



Know
Before
You
Go

DENMARK

A Guide to Keep You Safe Abroad

Provided by Sexual Assault Support and
Help for Americans Abroad (SASHAA)

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SASHAA
Sexual Assault Support &
Help for Americans Abroad

Let's be perfectly clear, the number one way to prevent sexual assault is to **not rape**. While the responsibility of ending sexual gender-based violence is on the perpetrators, this guide will offer general safety tips, country-specific information, and resources to help prevent and prepare travelers for the possibility of sexual assault abroad.

GENERAL SAFETY TIPS:

1. Use the **buddy system** and travel with friends!
2. Be aware of **social and cultural norms**. For example, looking at someone in the eyes when you speak to them is perfectly normal in the U.S., but in another country that could signify you're interested in the person.
3. **Recognize controlling behavior** when entering a relationship. Most rape survivors recall feeling "uncomfortable" about some of their partner's behaviors such as degrading jokes/language or refusal to accept "no" as an answer, whether in a sexual context or otherwise.²
4. **Avoid secluded places** where you could be more vulnerable. Meet new people in public spaces and let a trusted friend know where you'll be beforehand.
5. **Trust your gut**. Many victims have a "bad feeling" right before an assault takes place.



ALCOHOL AND DRUG AWARENESS:

- Always be sure to watch your drink being poured and carry it yourself, even to the bathroom.
- Be aware of "drug-facilitated sexual assault drugs," also referred to as 'roofies' or 'club drugs,' which may turn your drink bright blue, cloudy, or slightly salty. Effects such as impaired judgment, lost sense of sight, sound, or consciousness can be felt within 15 minutes and up to 4 hours.³
- There is no age requirement for drinking alcohol in Denmark, but one must be 18 years of age to be served alcoholic drinks in any establishment.⁴

CULTURAL INFORMATION:

Major Religions: Evangelical Lutheran (official) 80%, Muslim 4%, other 16% (denominations of less than 1% each, includes Roman Catholic, Jehovah's Witness, Serbian Orthodox Christian, Jewish, Baptist, and Buddhist)⁵

Legal System: Denmark is a constitutional monarchy. The Act of 1953 places the legislative power with the King and the Parliament conjointly. The judicial power lies with the Courts of Justice.⁶

Social/Cultural Norms: Danes take pride in the notion of 'hygge', which roughly translates to a state of cosiness, warmth and relaxation in the company of friends and family. While Danes might seem reserved at first, you will usually find them to be outspoken and fun-loving. Generally, Danes avoid superficiality and hype, express their honest opinions, and observe certain formalities.⁷

Gender Equality: A 2015 survey by the World Economic Forum ranked Denmark 14th out of 145 countries in terms of gender equality.⁸ The Danish Act on Gender Equality promotes "equal integration, equal influence and equal opportunities in all functions in society."⁹



Sexual Assault and the Law: Danish Context

The law criminalizes rape, including spousal rape and domestic violence. Penalties for rape include imprisonment for up to 12 years, depending on the seriousness of the offense. Danish Criminal Code defines rape as "sexual intercourse by violence or under threat of violence."¹⁰ In Danish Law there does not exist a specific definition of sexual assault. Denmark led the way in 1987 when rape victims were given the right of access to a court-appointed lawyer. The rape victim's status is that of a witness, which means they must participate in the investigation as necessary or can be punished for perjury.¹¹

If You Experience Sexual Assault...

Don't blame yourself! **Sexual assault is never the fault of the victim.** You may be unsure of how to proceed, and that's okay. First, consider taking the following actions:

1. If you are in a safe place, **call someone you trust** to be with you. If you are not safe, call someone you trust to come and get you.
2. Do **self-collection of evidence**. Put all of the clothes you were wearing, bed sheets, and so on in a paper bag. If you have any injuries, **take pictures**. If there is semen present, collect what you can in a hotel glass or cup and put it in the paper bag.
3. **Call a SASHAA advocate** internationally toll free, 24 hours a day, 7 days a week. They can help you through the ordeal, honoring your decisions. (See Resources)

Medical Care and Reporting Sexual Assault in Denmark

Danish law enforcement, public safety, and security services are professional, highly trained, well equipped, and effective. All local police precincts can be contacted by dialing **114**. The Crime Victim Assistance, 'ACS unit' accepts appointments between 9 am and 12 noon on weekdays, except Thursdays. Most police officers are quite proficient in English.¹² Furthermore, there are Centres for Victims of Sexual Assault in eight major towns located at hospitals and open 24 hours a day (see resources). These centres provide medical and psychological help as well as forensic medical examinations if the victim wishes to report the crime. The medical examination and any necessary treatment will be carried out by female physicians. The victim will be offered consultations with psychologists and social workers affiliated to the centre and may rest or spend the night there. All examinations and treatments are free of charge and confidential.¹³

LGBTQ VICTIM CONCERNS



Homosexual activity and same-sex marriages are legal in Denmark. It is also legal to change gender without required surgery and to openly serve in the military. Currently there are no laws protecting LGBT community outside the labor market, however, there is protection against discrimination at court in the criminal code.¹⁴

POST EXPOSURE PROPHYLAXIS, EMERGENCY CONTRACEPTION, AND ABORTION

Q: Are post exposure prophylaxis and emergency contraception available?

