

Sexual Assault

Its impact and how to deal with it

An information booklet for the Bosnian community

Seksualno nasilje
posljedice i pomoć

priručnik za Bosansku zajednicu

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*Remembering and telling the truth about terrible events
are prerequisites both for the restoration of the social order
and for the healing of individual victims*

*Pamćenje i kazivanje istine o strašnim zločinima su preduslov za
uspostavljanje socijalne pravde i za proces oporavka preživjelih osoba.*

*(Herman, J. (1997). Trauma and Recovery: the aftermath of violence-from
domestic abuse to political terror. New York, Basic Books. p.1)*



A note from the author

Since 1992 people from Bosnia-Herzegovina have comprised the largest Special Humanitarian Entry group of migrants coming to Australia. Due to the pre-migration experience of violence, torture and trauma on a massive scale, newly arrived Bosnian refugees present an extremely vulnerable community group.

In addressing their specific needs, considerable attention and resources have been given to the impact of the sexual violence, used on a massive scale in the Bosnian war, that has been identified as “ethnic cleansing”. Despite the human and financial resources allocated to mainstream and ethno-specific services, and the specialised services dealing with trauma, torture, and sexual assault, the number of women from the Bosnian community using those services is still extremely low.

Sexual violence and rape in particular, whether in war or peace time, is the most difficult crime to speak of publicly. Research on the Bosnian community’s perception of sexual assault was recently conducted in Victoria. It focused both on community attitudes, beliefs and values related to sexual assault and on community help-seeking behaviour. The research revealed that the issue of sexual assault among the Bosnian community had seldom been publicly discussed before the war of 1992. Four years after the war ended, it is still a strikingly painful issue of discussion within the whole Bosnian community (including both earlier migrants and newly arrived refugees).

The lack of general awareness of issues surrounding sexual assault and its impact prior to the war, and the wartime experience of collective devastation, pain and trauma, initially prevented the Bosnian community from responding to the individual needs of the survivors of the atrocities that were committed.

Although the motives, methods and intensity of sexual violence may differ in time of war and in time of peace, the impact on individuals is very similar. Consequently, this information booklet is an attempt to resource the Bosnian community with a broad range of information related to sexual violence and its impact, in the hope that it may eventually benefit those in need for support.

Finally, this booklet is in memory of the thousands of unknown Bosnian Muslim women who paid the most horrifying price in the Bosnian war for being women of a different religion and ethnicity. This booklet also honours those women who I have met over the last eight years in Bosnia-Herzegovina, Croatia and Australia, and whose pain and strength was heartbreaking and breathtaking.

Dr Serifa Godinjak



Riječ autora

U periodu od 1992 godine do danas najveći broj useljenika primljen u Australiju u okviru Specijalnog Humanitarnog Programa je porijeklom iz Bosne i Hercegovine. Zločini, nasilje, mučenje i traume preživljene prije dolaska u Australiju čine ovu zajednicu izuzetno osjetljivom.

U nastojanju da pruži odgovarajuću pomoć Bosanskoj zajednici, uloženo je mnogo napora i sredstava u etničke, opšte i specijalizirane službe koje se bave pružanjem pomoći žrtvama nasilja i traume. Posebna pažnja data je ublažavanju posljedica jedne od najstrašnijih metoda "etničkog čišćenja": masovnog seksualnog nasilja i silovanja. Uprkos svih napora i uloženi sredstava zanemarljiv je broj pripadnika Bosanske zajednice koji koriste usluge raspoloživih službi.

Bez obzira da li se dešvalo u miru ili u ratu, seksualno nasilje, i silovanje naročito, predstavljaju zločin o kojem je najteže javno govoriti. Istraživanje stava Bosanske zajednice po pitanju seksualnog nasilja nedavno je provedeno u Viktoriji. Fokus je bio na: odnos zajednice prema seksualnom nasilju, moralne vrijednosti i vjerovanja zajednice, te odnos i navike prema traženju pomoći. Istraživanje je ukazalo da je seksualno nasilje bilo "tabu" tema u zajednici, nešto o čemu se rijetko javno govorilo prije rata 1992. godine. Četiri godine po završetku rata, ta tema je i dalje zastrašujuće bolna za cijelu Bosansku zajednicu (kako za novo–pridošle izbjeglice tako i za one koji su imigrirali ranije).

Nedostatak opšte informisanosti o seksualnom nasilju i njegovim posljedicama prije rata, te ratno iskustvo kolektivne devastacije, bola i traume, onemogućilo je Bosansku zajednicu da pruži odgovarajuću pomoć i odgovori potrebama onih koji su preživjeli užase masovnih seksualnih zlodjela.

Iako se uzroci, metode i intenzitet seksualnog nasilja u vrijeme mira i u vrijeme rata znatno razlikuju, posljedice koje ono ostavlja na pojedinca su slične. Zbog svega toga, ovaj priručnik je pokušaj da upozna Bosansku zajednicu sa nizom opštih informacija o seksualnom nasilju i njegovim posljedicama, u nadi da to znanje jednog dana može koristiti i onima koji trebaju pomoć.

I na kraju, ovaj priručnik posvećujem hiljadama neznanih Bosanskih muslimanskih žena koje su platile najkrvaviju cijenu u Bosanskom ratu zato što su bile žene druge vjeroispovijesti i druge nacionalnosti. Posvećujem je i svim onim ženama koje sam susrela u zadnjih osam godina u Bosni i Hercegovini, Hrvatskoj i Australiji, pred čijim bolom i snagom mi se lomilo srce i zastajao dah.

