotional support, guidance, and resources for survivors. Reach out to them for assistance. Some of these NGOs are:  
**Women At Risk International Foundation (WARIF):** 080092100009 **Website:** [warifng.org](http://warifng.org)  
**Stand To End Rape:** 08095967000/08130320270  
**Website:** [standtoendrape.org](http://standtoendrape.org)  
**Mirabel Center:** 08155770000, 08187243468  
**Website:** [mirabelcenter.org](http://mirabelcenter.org)

## 7. Prepare for Legal Proceedings

- **Understand the Process:** Your lawyer will explain the legal steps involved, including filing charges, attending court hearings, and giving testimony.
- **Gather Evidence:** Collect any additional evidence

that could support your case, such as messages, emails, or witness statements.

- **Stay Informed:** Keep in touch with your lawyer and stay informed about the progress of your case.

## 8. Attend Court Hearings

- **Be Prepared to Testify:** As a vital part of your pursuit of justice, you may be required to testify in court.  
Your lawyer will thoroughly prepare you for this crucial step, ensuring you understand the process and feel confident in presenting your evidence.  
During this period, it is essential to work closely with both your lawyer and the prosecutor.  
Your presence at court proceedings, especially when giving evidence, is critical. Attending court is not just a formality—it is a pivotal moment that can significantly influence the outcome of the case.  
Your testimony could be the key to securing justice and preventing the perpetrator from continuing their harmful actions.  
Please be aware that your absence in court could lead to a lack of justice being served, potentially allowing the perpetrator to evade accountability.  
We strongly urge you to attend all court sittings, as your participation is instrumental in ensuring justice is achieved.
- **Support Person:** If possible, bring a trusted person to court for emotional support.

## 9. After the Legal Process

- **Follow Up:** Keep in touch with your lawyer to understand the outcome of your case and any further steps you may need to take.
- **Continue Support:** Continue accessing counseling and support services to help with your healing process.