

Module 3: Realities of Sexual Assault

Time Required

55 minutes

Purpose

This module includes an examination of the realities of sexual assault, allowing participants to deepen their understanding of the issues.

Lessons

1. Incidence and Prevalence of Sexual Assault (20 minutes)
2. Myths and Facts About Rape and Sexual Assault (35 minutes)

Learning Objectives

By the end of this module, participants will be able to

- Correctly answer at least two questions about the incidence and prevalence of sexual assault in the United States.
- Identify at least one factor contributing to underreporting of sexual assault.
- List at least two myths and two facts about rape and sexual assault.

Participant Worksheets

- Worksheet 3.1, Incidence and Prevalence of Sexual Assault
- Worksheet 3.2, Myths and Facts About Rape and Sexual Assault

Equipment and Materials

- Large (3- by 5-inch) index cards or sticky notes (two per participant).

Preparation

- On a tear sheet, write “Myths and Facts About Rape and Sexual Assault” across the top in large letters. Underneath, draw a line down the center, forming two columns. At the top of the left column, write “Myths.” At the top of the right column, write “Facts.” Tape this sheet to the wall, with the writing facing the wall. When you begin the Myth or Fact? activity, turn the paper around so the writing is visible.

Myths and Facts About Rape and Sexual Assault

<i>Myths</i>	<i>Facts</i>

- If you are using index cards instead of large sticky notes, tear off short pieces of masking tape (two per participant) and attach them lightly to the wall by the paper; the participants will use the tape to attach their cards to the appropriate column, as described in the activity.



Show Visual 3-1.

Introduce the module.



Show Visual 3-2.

Review the purpose and learning objectives for this module.

By the end of this module, participants will be able to

- Correctly answer at least two questions about the incidence and prevalence of sexual assault in the United States.
- Identify at least one factor contributing to underreporting of sexual assault.
- List at least two myths and two facts about rape and sexual assault.

1. Incidence and Prevalence of Sexual Assault (20 minutes)



Show Visual 3-3.

Introduce the module by asking participants how familiar they are with the incidence and prevalence of sexual assault in the United States. The following statistics are from the *2017 National Crime Victims' Rights Week Resource Guide*.



Show Visual 3-4.

Introduce the activity.



Activity: Friendly Competition (15 minutes)

- 1. The participants will work in groups in a friendly competition as you proceed through a series of questions and answers. Divide participants into groups of four or five. Ask a volunteer to act as scorekeeper.**
- 2. Refer participants to Worksheet 3.1, Incidence and Prevalence of Sexual Assault, in the Participant Manual. They may use the worksheet to record the correct responses, but ask them not to look for the correct answers in their manuals.**
- 3. Each of the questions below appears on a visual, with the correct answer to the question on the next visual. Show each visual and pose the question to the group.**

4. *As you show each visual, ask participants to call out the correct answer. Allow sufficient time for several participants to respond in case they disagree on the correct answer.*
5. *After several responses, show the correct answer on the following slide. (The answers are also duplicated below.)*
6. *The participant who was the first to call out the correct answer will receive one point for their table group. The scorekeeper will keep track of group points.*
7. *Keep posing questions to the groups until all questions are answered.*
8. *The table group that answers the most questions correctly is declared the winner.*



Show Visual 3-5.

Instructor Note:

The questions that appear on the following PowerPoint visuals also are in the Participant Manual. Allow participants to try to respond before showing the answer on the following PowerPoint visual.

Tell participants that the following statistics are from the *2017 National Crime Victims' Rights Week Resource Guide*, the *FBI Uniform Crime Report*, the Bureau of Justice Statistics' *2015 Criminal Victimization* report, and the *Fiscal Year 2016 Department of Defense Annual Report on Sexual Assault in the Military*.

Q: Over their lifetime, what percentage of women will have been raped?

- A. 5 percent
- B. 10 percent
- C. 19 percent
- D. 20 percent



Show Visual 3-6.

A: Over their lifetime, an estimated 19 percent of women will have been raped.



Show Visual 3-7.

Q: How many people who experienced rape or sexual assault in 2015 were female?