Dr Šerifa Godinjak

Contents

1	Who is this booklet for?	4
2	What is sexual assault?	5
2.1	What is child sexual assault?	6
3	The who, where and how of sexual assault	7
3.1	Who are the victims?	7
3.2	Who are the offenders?	8
3.3	Where does it happen?	8
4	Myths and truths	9
5	Rape as a strategy of war	11
6	The impact of sexual assault	12
6.1	Physical	12
6.2	Emotional	13
6.3	Social	14
6.4	Legal	14
7	Recovery	15
8	Who can help and how?	16, 17
9	Some more information...	18
10	Bibliography	19

Sadržaj

1	Kome je namijenjen ovaj priručnik?	4
2	Šta je seksualno nasilje?	5
2.1	Šta je seksualno nasilje nad djecom?	6
3	Kome, gdje i kada se dešava seksualno nasilje?	7
3.1	Ko su žrtve?	7
3.2	Ko su nasilnici?	8
3.3	Gdje se dešava nasilje?	8
4	Zablude i istine	10
5	Silovanje kao ratna strategija	11
6	Posljedice seksualnog nasilja	12
6.1	Fizičke posljedice	12
6.2	Emocionalne posljedice	13
6.3	Socijalne posljedice	14
6.4	Legalne posljedice	14
7	Oporavak	15
8	Ko i kako može pomoći?	16, 17
9	Nekoliko korisnih informacija...	18
10	Bibliografija	19



1. Who is this booklet for?

This booklet is for:

- members of the Bosnian community in Australia to increase their knowledge and understanding of the issues surrounding sexual assault, its impact on victims and the community as a whole, and how and where they may find information and support. It also contains information about how the issue of sexual assault is dealt with in Australia. We recognise that members of the Bosnian community in Australia may have particular cultural, historical and moral values and shared experiences
- mainstream service providers and professionals whose services the Bosnian community may use; to provide information about specific cultural, historical and moral values and experiences, that may have been part of the Bosnian community experience.



1. Kome je namijenjen ovaj priručnik?

Ovaj priručnik je namijenjen:

- svim pripadnicima Bosanske zajednice sa ciljem da poveća njihovo znanje o seksualnom nasilju, posljedicama koje ono ostavlja na pojedinca i zajednicu u cjelini, te o tome gdje i kako mogu tražiti i naći informacije i pomoć. Priručnik je baziran na priznavanju i poštivanju kulturnih, historijskih i moralnih vrijednosti i iskustava pripadnika Bosanske zajednice u Australiji, te pruža informacije o tome kako se seksualno nasilje tretira u Australiji
- svim profesionalcima koji dolaze u kontakt, rade sa ili pružaju usluge pripadnicima Bosanske zajednice, sa ciljem da ih informiše o specifičnim kulturnim, historijskim i moralnim vrijednostima i iskustvima koje pripadnici Bosanske zajednice u Australiji mogu imati.

2. What is sexual assault?

Sexual assault is:

- any sexual behaviour that makes a person feel uncomfortable, frightened or threatened
- sexualised behaviour where there is no agreement as to what is acceptable, and where a person uses physical or emotional force against another person, it includes anything from sexual harassment (wolf-whistling, leering, unwanted touching, verbal insults such as sexually explicit comments and jokes) through to indecent assault and rape, and may include physical violence and a threat to life
- an abuse of a position of power, trust and authority committed mainly by men against women, children and, less often, against other men
- an attack on the human body and spirit, aiming to humiliate, hurt and destroy
- both a consequence of and a weapon for enforcing power disparities that exist between individuals and between groups
- a crime against an individual and against society
- an assault on human rights
- a crime where the victim is never to blame: the offender is solely responsible.

there is never any excuse for sexual assault

2. Šta je seksualno nasilje?

Seksualno nasilje je:

- svako seksualno ponašanje koje čini da se osoba osjeća neugodno, preplašeno ili ugroženo
- ponašanje na koje osoba nije dala pristanak, gdje neka druga osoba upotrebljava fizičku ili emocionalnu silu počevši od seksualnog dodijavanja (zviždanja, dobacivanja, neumjesnih šala i viceva, neugodnih pogleda, štipanja, gurkanja i sl) pa do brutalnog napastvovanja i silovanja, a može uključiti i razne oblike fizičkog nasilja koje ugrožava život
- zloupotreba sile, povjerenja, pozicije i vlasti najčešće od strane muškarca prema ženi, djeci i, veoma rijetko, prema drugom muškarcu
- napad na ljudsko tijelo i na ljudsku dušu, sa ciljem da ponizi, povrijedi i uništi ličnost
- posljedica nadmoći ali i oružje za postizavanje i održavanje nadmoći, kako na nivou pojedinca tako i na nivou društva
- krivično djelo protiv pojedinca i društva
- kršenje ljudskih prava
- zločin gdje žrtvu nikada ne treba okrivljivati: jedini i isključivi (moralno i zakonski) krivac je onaj ko počini nasilje.

Ništa i nikada ne opravdava seksualno nasilje.

2.1 What is child sexual assault?

Child sexual assault is:

- a crime where an adult, or someone bigger than a child, uses his or her power or authority over the child or takes advantage of the child's trust and respect, to involve the child in sexual activity; it involves a whole range of sexual activities from fondling genitals to penetration with fingers or other objects. It also includes exhibitionism and suggestive behaviour or comments
- an abuse of the greater power of the offender over the child
- an abuse of the child's trust and respect
- more common than we usually think.

An estimate of the prevalence of child sexual assault ranges from between 9% and 52% for females and 3% and 9% for males.*

Girls were the victims in 76% of all reported child sexual assaults.*

In approximately 85% of cases of child sexual assault, a relative or trusted friend committed the offence; only 15% are strangers.

*Between and of child sexual
assault offenders are male*

*any of these are the child's relatives including
fathers uncles brothers grandfathers*

* Tomison A. (1995) Update on Child Sexual Abuse Issues, in Child Abuse Prevention, No 5. Summer.

2.1 Šta je seksualno nasilje nad djecom?

Seksualno nasilje nad djecom je:

- krivično djelo gdje odrasla osoba ili osoba jača od djeteta zloupotrebljava svoju snagu i utjecaj nad djetetom, zloupotrebljava povjerenje ili ugled kod djeteta, u svrhu seksualne aktivnosti. To uključuje čitav niz seksualnih radnji počevši od milovanja po genitalijama i guranja prstiju i drugih predmeta, pa do pravog polnog akta. Također, to uključuje i pokazivanje polnih organa odrasle osobe pred djecom, neuljudno ponašanje koje sugerise na seksualne aktivnosti, te proste komentare
- zloupotreba fizičke snage nad djetetom
- zloupotreba dječijeg povjerenja i poštovanja prema odrasloj osobi
- mnogo učestalije nego što se obično misli

Pretpostavlja se da je u Australiji otprilike između 9% i 52% ženske i između 3% i 9% muške djece izloženo seksualnom nasilju.*

Djevojčice su bile žrtve u 76% prijavljenih slučajeva seksualnog zlostavljanja djece.*

U otprilike 85% slučajeva seksualnog nasilja nad djecom, nasilje je počinjeno od strane rodbine i kućnih prijatelja; svega u 15% slučajeva nasilnik je strana osoba.

