

Sexual violence

Sexual violence is when it's only the body of a woman, or of a girl, that counts

Examples of sexual violence include the following:

- unpleasant, suggestive looks
- misogynous remarks
- sexual innuendos
- unwanted touching of a woman, or of a girl
- forcing a woman, or a girl to perform sexual acts
- rape
- sexual abuse during childhood

Sexual violence seriously injures both physical and emotional health



Our contact details

TARA Counselling Centre

Haydngasse 7, Erdgeschoss, 1, 8010 Graz
Telephone: 0316 / 31 80 77
Fax: 0316 / 31 80 77 – 6
E-Mail: office@taraweb.at
Internet: www.taraweb.at

You can reach us by telephone during the following hours:

Monday and Friday: 08:00 – 12:00 hours
Wednesday and Thursday: 12:00 – 17:00 hours

We also provide counselling outside of these telephone hours. Just arrange an appointment with us. Call us, or write us an E-Mail.

www.taraweb.at

Anyone can be affected by sexual violence!



Beratungsstelle
TARA

TARA
Counselling Centre

Counselling and therapy for sexual violence against women and girls

Come
to us, ...

We offer
you ...

We are ...

- if you have experienced sexual violence in the past – no matter when it happened
- if you are afraid and easily startled
- if memories of past sexual violence are stressful for you
- if you have a feeling of standing apart from yourself, and don't perceive your environment, or your body properly any more.

STADT
GRAZ

Das Land
Steiermark

LICHT INS DUNKEL

JUSTIZ
REPUBLIK ÖSTERREICH
BUNDEMINISTERIUM FÜR JUSTIZ

MINISTERIUM
FRAUEN
GESUNDHEIT

bmfj
BUNDEMINISTERIUM FÜR
FAMILIE UND JUGEND

BM.I
REPUBLIK ÖSTERREICH
BUNDEMINISTERIUM FÜR INNERES

This project is (co)financed by the Federal
Ministry for the Interior.

Crisis support

We counsel women and girls aged 16 and above, who have just suffered, or fended-off sexual violence.

Psycho-social counselling

Together we find the right options to enable you to cope with this difficult situation.

Advice for associated persons

We, for example, provide advice to relatives, companions, teachers and social workers.

Legal process support

We advise and support you in the filing of a complaint with the police, and with court proceedings. Our lawyers and counsellors are at your side in court during these proceedings.

- **A team of women**, who are experts regarding the issue of sexual violence.
- **Everything you tell us remains confidential:** nobody will find out your name if this is important for you. Nobody will find out that you were here
- Our counselling centre was established in 1984. We are a private association and supported with public money. Since 2010 every donation made to us has been tax-deductible.*
- **Counselling is free-of-charge.**
- If your German isn't very good, you are welcome to bring someone along with you to help you during counselling. Our support for you during court proceedings will include a translator if you ask for one.

* Central Association Regis ZVR-No: 323542541
Bank account: Steiermärkische Sparkasse
IBAN: AT64 2081 5027 0090 7336 / BIC: STSPAT2GXXX