

# A Call for Post-Rape Care

**EVERY  
HOUR  
MATTERS**  
Speed is of the essence.



## Do you know that every hour matters after rape?

The **Every Hour Matters** campaign aims to increase awareness about the critical importance of quickly accessing post-rape care and calls on national and community leaders to ensure comprehensive services are available in all communities.

Most people are unaware of the many services that can help survivors heal from the trauma of rape. Survivors have 72 hours to receive post-exposure prophylaxis that can prevent HIV and 120 hours to receive emergency contraception to prevent pregnancy. Depending on the circumstances, rapid treatment for trauma may also prevent other short- and long-term health consequences. Mental health support is also critical, although less time-bound.

Sexual violence is a highly pervasive global problem for adults and children. An estimated one in three women worldwide have experienced either physical and/or sexual violence. In every country where Violence Against Children Surveys (VACS) have been conducted, an estimated 25 percent of girls' first sex was forced, and the majority of cases happened before the age of 16. In the United States, an estimated 11 percent of high school girls report that they have been raped. The majority of rapes, regardless of context, go unreported. For example, the VACS found that less than 5 percent of girls and boys who experienced sexual violence ever obtained services to help them recover.

Why do so few survivors get the help they need? Many do not know that *every hour matters*. In many parts of the world, care is not available, and if it is, people may not know where to get it. Even when services are available, the stigma and self-blame associated with rape often stops survivors. All of these issues are compounded for children.

It is our responsibility to take action so that survivors can speak out, get care and heal. **This is why we, the undersigned, call on national governments, organizations, and communities around the world to:**

1. Ensure comprehensive post-rape care services are available in every community, including for children;
2. Raise awareness about the benefits of quickly accessing healthcare after rape, and educate the community about where services are located;
3. Reduce barriers to care by enacting policies that are supportive of survivors;
4. Promote an environment that makes it safe to talk about rape so that the blame is put on the perpetrator and not the survivor. This will encourage more people to disclose their experiences and get support; and
5. Invest in prevention to end all forms of sexual violence.

To join the campaign, visit [everyhourmatters.org](http://everyhourmatters.org)

### TOGETHER FOR GIRLS GLOBAL PARTNERS:



### EVERY HOUR MATTERS PARTNERS:



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