U 90% – 97% slučajeva seksualnog nasilja nad djecom počinioci su muškarci

Mnogi od njih su dio djetetove porodice, uključujući očeve, braću, očevu i majčinu braću, djedove.

* Tomison A. (1995) *Update on Child Sexual Abuse Issues, in Child Abuse Prevention, No 5. Summer.*

3. The who, where and how of sexual assault

- Sexual assault may happen to anyone, regardless of gender, age, religion or ethnicity. However, in most instances females are more likely to be victims of sexual assault than males
- It happens more often than we think, as not many victims speak out about incidents or report them to the police: less than 15% of all sexual assaults are reported to the police*
- What we know of the incidence of sexual assault is from research and statistics. Such statistics only represent the assaults that are reported, so will always underestimate the true extent of the crime.

3.1 Who are the victims?

omen are ten times more likely to be sexually assaulted than men

- Although it happens to women of all ages, younger women are more at risk than older women
- More than half of the victims are women under 30.**

In Victoria 20,200 women and men had been sexually assaulted within the past twelve months.**

In Bosnia-Herzegovina between 1992/95 an estimated 30,000-50,000 women were victims of rape.***

* *CASA House Statistics 1996/97*

** *The Victorian Crime Victimisation Survey. 1998*

*** *Bosnia: Australian Response, Jan. 1966. The Parliament of the Commonwealth of Australia. p 16.*

3. Kome, gdje i kada se dešava seksualno nasilje?

- Seksualno nasilje se može desiti bilo kome, bez obzira na pol, uzrast, vjeroispovijest ili etničku pripadnost, međutim, žene su uvijek daleko češće žrtve nego muškarci
- Seksualno nasilje je mnogo češće nego što se obično misli, jer samo mali broj žrtava govori o tome ili prijavi nasilje: manje od 15% svih slučajeva seksualnog nasilja se prijavi policiji*
- Stvarni brojevi žrtava seksualnog nasilja uvijek su mnogostruko veći od onih dostupnih zvanično.

3.1 Ko su žrtve?

*Žene su deset puta više ugrožene od napastvovanja nego muškarci.***

- Od svih uzrasta, mlađe žene su više izložene riziku nego starije
- Više od polovine žrtava su žene mlađe od 30 godina.**

U Viktoriji je 20.200 žena i muškaraca bilo seksualno napastvovano u zadnjih dvanaest mjeseci.**

U periodu od 1992 – 95 u ratu u Bosni i Hercegovini je seksualno zlostavljeno između 30.000 i 50.000 žena.***

* *CASA House Statistics 1996/97*

** *The Victorian Crime Victimization Survey. 1998*

*** *Bosnia: Australian Response, Jan.1966. The Parliament of the Commonwealth of Australia. p 16.*

3.2 Who are the offenders?

- Offenders are mainly men who abuse a position of trust, power or authority. The offender can be an employer, teacher, guardian, health or religious professional, or an armed person (e.g. soldier, policeman)
- The offender is rarely a stranger: it is someone that the victim/survivor knows, such as a family friend, family member, boyfriend or neighbour
- Sexual assault occurs within families where the offenders can be husbands, fathers, stepfathers, uncles or brothers.

98% of offenders are men

50% of offenders are between 18-25

73% of offenders are known to the victim*

3.3 Where does it happen?

Of all recorded sexual assaults in Australia in 1997:

65% occurred in residential locations, with most of these being in private dwellings

21% of sexual assaults occurred in community locations

8% took place on streets or footpaths

9% in other locations, including

5% in recreational facilities*

During the war in Bosnia-Herzegovina rape took place in more than 150 detention camps, at least 17 rape camps, or in hotels, schools, cafes and private homes.**

* *Australian Institute of Criminology: Facts and Figures. 1996*

** *Bosnia: Australian Response, Jan. 1966. The Parliament of the Commonwealth of Australia. p. 13*

3.2 Ko su nasilnici?

- Nasilnik je onaj ko zloupotrebljava poziciju moći, autoriteta i povjerenja. Nasilnik može biti poslodavac, učitelj, staratelj, zdravstveni radnik, vjerski službenik, ili naoružano lice (vojnici, policajci)
- Nasilnik je često neko ko poznaje žrtvu: to može biti član porodice, porodični prijatelj, mladić, komšija ili poznanik
- Seksualno nasilje se često događa unutar porodice gdje je nasilnik član porodice: suprug, otac, oćuh, brat i sl.

98% napadaća su muškarci

50% od njih su starosti od 18 – 25 godina

73% napadaća su poznati žrtvi*

3.3 Gdje se dešava nasilje?

Od svih prijavljenih seksualnih nasilja u Australiji u 1997:

65% se desilo u stambenim prostorima, najčešće privatnim

21% se desilo na javnim mjestima

8% na ulici ili prolazima

9% na drugim lokacijama, uključujući

5% na mjestima za rekreaciju.*

U toku rata u Bosni i Hercegovini seksualno nasilje se dešavalo u više od 150 koncentracionih logora, najmanje 17 logora za silovanje, te u školama, hotelima, kafanama i stambenim objektima.**

* *Australian Institute of Criminology: Facts and Figures. 1996*

** *Bosnia: Australian Response, Jan. 1966. The Parliament of the Commonwealth of Australia. p. 13*

4. Myths and truths

There are many societal myths that serve to disguise the existence and prevalence of sexual assault. These myths perpetuate messages that:

- blame the victim/survivor for the crimes committed against them
- prevent the offenders from taking responsibility
- provide excuses for the offender's actions.

1. Myth: Rape is a sexual act.

Truth: Rape is an act of violence. It is a degrading and humiliating act and an expression of hostility and aggression.

2. Myth: Sexual assault is an unusual occurrence.

Truth: Sexual assault is common and can happen to anyone. The incident rate for rape is estimated to be one in ten women. Sexual assault can happen to anyone, regardless of their age, ethnicity, class, religion, occupation, education, socio-economic status, sexual orientation or physical attractiveness. It is a crime that is largely under-reported so statistics do not reflect the actual incidence.

3. Myth: Women “cry rape”.

Truth: Police statistics show that false reporting of sexual assault is minimal.

