

WAR AGAINST RAPE WAR AGAINST RAPE



# What to do in the event of rape

A GUIDE FOR GETTING HELP

## ***Services provided by WAR:***

### **a) Legal Aid program:**

WAR is the only not-for-profit organization in Karachi that provides specialized free legal aid and legal counseling services to survivors of sexual abuse and domestic violence. We investigate one hundred cases of rape in Karachi in each year and encourage survivors to press charges against the perpetrator. The ultimate decision is, however, for the survivor to make. WAR prosecutes an average on 20 cases within Karachi in a year.

### **b) Counseling program:**

WAR provides crisis intervention and counseling to survivors of sexual abuse and domestic violence. WAR has developed a counseling system, which is implemented through the *First Contact Committee*, whereby an effective out-reach support service has been made possible through home visits. Strong coordination between the Counseling and Legal committees ensures that a psychologist is available for crisis intervention in all initial visits. Besides this, WAR also provides long-term counseling and support, which is offered by WAR's psychotherapist. When required, emergency medical intervention is also provided to survivors.

### **c) Awareness-raising program:**

WAR's awareness-raising activities broadly focus on the psychological and social ramifications of violence against women with specific emphasis on rape and domestic violence. WAR publishes awareness-raising literature all year round and bi-annual newsletters as part of its effort to highlight WAR's activities and the issue of rape and domestic violence. It networks with the police (including the women police), Medico-Legal Officers (MLOs), NGOs, NPOs and CBOs, by offering training and sensitization workshops. Chapters of "Young Friends of WAR" have been established at various schools and colleges and committed groups of young people help in various programs and activities. An annual thematic play highlights issues of women rights and is presented both for awareness-raising and fund-raising purpose.

## *What is rape under Pakistani law?*

According to section 375 of the Pakistan Penal Code, **Rape** takes place when a man has sexual intercourse with a woman under circumstances falling under any of the five following descriptions:

1. against her will,
2. without her consent,
3. with her consent, when the consent has been obtained by putting her in fear of death or of hurt,
4. with her consent, when the man knows that he is not married to her and that consent is given because she believes that the man is another person to whom she is or believes herself to be married; or
5. with or without her consent when she is under sixteen years of age.

Additionally, the law also states that *penetration* is sufficient to constitute the sexual intercourse necessary to the offence of rape.

Any man who is convicted of committing rape can be sentenced to death or a jail term between ten to twenty-five years with a fine.

Any man who is convicted for gang rape can be sentenced to death or a jail term of not less than twenty-five years.

Remember that the Hudood Ordinances no longer apply to cases of rape and gang rape.

## *What are my rights if I am raped?*

You have every right to press charges against a man or group of men who rape or attempt to rape you. Below is the procedure you can adopt to press charges against the culprits, but before you do that, you should do the following in the order mentioned:

1. If it has been less than 24 hours since the incident, without bathing or washing your clothes, go straight to the any of these Government hospitals and ask for a female Medico-legal Officer to examine you:

- a) **Civil Hospital Karachi**, Casualty, M.A. Jinnah Road, Karachi.
- b) **Jinnah Post Graduate Medical Centre**, Rafiqi Shaheed Road, Karachi.
- c) **Abbasi Shaheed Hospital**, Nazimabad No. 3, Near A.O. Clinic, Karachi.

2. If more than 24 hours have lapsed since the incident, than go to the **Police Surgeon's office, Directorate of Medico-legal Sector, Government of Sindh** on main M.A. Jinnah Road (opposite Jama Cloth Market, Karachi) and ask for a woman Medico-legal Officer to examine you. Whether it has been less or more than 24 hours, it is essential that you take the clothes you were wearing at the incident with you as they may be carrying evidence against the culprit. This evidence will would help you prove your case in court. Remember to take someone you trust with you or someone who knows the procedure involved.

3. You will be given a reference slip for your examination by the woman MLO. If this is not provided to you, it is your right to ask for it. You will be given your report in a few days time, not exceeding two weeks.

If you do not find a woman MLO in the office, it is your right to request for one. Women MLOs are required to examine all walk-in cases of rape free of charge and promptly. You will be well within your rights to complain of there is no one present to attend to you.

## ***How to lodge the First Information Report (F.I.R.)***

- ☞ State your name, father's name, residential address and the date and time of the incident first.
- ☞ Narrate all the facts and details of the incident in full and honestly.
- ☞ Register the eye witness's name, if any, and his/her father's name.
- ☞ If you are not an adult yet, request a close relative or someone you trust to fill out this information.
- ☞ Provide all this information to the **Town Police Officer** (T.P.O) at the local Police station in your area of residence.
- ☞ Make sure that if you have not gotten your medico-legal examination done till this point, you go for it as soon as possible, escorted by any Police Officer from your Town Police Station.
- ☞ If you know the perpetrator's name or his father's name, tell the concerned authorities. Otherwise, describe appearance(s), age, height, etc.
- ☞ Give details of any injuries suffered and say whether the person(s) carried any weapons.
- ☞ Put your signature or thumb impression at the end of the report.
- ☞ If you have any cloth(es) or sheet(s) incriminating the abuser, hand it over to the police.
- ☞ It is your right to acquire a readable copy of the F.I.R. Make sure to keep a few readable copies with you and store the original in a safe and secure place.