A: In Denmark, LNG EC is available over the counter from pharmacies and family planning clinics. UPA EC is available behind the counter from pharmacies and needs to be requested from a pharmacist in order to purchase.¹⁵

Q: Is abortion legal in Denmark?

A: Since 1973 the country entitles women "domiciled in Denmark to undergo an abortion during the first 12 weeks of pregnancy, after the submission of an application for abortion." Grounds on which abortion is permitted are as follows: to save the life of the woman, to preserve physical health, to preserve mental health, rape or incest, fetal impairment, and economic or social reasons. 2nd trimester abortions are available when pregnancy resulted from a criminal act.¹⁶

Resources

SASHAA

SASHAA International Crisis Line:

To call our confidential, toll-free, International Crisis Line first dial the country specific AT&T access code for **Denmark (800-100-10)**. Then, at the prompt, enter our phone number: **866-USWOMEN (866-879-6636)**.

Crisis Email:

To reach a SASHAA advocate, you can email us at crisis@866uswomen.org. All crisis emails will be responded to within 24 hours. However, if you need to get in touch with us immediately, please call the international toll-free crisis line.

Live Chat:

SASHAA online chat services are available 24/7 at our website <https://sashaa.org>.

COUNSELING CENTERS

Victim Counselling Service

Vesterballevej 5, 7000 Fredericia

Tel : +45 43 58 44 02

Email: info@offerraadgivning.dk

Website: www.offerraadgivning.dk

Thora Center

Jægersborgvej 1, 1. sal, DK - 2800 Kgs. Lyngby

Tel: +33 32 86 50 (Mon-Thurs 10am-3pm)

Email: abuse@thoracenter.dk

Victim Aid Denmark

Rådhusstræde 7, 1, 8900 Randers C

Tel: +86 41 59 00 (8am-2pm)

Email: voldsofre@voldsofre.dk

Website: www.voldsofre.dk

U.S. EMBASSIES/CONSULATES

U.S. Embassy Copenhagen

Dag Hammarskjölds Allé 24, DK 2100 Copenhagen Ø

Tel: +45 3341 7100

Email: CopenhagenRSO@state.gov

HOSPITALS

Rigshospitalet

Emergency care and trauma facility
Blegdamsvej 9, 2100 DK Copenhagen.
Tel: +45 3545 3545.

Herlev Hospital

Herlev Ringvej 75, 2730 Herlev
Tel: +45 3868 3868

Hvidovre Hospital

Kettegårds Alle 30, 2650 Hvidovre
Tel: +45 3632 3632

Nordsjællands Hospital

Bakkedraget, 3400 Hillerød,
Tel: +45 4829 4829

SEXUAL ASSAULT CENTERS

Center for Sexual Assault - Copenhagen

Stairwell 5, 3rd floor- Dep. 5032

Rigshospitalet, Blegdamsvej 9, DK-2100 Copenhagen

Tel: +45 3545 4085 / +45 3545 4085 (8am-3pm)

On-call nurse: +45 3545 5032 (24 hr/day)

Email: csorh.regionh.dk

Center for Sexual Assault - Aarhus University

Centre for Rape Victims, ER

Nørrebrogade 44, Building 7, 8000 Aarhus C

Tel: +78 46 35 43

Email: aarhus.cfv@rm.dk

Acute Trauma Center - Aalborg

Aalborg University Hospital South

Hobrovej 18-22, 9000 Aalborg

Tel: +97 66 43 60

Visit website for all locations: www.voldtaegt.dk

POLICE

Emergency police: 112

Non-emergency police: 114

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- ¹³ Amnesty International. Rape and Human Rights in the Nordic Countries: Support for Victims of Rape. Accessed on December 2, 2016. <https://amnesty.dk/media/1557/case-closed.pdf>
- ¹⁴ Equaldex. LGBT Rights in Denmark. Accessed on December 5, 2016. <http://www.equaldex.com/region/denmark>
- ¹⁵ European Consortium for Emergency Contraception. Denmark. Accessed on December 5, 2016. <http://www.ec-ec.org/emergency-contraception-in-europe/country-by-country-information-2/denmark/>
- ¹⁶ Women on Waves. Abortion law Denmark. Accessed on December 5, 2016. <https://www.womenonwaves.org/en/page/4769/abortion-law-denmark>