False reporting of sexual assault only represents between 2-7% of all sexual assaults reported. This is consistent with false reporting figures of other types of crime.

4. Myth: Women “ask for it”.

Truth: No woman desires to be sexually assaulted. Sexual assault is a crime for which the perpetrator is solely responsible: the victim/survivor is never to blame. The myth that “women ask to be raped” perpetuates the idea that there is something in the psychological or physical makeup of the victim that distinguishes her from other non-victims. No woman “asks for it” no matter how she is dressed, where she is going or what she is doing.

5. Myth: Men rape because they can not control their sexual urges.

Truth: Men do not have uncontrollable sexual urges. In fact, men can stop themselves at any stage during intercourse. Most rapes are premeditated and well planned, rather than “spontaneous, uncontrollable sexual acts”.

6. Myth: Men only rape young, “sexually attractive women”.

Truth: Offenders are not seeking someone who is “sexually attractive” but rather someone they perceive as vulnerable, passive and easily controlled at the time of assault. Police reports in Australia demonstrate that victim/survivors of sexual assault range from one month old babies to 97 year old women. Women and children with a wide range of levels of intellectual, physical or developmental ability are sexually assaulted.

7. Myth: Sexual assault is perpetrated by psychologically disturbed, sex-crazed “madmen”.

Truth: Most rapists are “ordinary” men from all socio-economic classes, professions and nationalities. The overwhelming majority of offenders are not psychologically “perverted”. Most rapists have the option to choose sex within a “standard” relationship, but choose rape because they are motivated by the wish to humiliate and degrade.

8. Myth: Children tell lies about being sexually assaulted.

Truth: Children rarely lie about child sexual assault. The facts show that children are more reluctant to disclose what is happening to them. When they disclose they tend to underplay the effects of the abuse in an attempt to “protect” the offender.

9. Myth: Children are naturally seductive.

Truth: Due to the power imbalance between children and adults it is impossible for a child to seduce an adult. Sexual assault occurs with victims as young as one month. Children are never to blame for the crime committed against them, often by someone they trust and depend upon.

10. Myth: Child sexual assault is accepted in other countries.

Truth: Child sexual assault is not acceptable anywhere under any circumstances.

This myth is often used by the perpetrator to legitimise his behaviour. There is no evidence to support this belief. No culture tolerates child sexual assault.

4. Zablude i istine

Postoje mnoge zablude u društvu koje pomažu da se negira postojanje i učestalost seksualnog nasilja. Te zablude potpomažu:

- da je žrtva odgovorna za nasilje i zločin koji se desio prema njoj
- da nasilnik/počinitelj zločina bude pošteđen od odgovornosti za svoje djelo i njegove posljedice, te
- da nasilnik nađe izgovor za počinjeno djelo.

1. Zabluda: Silovanje je seksualni akt.

Istina: Silovanje je akt nasilja. Silovanje je uvrjedljiv i ponižavajući akt. Ono je izraz neprijateljstva i nasilništva.

2. Zabluda: Seksualno nasilje se rijetko događa.

Istina: Seksualno nasilje je česta pojava koja se može desiti bilo kome.

Stopa incidencije seksualnog nasilja govori da je otprilike jedna u deset žena preživjela seksualno nasilje. Seksualno nasilje se može desiti bilo kome, bez obzira na godine, etničku pripadnost, klasu, religiju, zanimanje, obrazovanje, socijalno–ekonomsko stanje, seksualnu orijentaciju ili fizičku privlačnost. To je krivično djelo koje je daleko rjeđe objelodanjeno nego što se stvarno dešava, tako da su i statistički podaci manji od stvarnog broja slučajeva.

3. Zabluda: Žene “izmišljaju da su silovane”.

Istina: Policijski podaci pokazuju da su lažne prijave seksualnog nasilja veoma rijetke. Lažne prijave predstavljaju svega između 2–7% prijavljenih seksualnih nasilja, što općenito vrijedi i za sve ostale vrste krivičnih djela.

4. Zabluda: Žene “traže da budu silovane”.

Istina: Nijedna žena ne želi da bude napastvovana. Seksualno nasilje je krivično djelo za koje je jedino i isključivo odgovoran počinitelj: žrtvu nikad ne treba okrivljavati. Ova zabluda ukazuje na pogrešnu pretpostavku da “postoji nešto u psihičkom ili fizičkom smislu što razlikuje žrtvu od ostalih”. Nijedna žena ne “traži” da bude napastvovana, bez obzira kako je obučena, kuda ide i šta radi.

5. **Zabluda: Muškarci siluju zato što ne mogu kontrolisati svoj nagon.**
Istina: Muškarci nemaju nagon koji se ne može kontrolisati.
Muškarci mogu kontrolisati i prekinuti seksualni akt u bilo kojoj fazi. Većina silovanja je sa predumišljajem i dobro planirana a ne "spontani seksualni akt koji se ne može kontrolisati".
6. **Zabluda: Muškarci napastvuju samo mlade, "zgodne" žene.**
Istina: Nasilnici ne biraju žrtvu koja je "seksualno privlačna" nego osobu za koju smatraju da je "ranjiva", pasivna i koju mogu lako savladati prilikom napada.
Polijski izvještaji u Australiji govore da su žrtve seksualnog nasilja starosti od jednomjesečnih beba do 97-godišnjih starica. Osim toga, žene i djeca u raznim stepenima fizičkog i intelektualnog razvoja mogu biti žrtve seksualnog nasilja.
7. **Zabluda: Počinioci seksualnog nasilja su psihički poremećeni, "seksualni manijaci" i luđaci.**
Istina: Većina nasilnika su "obični" ljudi iz svih socio-ekonomskih grupa, zanimanja i nacionalnosti. Brojna većina nasilnika nisu psihički "perverzne" osobe. Oni obično imaju mogućnost da zadovolje svoje potrebe i nagone u normalnoj vezi ali svjesno odabiru nasilje jer su motivirani željom da povrijede i ponize.
8. **Zabluda: Djeca lažu da su seksualno napastvovana.**
Istina: Djeca rijetko lažu kad kažu da su napastvovana. Činjenice govore da djeca izuzetno rijetko povjere nekome da su seksualno napastvovana. Čak i kada se povjere, djeca nastoje da ublaže efekte koje je napastvovanje ostavilo na njih, sa ciljem da zaštite napasnika i zbog straha od osвете.
9. **Zabluda: Djeca su po prirodi zavodljiva.**
Istina: Zbog velikog nesrazmjera u snazi apsolutno je nemoguće da dijete zavede odraslu osobu. Seksualno napastvovanje se dešava i nad djecom starom svega jedan mjesec. Djecu nikada ne treba okrivljivati za nasilje počinjeno nad njima, često od strane nekoga kome dijete vjeruje ili ovisi.
10. **Zabluda: Seksualno iskorištavanje djece je prihvatljivo u nekim kulturama.**
Istina: Seksualno iskorištavanje djece je neprihvatljivo bilo gdje i pod bilo kojim uslovima. Ova zabluda je često korištena od strane nasilnika da opravdaju svoje ponašanje. Ne postoje nikakvi dokazi koji bi podržali ovu zabludu: nijedna kultura ne odobrava seksualno nasilje nad djecom.

