Sexual Assault

- In the United States, 1 in 5 women and 1 in 33 men have been sexually assaulted.
- College age women are 4 times more likely to be sexually assaulted.
- For both completed and attempted rapes, about 9 in 10 perpetrators are known to the victim. Most often a boyfriend, ex-boyfriend, friend, acquaintance, or coworker sexually victimized the women.
- At least one half of all sexual assaults committed during the college years involve alcohol consumption by the perpetrator, the victim or both.
- The majority of reported victims and offenders are college age, with the rape victimization highest among 16-19 year olds.
- 42% of college women who were raped told no one about their assault.

Self Defense
- 70% of women who fight back during an assault avoid rape.
What Is Sexual Assault?

Sexual assault can be broadly defined as sexual contact that occurs without the explicit consent of the recipient. A few examples of acts that are classified as sex crimes include:

* Touching, fondling, kissing, and other unwanted sexual contact (Sexual Battery)

*Sexual intercourse against a person’s will (Rape)

*Sexual intercourse with a minor more than three years younger (Unlawful sexual intercourse).

In general, state law assumes that a person does not consent to sexual activity if he or she is forced, threatened, unconscious, drugged, a minor, developmentally disabled, chronically mentally ill, or believe they are undergoing a medical procedure.

Perpetrators of sexual assault can be strangers, friends, acquaintances, family members, male or female.

Perpetrators may commit sexual assault by means of overt physical violence, threats, coercion, manipulation, pressure, or tricks. Often, sexual assault involves psychological coercion and taking advantage of an individual who is incapacitated or under duress and, therefore, is incapable of making a decision on his or her own.

Adapted from: Rape, Abuse, and Incest National Network

“Rape, as defined in Section 261 or 262 [of the California Penal Code] is punishable by imprisonment in the state prison for three, six, or eight years.” Someone convicted of a sex crime has to register as a sex offender for life.

Consensual is Sensual

Talk - Know your own limits and talk about what you want and don’t want in a sexual experience. Consent to one form of sexual activity does not necessarily imply consent to other forms of sexual activity. Check in with your partner often. Say “NO” out loud if you don’t feel comfortable with what’s happening. If someone pushes your limits, tell them out loud to STOP. If they don’t stop when you tell them to, they have committed a sexual assault.

Listen –A positive sexual experience means listening to your partner. “No” means NO! Silence means NO! “Maybe” means NO! Drunk “yes” means NO! ONLY “Yes” MEANS YES!

Responding to Sexual Assault

Report the assault- You can report the assault to police and receive emergency care by calling 911.

Get support- Tell someone who understands, such as a trusted friend, family member or professional counselor.

COMMON REACTIONS TO SEXUAL ASSAULT

- Feeling responsible or guilty for being in that situation
- Anger and/or fear
- Confusion, especially if the assailant was someone you know; confusion about what happened, especially if you were drunk or dosed
- Loss of trust in others, or in your own judgment, especially if the assailant was someone you know
- Shame, embarrassment, disbelief, vulnerability, betrayal, powerlessness
- Using drugs, food, sex or alcohol to numb your pain
- Flashbacks; depression; problems sleeping, eating, concentrating, remembering

HELPING A FRIEND

- Listen at their pace.
- Understand that they might experience conflicting feelings.
- Be supportive & communicate that you care.
- Respond to their emotions as normal and understandable.
- Reassure them that they did the best they could.
- Help them find community and professional resources.
- Reassure them that they can recover.

Do…

- Tell them you are proud of them for surviving.
- Let them make decisions.
- Let them cry, yell, talk or be silent.
- Acknowledge that it takes courage to ask for help.
- Go with them to the ER or home if they are going by cab.
- Let them know their option to report to police.
- Take care of yourself too.

Don’t…

- Ask what they were wearing.
- Ask why they were where they were.
- Put them in a cab alone to be taken home or to the ER.
- Embrace them without asking permission.
- Blame them – they couldn’t control the other person’s actions.
- Discourage them from reporting OR guarantee that their case will be prosecuted by the District Attorney.
- Take revenge against the accused.
- Tell others their story without permission.