

Safety at work!

A client who is well dressed and looks clean and healthy can still have diseases and be violent! Trust your gut feeling! Whether to go with a client or not is your choice!

Avoid drunken clients if possible.

Never accept more than one client at a time, no matter how much money you are offered.

Be friendly but firm when negotiating with a client. Be clear about your prices and which services you provide and stick to these.

Get your money first and keep them in a safe place.

If a client gets aggressive or insists that you should do something you do not want to do, try to stay calm. Pretend to agree, while you are thinking about how you can get out of the situation. Walk away from dangers – only defend yourself when it is absolutely necessary.

If you are attacked: Scream, shout and make a lot of fuss to attract attention.

Carry an alarm or a whistle on the inside of your clothing. Hairspray, mosquito repellent or perfume can be sprayed into the eyes of your attacker and give you time to run away.

Do not carry weapons – they can be used against you.

If a client tries to strangle you, do not try to remove his hands, but grab him very hard by the balls or hit both his ears with flat hands.

If you have to fight back to escape: attack the throat, eyes, balls or lower leg.

Knives, large pillows, belts and pieces of rope can be used as weapons against you.

A difficult decision

There may be situations where you have to give in in order to save your life. Do not try to fight unless you are certain you can win or you are sure he wants to kill you. If you give in: concentrate on the fact that the attack will end and then get help.

Always carry condoms, lubricating cream, pen and telephone! Use the camera on your phone to help you remember!

Clothing

Avoid long earrings, use small ones that can come off easily. Do not wear scarves, shawls, bags, purses or thick necklaces around your neck.

Avoid tight skirts which make it difficult to run. Wear shoes you can run in, or that are easy to remove / take off. Rings and jewellery could damage condoms.

Wear clothes that do not have to be removed or which are easy to put on and take off.

In an apartment

Work together with a colleague, or pretend that you do. Get to know your neighbours, so that you can get help if anything happens. Never sign a renting contract without having read and understood it properly. Never keep big amounts of money in the apartment. If possible: meet the client outside to check him out before going into the apartment together. Have a plan for how to escape. Have an alarm with you. Do not leave a key in the door. Do not lock the door if you do not feel comfortable with the client. Hide your valuables.

If possible: Do not work alone and look out for each other. Agree on alarm signals.

On the streets

Work in places that are well-lit. It should not be an isolated place. Get to know the area you work in well. Know where there are open shops, taxis, police stations and escape routes. Check the client's car before getting in. If you see objects that can be used against you, make the client put it in the boot of the car. Never get in a car with more than one man inside.

Find places to take your client that are not too far away. Tell a friend or colleague where you are going, or pretend to do so. Try to get filmed by a security camera and let the client know that you both have been filmed. Make sure you can get out of the car: Do not let the client park against the wall and do not close the door if the car has central locking.

Going to a client's home

Always speak to and make arrangements with the client yourself. If possible: check the address and name of the client on internet. Tell someone where you are going and when you expect to be back, or pretend to have done so. Pay attention to the surroundings before going in: Note possible escape routes and places you might get help. Take a picture of the entrance with your phone. Pay attention to which way the door opens and how it locks. If you feel scared or are attacked, try to stay calm and to calm down the situation. If you are uncertain about a client, leave immediately.

Hotel

Tell someone where you are going and when you expect to be back, or pretend to have done so. Try to get filmed by security cameras in the reception, if possible together with the client. Memorise the room number - take a picture of the door with your phone! Take note of emergency exits close to the room. Carry an alarm. Keep as much clothing on as possible in case you have to run.

Alcohol and drugs affect your ability to react and act on your instincts. Do not accept food, drinks or drugs from a client unless the bottle/wrapper is unopened. Let the client taste first.

Has someone been violent to you?