5. Rape as a strategy of war

Sexual violence and rape have always been part of war, from ancient Greece through to modern times. However, it has always been an under-reported aspect of all military conflicts.

Although men and children are victims of sexual violence and rape in war, an overwhelmingly majority of victims are women.

Rape in war:

- seeks to humiliate, terrorise and destroy a woman based on her identity as a woman, on her ethnicity and her religion
- is an attempt to dominate, humiliate and control citizen's behaviour
- is a deliberate strategy to undermine community bonds and weaken resistance to aggression.

In the 1992–95 war in Bosnia-Herzegovina sexual violence and mass rape were used systematically as a policy of "ethnic cleansing", perpetrated by the Serb's military and paramilitary forces.

Rape in war is:

- a brutal, mass gang rape rather than an individual act
- accompanied by other war atrocities including different forms of torture
- often carried out in front of other people including the victim's immediate family members: children, husband, parents
- often repeatedly perpetrated over several months in detention and rape camps
- often repeated on women until forced impregnation occurs.

5. Silovanje kao ratna strategija

Seksualno nasilje i silovanje su oduvijek bili sastavni dio ratova, od vremena stare Grčke do današnjih dana. Uprkos tome, to je uvijek bio dio ratovanja o kojem se malo govorilo i pisalo.

Premda i muškarci i djeca mogu biti žrtve seksualnog nasilja u ratu, ogromnu većinu žrtava čine žene.

Silovanje u ratu:

- ima za cilj da ponizi, teroriše i uništi ženu kao ženu, ženu kao pripadnicu određene nacije i kao ženu određene vjeroispovijesti
- je pokušaj da savlada, ponizi i kontroliše ponašanje stanovništva
- je očajnička strategija sa ciljem da oslabi veze unutar zajednice i oslabi otpor protivnika.

U ratu u Bosni i Hercegovini (1992–95) seksualno nasilje i masovna silovanja su korišteni sistematski, kao dio planiranog i organizovanog "etničkog čišćenja", provođenog od strane Srpskih vojnih i paravojnih struktura.

Silovanje u ratu:

- je brutalno, grupno djelo naoružane grupe a ne samo individualno djelo
- je praćeno mnogobrojnim dodatnim traumama ratnih zločina, uključujući i razne druge oblike mučenja i zlostavljanja
- se često provodi pred očima drugih ljudi i bliskih članova porodice: djece, supruga, roditelja
- je ponavljano bezbroj puta tokom niza mjeseci u logorima
- često ponavljano sve dok žena nasilno ne zatrudni.

6. The impact of sexual assault

Sexual assault is an attack on the human body and spirit aiming to humiliate, hurt and destroy. It affects an individual physically, emotionally, socially and legally, however, the emotional effects of the assault are the most devastating for the majority of victim/survivors.

Particularly in wartime sexual assault and rape affect not only the victim as an individual, but also the family and the community to which the victim belongs.

Each victim has their own individual and personal experience of the assault.

Factors that may influence their responses are:

- individual personality
- cultural and religious background
- the nature of the sexual assault
- the emotional relationship with the offender
- the consequences of the assault (e.g. pregnancy)
- attitude of her family and community, and
- the support received.

Sexual violence is a traumatic and violent experience regardless of the context in which it is committed

6.1 Physical

Physical consequences of sexual assault and rape include:

- physical injuries
- pregnancy
- ordinary infections
- sexually transmitted diseases including AIDS & HIV.

In Australia, medical care for the victims of sexual assault is available on a 24-hour basis (free of charge), including the “morning after pill” for the prevention of pregnancy.

In wartime, medical help is often unavailable. Women are often forcibly impregnated and released only when a termination of pregnancy is impossible.

6. Posljedice seksualnog nasilja

Seksualno nasilje je napad na ljudsko tijelo i dušu koje ima za cilj da ponizi, povrijedi i uništi. Ono utiče na osobu u fizičkom, emocionalnom, socijalnom i legalnom smislu. Od svega ovoga, emocionalne posljedice su najteže za one koji prežive seksualno nasilje.

U vrijeme rata seksualno nasilje i silovanje ima dodatni uticaj ne samo na pojedinca, nego i na porodicu i zajednicu kojoj ona pripada.

Svaka osoba koja je preživjela seksualno nasilje ima svoje lično iskustvo i reaguje na to iskustvo na svoj način, ovisno o:

- psihičkom sklopu ličnosti i karakteru
- kulturi i religiji
- vrsti proživljenog seksualnog nasilja
- emotivnom odnosu prema nasilniku
- posljedicama nasilja (npr. trudnoća)
- odnosu i stavu njene porodice i okoline, te
- pruženoj podršci i razumijevanju.

Seksualno nasilje je uvijek traumatično i nasilno iskustvo bez obzira u kojim se okolnostima događa.

6.1 Fizičke posljedice

Fizičke posljedice seksualnog nasilja i silovanja mogu biti:

- tjelesne povrede
- uobičajene infekcije
- trudnoća
- polne zarazne bolesti uključujući AIDS i HIV

U Australiji, besplatna medicinska pomoć je na raspolaganju 24 sata svima koji prežive seksualno nasilje, uključujući "morning after pill" (tablete koje se uzimaju unutar 72 sata od nezaštićenog odnosa) za sprječavanje trudnoće.

