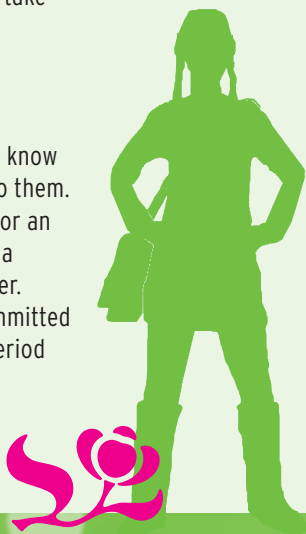


What is sexual violence?

Sexual violence does not just mean rape.

We also call it 'sexual violence' if someone touches a girl's breast or demands that a girl or boy touch their genitals, or if someone demands that a girl or boy take off their clothes, look at pornographic photos or take pictures of them.

Often, those girls and boys know the offender or are close to them. It can be a family member or an acquaintance, for example a neighbour, coach, or teacher. Sexual violence can be committed once only or over a long period of time.



Allerleirauh

Beratung bei sexueller Gewalt
Prävention Fortbildung

Menckesallee 13
22089 Hamburg

info@allerleirauh.de
www.allerleirauh.de

**You can call us at:
040 - 29 83 44 83**

Office hours:

Monday 9.30 am - 1.00 pm

Tuesday 9.30 am - 1.00 pm
2.00 - 5.00 pm

Wednesday 9.30 am - 1.00 pm
2.00 - 5.00 pm

Thursday 2.00 - 6.00 pm

Friday 9.30 am - 1.00 pm

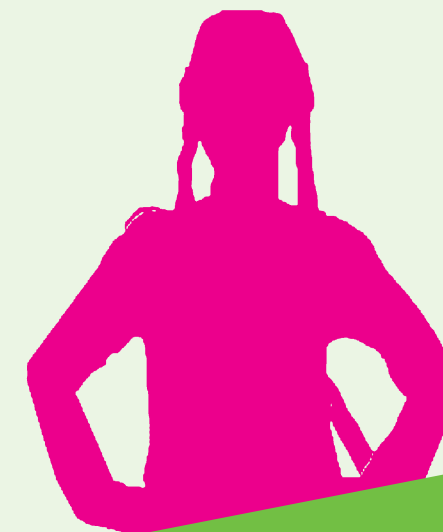
You may also leave a message on the answering machine. We will call you back.

Donations account:
Förderverein Allerleirauh e.V.
Account No. 12 39 12 16 17
Hamburger Sparkasse
BLZ 200 505 50



Allerleirauh

Beratung bei sexueller Gewalt
Prävention Fortbildung



STEPPING OUT OF SEXUAL VIOLENCE

Counselling and help
for girls

Why does Allerleirauh exist?

Many girls are subject to sexual violence for years and do not have the chance to tell an adult what they are suffering. Their emotional and mental health can be affected very seriously through experiencing such kind of violence.

Even many confidants need help when they learn about sexual violence or when they reasonably suspect it. Mothers, relatives, and others who are close to the person can also contact **Allerleirauh**.

What kind of help does Allerleirauh offer and to whom?

Allerleirauh helps girls and young women by offering expert advice and psychotherapeutic counselling. This way, both girls and young women receive help to work through the violence they have experienced.

Allerleirauh also aids confidants and enables them to act with more confidence.



Further details about the range of advice provided by Allerleirauh

The advice **Allerleirauh** offers is geared towards girls and young women, aged 13 to 27.

A confidant can also get support from **Allerleirauh** if a boy is affected or a child below the age of 13.

Advice is given freely on a confidential basis and, if desired, anonymously.

Appointments can be made by telephone during office hours. During those hours, you can also get advice directly on the telephone.

There are open counselling hours for girls between 3.00 and 5.00 pm on Thursdays (except for school holidays). **Allerleirauh** also offers group meetings.

At **Allerleirauh**, our counsellors are suitably qualified social workers and certified psychologists.

What else does Allerleirauh offer?

Apart from counselling, **Allerleirauh** also focuses on preventing sexual violence. For this purpose, **Allerleirauh** cooperates with schools and groups that work with children and youths.

In addition, **Allerleirauh** offers further training for trained social workers and teachers. People trained in these areas can also get advice at Allerleirauh, personally and on the phone.

To learn more about what **Allerleirauh** does, please go to www.allerleirauh.de.