- A. 1.2 per 1,000 people
- B. 1.8 per 1,000 people
- C. 2.2 per 1,000 people
- D. 2.5 per 1,000 people



Show Visual 3-8.

A: The number of female victims who experienced rape or sexual assault in 2015 was 2.2 per 1,000 people.



Show Visual 3-9.

Q: Of the sexual violence victims in 2015, what percentage of female victims reported receiving victim services?

- A. 21 percent
- B. 47 percent
- C. 76 percent
- D. 80 percent



Show Visual 3-10.

A: In 2015, 21 percent of female victims reported receiving victim services.



Show Visual 3-11.

Q: According to the 2010 National Intimate Partner and Sexual Violence Survey (NISVS), what percentage of female rape victims were assaulted by a stranger? Was it approximately:

- A. 12 percent
- B. 14 percent
- C. 36 percent
- D. 55 percent

 **Show Visual 3-12.**

A: According to the 2010 NISVS, 14 percent of rapes were committed by a stranger.

 **Show Visual 3-13.**

Q: In 2015, what percentage of all rapes and sexual assaults were reported to law enforcement?
Was it approximately:

- A. 15 percent
- B. 32 percent
- C. 54 percent
- D. 70 percent

 **Show Visual 3-14.**

A: In 2015, approximately 32 percent of all rapes and sexual assaults were reported to law enforcement.

 **Show Visual 3-15.**

Q: In FY 2016, an estimated _____ military members indicated experiencing a sexual assault.

- A. 5,350
- B. 6,172
- C. 9,832
- D. 11,300

 **Show Visual 3-16.**

A: In FY 2016, 5,350 military service members reported experiencing a sexual assault.

 **Show Visual 3-17.**

Q: What is the estimated lifetime cost of rape victimization per victim?

- A. \$56, 349
- B. \$70,000
- C. \$100,209
- D. \$122,461



Show Visual 3-18.

A: The estimated lifetime cost of rape victimization per victim is \$122,461. These fees can include medical and counseling fees, lost wages, moving fees, and other costs.

2. Myths and Facts About Rape and Sexual Assault (35 minutes)

Tell participants the group is now going to discuss myths and facts about rape and sexual assault.



Show Visual 3-19.

Introduce the activity.

Instructor Note:

Ask participants to close the Participant Manual so they will not have easy access to facts about rape and sexual assault.



Activity: Myth or Fact? (35 minutes)

1. *Tape the prepared tear sheet labeled “Myths and Facts About Rape and Sexual Assault” to the wall.*
2. *Ask participants to close their manuals.*
3. *Distribute two index cards to each participant. Ask participants to take 2–3 minutes to write either a myth or a fact about rape or sexual assault on each index card. When they finish, they should tape their index cards on either the “Myth” side of the chart or the “Fact” side. The cards are anonymous, so participants should not worry if they are unsure of the statements they write on their cards.*
4. *When the participants have placed all of their cards on the chart, review the myths and facts by reading each one aloud. It is possible that some of the cards under the “Fact” side might actually be myths, and vice versa. Move the cards to the correct side.*

5. *After you read each card, ask participants to determine if the card is in the right place. If not, provide accurate information about the statement and move the card to the other column. If the following statements are not mentioned, review them with the participants.*
6. *Read the myths aloud and ask participants to state the facts. Provide hints and information as needed.*
7. *When you have reviewed the myths and facts, refer participants to Worksheet 3.2, Myths and Facts About Rape and Sexual Assault, in the Participant Manual, which includes a list of the myths and facts discussed below, as well as space for notes about additional myths and facts that may have been raised by the participants.*

Present myths and facts about rape and sexual assault.



Show Visual 3-20.

Myth: Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.



Show Visual 3-21.

Fact: Rape and sexual assault are crimes of violence and control that stem from a person's determination to exercise power over another. Neither provocative dress nor promiscuous behavior are invitations for unwanted sexual activity. Forcing someone to engage in nonconsensual sexual activity is sexual assault, regardless of the way that person dresses or acts (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-22.

Myth: If a person goes to someone's room, house, or goes to a bar, he/she assumes the risk of sexual assault. If something happens later, he/she can't claim that he/she was raped or sexually assaulted because he/she should have known not to go to those places (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-23.