U vrijeme rata, medicinska pomoć je često nedostupna na vrijeme, ili su pak žrtve prisilno zatrudnjivale i puštene na slobodu tek kada je prekid trudnoće neizvodljiv.

6.2 Emotional

Sexual assault is an extremely traumatic event. Victims of past assaults may experience ongoing emotional and physical reactions. It is very common, in fact quite normal, for most people to experience emotional difficulties when they have had a traumatic experience.

Depending on the severity of the traumatic event, emotional effects of sexual violence may last a few weeks, a few months or much longer.

Victims/survivors may experience a whole range of different feelings, including:

- powerlessness
- flashbacks
- nightmares
- fear
- guilt and shame
- loss of confidence and self-esteem
- mood changes and depression
- anxiety.

These feelings are a normal reaction to an extremely stressful and abnormal event

The social stigma attached to sexual assault can heighten these feelings and increase the trauma experienced by the victims, especially when they receive an uncaring, negative response from those to whom they report the assault.

It is necessary to allow time for the survivor to recover as with time and care the intensity of these feelings usually fades

6.2 Emocionalne reakcije

Seksualno nasilje je brutalan i potencijalno emocionalno razoran događaj. Oni koji su preživjeli seksualno nasilje mogu imati čitav niz fizičkih i emocionalnih reakcija. Veoma je često i sasvim normalno da ljudi pretrpe neke emocionalne promjene i imaju određene poteškoće nakon što su preživjeli tešku traumu ili imali težak događaj u životu.

U ovisnosti o intezitetu traumatskog događaja, emocionalni efekti seksualnog nasilja mogu trajati nekoliko sedmica, nekoliko mjeseci ili mnogo duže.

Žrtve seksualnog nasilja proživljavaju čitav niz osjećaja, uključujući:

- osjećaj nemoći
- česta, nevoljna prisjećanja nasilnog događaja
- noćne more
- strah
- krivnju i stid
- gubitak samopouzdanja i odlučnosti
- promjene raspoloženja i depresivnost
- nervozu.

Ova osjećanja su normalna reakcija na izuzetno traumatičan i nenormalan događaj.

Predrasude koje društvo ima prema seksualnom nasilju mogu uveliko pogoršati ova osjećanja i povećati bol i traumu koju je osoba već preživjela, pogotovo ako te predrasude dolaze u obliku nedovoljne brige, nepažnje i nerazumijevanja od strane onih kojima se osoba obratila za pomoć.

Sa vremenom, strpljenjem i adekvatnom pomoći intenzitet ovih posljedica se najčešće umanjiva i blijedi.

6.3 Social

Sexual assault is a violent attack on the human body and spirit, but it can also have a social impact on survivors. It affects a whole range of spheres of the victim's social environment, including:

- family (parents, children, partners) relationship
- extended family and friendship network
- wider community
- workplace and economic status
- school or university
- accommodation.

Commonly experienced difficulties in the victim's social sphere are:

- lack of support and understanding
- stigmatising
- blaming the victim
- isolation.

A supportive, non-judgemental and safe environment plays a pivotal role in the process of recovery from sexual assault.

6.4 Legal

In Australia:

- Sexual assault is a criminal offence. All victim/survivors have the right to report the crime perpetrated against them to the police, to be kept informed about the process and the outcome of their case.
- Although the court processes are long and often emotionally difficult for victim/survivors, there is a possibility that the offender may be convicted and be ordered to pay compensation to the victim.

A war-crime:

- In the midst of the war in Bosnia, in 1993, for the first time in history rape was identified as a war crime and an international criminal tribunal for the former Yugoslavia was established in the Hague. In this tribunal, individual soldiers and officers could be held accountable at several levels: those who committed rape, those who ordered it and those in authority who failed to prevent it.
- In 1998 an International Criminal Court was established in Rome to try war crimes and other atrocities. Forced pregnancy, so often carried out during the war in Bosnia, has been included in the list of crimes.

6.3 Socijalne posljedice

Seksualno nasilje je grub napad na ljudsko tijelo i dušu koji može imati posljedice na socijalni i društveni dio života osobe koja je preživjela nasilje. Te posljedice mogu utjecati na čitav niz područja u socijalnom životu, kao što su:

- porodični odnosi (roditelji, djeca, bračni drug)
- šira porodica i prijatelji
- radno mjesto i ekonomski status
- šira zajednica
- školovanje: škola ili fakultet
- smještaj i stanovanje.

Uobičajene poteškoće sa kojima se osoba preživjela seksualno nasilje susreće u svakodnevnom životu su:

- nedostatak podrške i razumijevanja
- sredina okrivljuje žrtvu
- predrasude okoline i "obilježavanje"
- osjećaj odbačenosti.

Sredina koja pruža sigurnost, razumijevanje i koja ne okrivljuje žrtvu za zločin koji je počinjen nad njom su neophodan preduslov za uspješan oporavak.

6.4 Legalne posljedice

U Australiji:

- Seksualno nasilje je krivično djelo. Sve žrtve imaju pravo da prijave policiji nasilje počinjeno nad njima, te da budu informisane o toku i ishodu procesa.
- Premda su sudske procedure često duge i emocionalno iscrpljujuće po one koji su već preživjeli nasilje, postoji mogućnost da nasilnik bude kažnjen kaznom zatvora i da plati novčanu odštetu žrtvi.

U vrijeme rata:

- U jeku rata u Bosni i Hercegovini, 1993. godine, po prvi put u historiji, silovanje je uvršteno u ratne zločine, i Internacional Criminal Tribunal (međunarodni tribunal) za ratne zločine u bivšoj Jugoslaviji osnovan u Hagu. Taj sud je nadležan za one osobe (i civilna i vojna lica) koje su počinile silovanje, koje su ih naredili, i one koji nisu iskoristili svoj položaj i vlast da ih spriječe.
- 1998. godine u Rimu je osnovan International Criminal Court (međunarodni sud za zločine) sa ovlastima da sudi ratne i ostale zločine. Nasilne trudnoće, tako često forsirane tokom rata u Bosni, su također uvrštene u listu zločina.

7. Recovery

Victim/survivors of sexual assault experience a violent, life-threatening event. Their most inner physical and psychological privacy is invaded. Scars left from such an event may take days, months, and even years to heal.