Violence is

To hit, kick, push hard, pull hair, try to strangle someone or other actions which leads to pain, cuts, bruise or broken bones. To force someone to engage in sexual activities such as oral sex, intercourse (vaginally or anally) or force objects into his/her body is also violence. This is called rape. All these actions are illegal in Norway. To threaten someone – with or without weapon – by saying that they will be killed or seriously injured is also illegal. For the attacker to be punished, the act and the identity of the person must be reported to the police.

If someone has been violent to you or have raped you
Call 113 if you are seriously injured. Go to someone you trust, a friend or Pro Sentret.

Get help

Go to an Emergency Medical Agency (*legevakt*). In Oslo the Sexual Abuse Casualty Unit is in Storgata 40, at Oslo Emergency Medical Agency (*Oslo legevakt*). At the Emergency Medical Care telephone, 113, you can get information about the closest Emergency Medical Agency in other parts of the country.

Where to get help

Police emergency 112
Emergency medical care 113
Pro Sentret 23 10 02 00

In Oslo:

The Sexual Abuse Casualty Unit
23 48 70 90
Oslo Women's Shelter
22 48 03 80

Reporting violence and rape to the police

This means notifying the police about an illegal act committed against you. The police have a duty of confidentiality. You can bring a lawyer or someone else that you trust with you to the police. When the police have received the report, they will start an investigation and decide whether or not to make an indictment. The court will make a decision regarding punishment.

Free lawyer

If you have been subjected to sexual violence, domestic violence or other serious acts of violence you have the right to get a free lawyer. Before reporting the violent act(s) you have the right to three free appointments with a lawyer. If you decide to report, the lawyer will go with you to the police. The lawyer will also follow up the investigation, help you if your case goes to court and help you to claim economic compensation.

Compensation for victims of violence

If someone has been violent to you, and you have reported this to the police, you may apply for compensation from The Norwegian Criminal Injuries Compensation Authority. Inform the police if you want to claim compensation from your attacker.

Try to secure evidence

Try not to shower, wash, change or throw away clothes, brush your teeth, eat or drink. At the casualty unit they will try to secure biological evidence (semen, saliva, blood, hair) that can identify the abuser. This is very important if you decide to report the violence.

What happens at the sexual abuse casualty unit?

You will be offered an examination and treatment of any physical injuries. They will take samples to secure any evidence. You will be offered emergency contraception. You will be offered acute treatment for various types of transferable diseases. You will be offered someone to talk to, and any psychological injuries will be followed up on.

Do you want to report it?

You can get help with going to the police to report it. The casualty unit will keep the evidence for 6 months. You are entitled to a free lawyer. You can get help to find a good one at Pro Sentret.

Can't face going to the Casualty Unit or the police right now?

You can take pictures of visible injuries. You can buy emergency contraception without a prescription from any pharmacy. You must take it within 72

hours. We advise you to see a doctor, at Pro Sentret for example, within 10 days for an examination and blood tests / testing for diseases. It is good to talk to someone about what you have experienced. Your family/partner can also get help.

Rape is never your fault

It is quite normal for reactions such as anxiety and fear to only occur after a while. Everyone will react differently after having been through violence and/or rape, and it can manifest itself in many different ways. Most people find professional help useful, and it is never too late to seek it.

Important – help us to help you

If someone has been violent to you note down *date* and *time*, and the place it happened (address, telephone number, name on the door)

Description of attacker

Age: _____

Height: _____

Build: _____

Eye colour/glasses: _____

Moustache/beard: _____

Language/accents: _____

Clothing: _____

Skin colour: _____

Description of car

Colour: _____

Type/brand: _____

Registration number: _____

If a report to the police has this kind of information it is easier for them to investigate the case.

If you want us to, Pro Sentret can pass on information about the attacker to others, so that they can avoid this client. This is for example done through warning notes.

Safety at work!

ProSentret
OSLO KOMMUNE

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This folder is made for people who sell sexual services by Pro Sentret and with the support of the Ministry of Justice and Public Security.

Has someone been violent to you?

Police emergency: 112
Emergency medical care: 113