**For free help in registering F.I.Rs at your local Police Station,  
please contact us.**

## What will the MLO do?

The woman MLO will conduct a medical examination that will include:

1. Checking and recording any marks of violence on your body. If during the course of rape, the rapist left any scars, cuts, wounds, bruises or burns on your body or you suspect that there are fractures, be sure to point them out to the doctor. It is crucial that all evidence that points toward rape be secured and documented by the doctor.
2. Checking and recording any semen deposits on your body or clothes. Part of body or clothes where semen is found is usually sent to the Office of the Chemical Examiner for chemical testing.
3. Checking you for pregnancy if you are of a reproductive age. Girls who have attained puberty have to be tested for pregnancy to make sure that they have not conceived as a result of rape. Often pregnancy tests are not conducted by women MLOs until considerable time has lapsed since the rape. You may have to go back after a few weeks (minimum two weeks) before pregnancy can be detected.
4. Checking and recording signs of sexually transmitted diseases (STDs) and sexually transmitted infections (STIs). Venereal diseases often result from rape, putting your physical health at stake. **Severe vaginal infections can cause excessive bleeding, often leading to death in minor girls.** Make sure that the doctor present checks you for any signs of vaginal infection.

If the doctor sends your clothes and other evidence for forensic test to the Chemical Examiner's office, she may not give you your medical certificate for a few weeks until the results of forensic test have been made available. You will be, in that case, given one comprehensive report in a few days or possibly weeks.

Remember that all that is recorded in the medico-legal report and the FIR is absolutely crucial to your case. Should anything go unreported, your case can weaken in court, making prosecution difficult.

After the examinations and all tests conducted, the WMLO will issue a **medical certificate**. Be sure to store this in a safe place and make a few readable copies.

If you need any further information related to the procedure to follow and any form of help, contact us for free assistance at:

**War Against Rape**

102, Pearl Crest, 18-C, 4th Commercial Lane,  
Zamzama Blvd, Karachi 75500, Pakistan.

Tel: (9221) 35373008; Fax: (9221) 35830903

Email: waragainstrape.khi@gmail.com; info@war.org.pk

Website: [www.war.org.pk](http://www.war.org.pk)

## **Contact information of Police Stations and other organizations that can help:**

For reporting a case near you, you can find the following telephone numbers of different Town Police Stations (T.P.S.) useful:

### **Town Police Stations:**

<b>S. No</b>	<b>Town Police office</b>	<b>Telephone No</b>	<b>Fax No</b>
1	T.P.O Baldia	021-32812190	021-32817985
2	T.P.O Bin Qasim	021-5001274-6	-
3	T.P.O Clifton	021-35388278	021-35888808
4	T.P.O Gulshan-e-Iqbal	021-99230886	021-99231469
5	T.P.O Gulberg	021-99246162	021-9924618
6	T.P.O Gaddap	021-34644407	021-34644407
7	T.P.O Jamshed	021-99231399	021-34921844
8	T.P.O Kemari	021-99263022-3	021-9926304
9	T.P.O Korangi	021-35060782	021-35064248
10	T.P.O Landhi	021-35030481	021-35032495
11	T.P.O Liaqatabad	021-99232064-99231384	021-99232019
12	T.P.O Lyari	021-32529856	021-32540015
13	T.P.O Malir	021-99248412	-
14	T.P.O New Karachi	021-36995222	-
15	T.P.O North Nazimabad	021-36631551-36638101	021-36636060
16	T.P.O Orangi	021-36653716	021-36651443
17	T.P.O Saddar	021-99207385-6	021-99207384
18	T.P.O City Town	021-99216288	-
19	T.P.O Site	021-32563777	021-32583399
20	T.P.O Shah Faisal	021-99248001-6	021-99248008

## *Other stations where you can register your complaint are:*

### **Central Police office (CPO)**

Main I.I. Chundrigar Road, adjacent to the State Bank of Pakistan, Karachi.

Tel: (9221) 9921261-99212652-3 Fax: (9221) 99212059

### **Women Police Station**

Shahrah-e-Faisal, opposite to the Gora Qabrustan

Tel: (9221) 32782591

### **Women Police Station**

SP Liaqatabad Town, Karachi

Tel: (9221) 99230775

### **Women Police Station**

DIG East East, adjacent to the New Town Police Station, Karachi.

### **Other organizations that can help:**

#### **Lawyers for Human Rights and Legal Aid (LHRLA)**

D-1, Court View Apartments, 1<sup>st</sup> Floor,

Opposite Sindh Assembly Building, Court Road, Karachi.

Tel: (9221) 35219902 Fax: (9221) 35685938

#### **Madadgar Helpline**

Panorama Center, Zaib-un-Nisah Street, Sadar, Karachi.

UAN: 111911922 Tel: (9221) 35685824 Fax: (9221) 35684926

#### **Pakistan Women Lawyer Association (PAWLA)**

Room No. 710, Kashif Center, Main Shakra-e-Faisal, Karachi.

Tel: (9221) 35673266 Fax: (9221) 35673286

#### **Human Rights Commission of Pakistan (HRCP)**

(Sindh Chapter) Unit No. 08, First Floor,

State Life Building No. 5, (ILACO House),

Abullah Haroon Road, Sadar, Karachi.

Tel: (9221) 35637131-2 Fax: (9221) 35637133