All victims do not experience the same extent of emotional trauma, nor is the trauma experienced in the same way. However, as there are some similarities in the responses to the assault, there are some similarities in the process of recovery.

The recovery process is a continuum:

- it begins with an experience of **survival**, an awareness of the fact that a victim lived through the abuse, and
- ends with **thriving**, the experience of a satisfying life no longer affected and programmed by what happened in the past.

t is important to know that victims of sexual violence do not become mentally ill or crazy as a result of the assault their reactions and emotional difficulties are all normal human not pathological responses to an abnormal and inhuman violent event

- For those who survive the trauma of sexual assault it is important for recovery to occur on both, an individual and a community level
- Since rape in war affects not only the individual but also the family and community to which the survivor belongs, the restoration of social and community bonds is central to the process of recovery and should be addressed within the specific cultural setting.

remembering and telling the truth about terrible events are prerequisites both for the restoration of the social order and for the healing of individual victims

* Herman, J. (1997)

7. Oporavak

Žrtve seksualnog nasilja prežive užasan, nasilan i po život opasan događaj. Njihova najintimnija tjelesna i duševna privatnost je napadnuta. Bol i ožiljci u duši nakon ovakvog užasa mogu trajati danima, mjesecima, pa čak i godinama, sve dok ne zacijele.

Sve žrtve ne pretrpe podjednaku duševnu bol niti tu bol osjete i ispolje na isti način. Ipak, kao što postoje sličnosti u načinu na koji se reaguje na seksualno nasilje, tako postoje i sličnosti u procesu oporavka.

Oporavak je proces koji traje:

- on počinje sa spoznajom da je osoba uspjela **preživjeti**, da je sačuvala život u tako stravičnom nasilnom događaju, a
- završava sa **prihvatanjem** i spoznajom da život više nije pod stalnim pritiskom i uticajem onoga što se desilo u prošlosti.

Važno je znati da oni koji prežive seksualno nasilje ne postaju duševni bolesnici ili luđaci zbog događaja koji se desio. Njihove reakcije i emocionalne poteškoće koje mogu imati, su normalan (ne patološki) ljudski odgovor na nenormalan i neljudski, nasilan događaj.

- Za one koji su preživjeli seksualno nasilje veoma je važno da oporavak bude i individualan i na nivou porodice i šire zajednice
- Pošto silovanje u ratu ne ostavlja traga samo na žrtvu nego i na porodicu i zajednicu kojoj ona pripada, neophodno je raditi na oporavku povjerenja i povezanosti, međusobnog pomaganja unutar porodice i zajednice, poštujući pri tome kulturne i moralne vrijednosti zajednice i pojedinca.

Pamćenje i kazivanje istine o strašnim zločinima su preduslov za uspostavljanje socijalne pravde i za proces oporavka preživjelih osoba. *

* *Herman, J. (1997)*

8. Who can help and how?

Sexual assault has emotional, physical and social effects, and working out the support someone needs can be confusing. It is not a weakness or shame to seek support.

In Australia there are many specialised services dealing with the issues around sexual assault, eg. in Victoria there are fifteen Centres Against Sexual Assault (CASAs). A CASA worker has training and experience in working with victim/survivors of sexual assault and can offer the sorts of support that may be helpful.

CASAs provide a service for both recent and past victims of sexual assault.

CASA provides:

- 24 hour crisis support and access to medical attention and legal information following an assault
- Follow-up, one to one counselling, support and assistance with practical concerns
- 24 hour telephone counselling and support
- Referral services.

All services are free and confidential.

There is always someone available at a CASA to discuss your feelings and concerns. A confidential interpreting service can be used if you prefer to speak in your first language. It is not necessary to give your name or personal details.

All telephone numbers for telephone contacts are listed on the following page.

8. Ko i kako može pomoći?

Seksualno nasilje ima svoje emocionalne, fizičke i socijalne posljedice i ponekad je teško naći koji je način najbolji da se pomogne nekome ko možda treba pomoć. Nije ni sramota niti slabost tražiti pomoć.

U Australiji postoje mnoge specijalizirane službe koje se bave pitanjima seksualnog nasilja: npr. u Viktoriji postoje centri – Centre Against Sexual Assault (skraćeno: CASA, izgovara se "kaza") – centri protiv seksualnog nasilja. Osoblje u tim centrima je stručno i iskusno u radu sa osobama koje su preživjele seksualno nasilje, pa mogu olakšati pronalaženje odgovarajuće pomoći.

CASA pruža usluge za one koji su preživjeli seksualno nasilje nedavno (crisis care) i za one koji su to preživjeli ranije.

CASA pruža:

- 24–satnu kriznu službu i pomoć za žrtve nedavnog seksualnog nasilja, uključujući medicinsku brigu i informacije o zakonskim pravima žrtve
- individualno savjetovanje (counselling), podršku i pomoć u rješavanju nekih praktičnih pitanja
- 24–satno telefonsko savjetovanje i podršku
- upućivanje na druge službe ako je potrebno.

Usluge su besplatne i privatnost je zagarantovana. U svako doba u CASA ima stručna osoba sa kojom se može porazgovarati o osjećanjima, tegobama i brigama. Pouzdana prevodilačka služba se može upotrijebiti ako osoba želi da razgovara na svom maternjem jeziku. Nije neophodno da osoba kaže svoje lične podatke (npr. ime).

Telefonski brojevi na koje se mogu kontaktirati ovi centri slijede:

Victoria's centres against sexual assault

Centri protiv seksualnog nasilja

CASA House (03) 9344 2210 (B/H)
Statewide A/H Telephone Service 9349 1766 (A/H)
270 Cardigan Street, Carlton, Vic 3053 1800 806 292 (Rural)

Geelong Rape Crisis Centre 5222 4802
PO Box 245, (291 Latrobe Terrace), Geelong, Vic 3220 5223 2979 (Fax)

South Western Centre Against Sexual Assault 5563 1277
Koroit Street, Warrnambool, Vic 3280 5561 3504 (Fax)

Ballarat Centre Against Sexual Assault 5320 3933
PO Box 577, (115a Ascot Street South), Ballarat, Vic 3353 5333 7067 (Fax)

Wimmera Centre Against Sexual Assault 5381 9111 (Hosp)
Wimmera Base Hospital, Baillie St, Horsham, 3400 5381 2360 (Fax)

