



# Sexual Violence

Sexual Violence is any sexual act or activity which is unwanted and which has not been consented to. Sexual Violence can affect anyone, at any stage of their lives, regardless of gender or sexuality. A victim may experience one incident of sexual violence or many.

## Types *but not limited to:*

- Rape
- Sexual Assault
- Incest
- Ritual Abuse
- Female Genital Mutilation
- Sexual Harassment
- Forced Marriage
- Trafficking
- Sexual Exploitation

**Approximately 85,000 women and 12,000 men are raped in England and Wales every year; roughly 11 rapes (of adults alone) every hour (assaults by penetration and attempts)**

(Office for National Statistics and Home Office, 2013)

**1 in 5 women in the UK have experienced some form of sexual violence since the age of 16**

(Crime Survey of England and Wales, 2013)

## Useful Contacts

- Live Fear Free Helpline  
(Free, confidential, 24/7)  
0808 8010 800
- Rape Crisis England and Wales  
(Freephone)  
0808 802 9999

[www.gwentsafeguarding.org.uk](http://www.gwentsafeguarding.org.uk)



Diogelu Gwent  
Gwent Safeguarding

# Trais Rywiol

Mae Trais Rhywiol yn unrhyw weithred neu weithgaredd rhywiol nad yw'n ddymunol ac nad yw wedi'i gydsynio iddo. Gall Trais Rhywiol effeithio ar unrhyw un, ar unrhyw adeg o'u bywydau, waeth beth fo'u rhyw neu rywioldeb. Gall dioddefwr brofi un digwyddiad o drais rhywiol neu lawer.

## Mathau ond nid yn gyfyngedig i:

- Trais
- Ymosodiad Rhywiol
- Llosgach
- Cam-drin defodol
- Anffurfio organau cenhedlu benywod
- Aflonyddu Rhywiol
- Priodas dan Orfod
- Masnachu Mewn Pobl
- Camfanteisio'n rhywiol ar blant

**Mae oddeutu 85,000 o fenywod a 12,000 o ddynion yn cael eu treisio yng Nghymru a Lloegr bob blwyddyn; oddeutu 11 achos o drais (o oedolion yn unig) bob awr (ymosodiadau trwy dreiddiad ac ymdrechion i dreiddu)**

(Swyddfa Ystadegau Gwladol a'r Swyddfa Gartref, 2013)

**Mae 1 o bob 5 menyw yn y DU wedi profi rhyw fath o drais rhywiol ers 16 oed**

(Arolwg Troseddau Cymru a Lloegr, 2013)

## Cyslltiadau Defnyddiol

- Llinell Gymorth Byw Heb Ofn (*Am ddim, cyfrinachol, 24/7*) 0808 8010 800
- Rape Crisis Cymru a Lloegr (*Rhadffôn*) 0808 802 9999

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Produced in partnership with Safeguarding Boards across Wales