Loddon Campaspe Centre Against Sexual Assault 5441 0430
PO Box 126 (Cnr Lucan & Arnold Sts), Bendigo, Vic 3550 5441 0420 (Fax)

Mallee Sexual Assault Unit 5022 3444
1 Jenner Court, Mildura, Vic 3500 5022 3400 (Fax)

Goulburn Valley Centre Against Sexual Assault 5831 2343 (24 hrs)
PO Box 1453, (130 Nixon St), Shepparton, Vic 3630 5831 1996 (Fax)

Upper Murray Centre Against Sexual Assault 5722 2203
PO Box 438, (Cnr Ely & Chisholm Sts), Wangaratta, Vic 3676 1800 62 2016 (Free)

Gippsland Centre Against Sexual Assault 5134 3922
PO Box 1124, (6 Victor St), Morwell, Vic 3840 5134 8094 (Fax)

The Gatehouse Centre 9345 6391/9345 6800
Royal Children's Hospital, Flemington Rd, Parkville, Vic 3052 9345 5522 (A/H)

Western Region Centre Against Sexual Assault 9687 5811
PO Box 443, (53 Ballarat Rd), Footscray, Vic 3011 9687 8960 (Fax)

Northern Centre Against Sexual Assault

Ground Floor, Leslie Jenner Building, Austin Hospital,
Studley Rd, Heidelberg, Vic 3084 9496 5770
9496 5711 (A/H)

Eastern Centre Against Sexual Assault

17 Ware Cres, East Ringwood, Vic 3135 9870 7330
9879 8306 (Fax)

South Eastern Centre Against Sexual Assault

Moorabbin Campus, Monash Medical Centre 9594 2289
PO Box 72, (867 Centre Road), East Bentleigh, Vic 3165 9928 8749 (Fax)

Interstate services Centri u Australiji

Australian Capital Territory

Canberra Rape Crisis Centre

PO Box 916, Dickson, ACT 2606 6247 2525

New South Wales

Sydney Rape Crisis Centre

PO Box 555, Drummoyne, NSW 2047 9819 6565

Northern Territory

Ruby Gaea House

PO Box 42082, Casuarina, NT 0811 8945 0155

Queensland

Brisbane Rape and Incest Survivor's Support Centre

15 Morrissey Street, Woolangaba, QLD 4102 3844 4008

Brisbane Sexual Assault Service

Royal Women's Hospital

3253 1479

South Australia, Yarrow Place

PO Box 620, North Adelaide, SA 5006 2268 777

Tasmania, Sexual Assault Support Service

North Hobart, Tas 7002 6231 1811

9. Some more information...

9. Nekoliko korisnih informacija...

telephone interpretation services

Bosansko Hercegovačke agencije i udruženja

Bosnian and Herzegovinian Islamic Society 9562 4630
18 Leonard Avenue, Noble Park, Vic 3174 9574 1334 (Fax)

Bosnian Herzegovinian Community Association
GPO Box 1354, Geelong, Vic 3220 5248 1003

La Trobe Valley Muslim Society Inc Yallourn North
PO (Post Office) Yallourn North, Vic 3825 5126 1824

Bosnian Sporting & Cultural Society
PO Box 190, Footscray, Vic 3011 9362 1990

Bosnian-Australian Islamic Society of Deer Park
PO Box 620, St Albans, Vic 3021 9310 8811

Merhamet Muslim Welfare Association 9562 4630
18 Leonard Avenue, Noble Park, Vic 3174 9574 1334 (Fax)

Bosnian workers can be contacted at: Bosansko osoblje možete kontaktirati u:

VICSEG

Victorian Co-operative on Children's Services for Ethnic Groups 9383 2533
11 Munro Street, Coburg, Vic 3058 9383 2711 (Fax)

Springvale Community Health Service

55 Buckingham Avenue, 9548 0467
Springvale 3171 9548 3255 (ext. 89108 or 89100)
9546 3465 (Fax)

Gippsland Migrant Resource Centre

100-102 Buckley Street 5133 7072
Morwell Vic 3840 5134 1031 (Fax)

Bosnian Information and Welfare Centre BIWC

2/a36a John Street, Lidcombe NSW 2141 (02) 9749 9177
(02) 9749 9372 (Fax)

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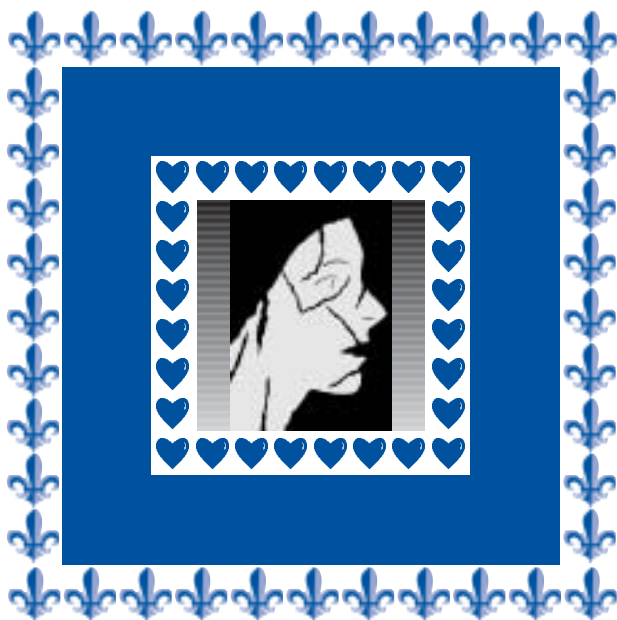
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Notes



A word from the artist

The visual message is a profile of a woman's face, decorated by the frame made from lilies and hearts. The lily is a symbol of pride and the Bosnian flag; the heart is a symbol of love and dignity. The profile is shattered because of emotional destruction and pain, however the woman still exists with positive vision because of the protection of a new civilized time.

Dzejlana Haveric, fine artist

Poruka umjetnice

Vizuelna poruka predstavlja profil lika žene uokviren ramom od ljiljana i srca. Ljiljan je simbol Bosanske zastave i Bosanskog ponosa, srce je simbol ljubavi i dostojanstva. Napuknut lik simbolizira emotivnu bol i patnju, ali uprkos tome žena nastavlja da postoji zbog nade u pozitivnu viziju novog, humanijeg vremena.

Dzejlana Haveric, akademski slikar



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