Fact: This "assumption of risk" wrongfully places the responsibility of the offender's actions with the victim. Even if a person went voluntarily to someone's residence or room and consented to engage in some sexual activity, it does not serve as a blanket consent for all sexual activity. If a person is unsure about whether the other person is comfortable with an elevated level of sexual activity, the person should stop and ask. When someone says "No" or "Stop," that means STOP. Sexual activity forced upon another without consent is sexual assault (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-24.

Myth: It's not sexual assault if it happens after drinking or taking drugs.



Show Visual 3-25.

Fact: Being under the influence of alcohol or drugs is not an invitation for nonconsensual sexual activity. A person under the influence of drugs or alcohol does not cause others to assault him/her; others choose to take advantage of the situation and sexually assault him/her because he/she is in a vulnerable position. Many state laws hold that a person who is cognitively impaired due to the influence of drugs or alcohol is not able to consent to sexual activity. The act of an offender who deliberately uses alcohol as a means to subdue someone in order to engage in nonconsensual sexual activity is also criminal (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-26.

Myth: Most sexual assaults are committed by strangers.



Show Visual 3-27.

Fact: Most sexual assaults and rapes are committed by someone the victim knows. Among victims aged 18 to 29, two-thirds had a prior relationship with the offender. During 2000, about 6 in 10 rape or sexual assault victims stated the offender was an intimate partner, other relative, a friend or an acquaintance. A study of sexual victimization of college women showed that most victims knew the person who sexually victimized them. For both completed and attempted rapes, about 9 in 10 offenders were known to the victim. Most often, a boyfriend, ex-boyfriend, classmate, friend, acquaintance, or coworker sexually victimized the women. Sexual assault can be committed within any type of relationship, including in marriage, in dating relationships, or by friends, acquaintances or coworkers. Sexual assault can occur in heterosexual or same-gender relationships. It does not matter whether there is a current or past relationship between the victim and offender; unwanted sexual activity is still sexual assault and is a serious crime (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-28.

Myth: Rape can be avoided if people avoid dark alleys or other “dangerous” places where strangers might be hiding or lurking.



Show Visual 3-29.

Fact: Rape and sexual assault can occur at any time, in many places, to anyone. As pointed out above, many rapes are committed by people known to the victim. While prudent, avoiding dark alleys or “dangerous” places will not necessarily protect someone from being sexually assaulted (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-30.

Myth: A person who has really been sexually assaulted will be hysterical.



Show Visual 3-31.

Fact: Victims of sexual violence exhibit a spectrum of responses to the assault, which can include calm, hysteria, withdrawal, anger, apathy, denial, and shock. Being sexually assaulted is a very traumatic experience. Reactions to the assault and the length of time needed to process through the experience vary with each person. There is no “right way” to react to being sexually assaulted. Assumptions about a way a victim “should act” may be detrimental to the victim because each victim copes with the trauma of the assault in different ways which can also vary over time (U.S. Department of Justice Office on Violence Against Women). In the next module, we are going to address the neurobiology of trauma and sexual assault.



Show Visual 3-32.

Myth: All sexual assault victims will report the crime immediately to the police. If they do not report it or delay in reporting it, then they must have changed their minds after it happened, wanted revenge, or didn't want to look like they were sexually active.



Show Visual 3-33.

Fact: There are many reasons why a sexual assault victim may not report the assault to the police. It is not easy to talk about being sexually assaulted. The experience of retelling what happened may cause the person to relive the trauma. Other reasons for not immediately reporting the assault or not reporting it at all include fear of retaliation by the offender, fear of not being believed, fear of being blamed for the assault, fear of being “revictimized” if the case goes through the criminal justice system, belief that the offender will not be held accountable, wanting to forget the assault ever happened, not recognizing that what happened was sexual assault, shame, and/or shock. In fact, reporting a sexual assault incident to the police is the exception and not the norm. From 1993 to 1999, about 70 percent of rape and sexual assault crimes were not reported to the police. Because a person did not immediately report an assault or chooses not to report it at all does not mean that the assault did not happen.

Victims can report a sexual assault to criminal justice authorities at any time, whether it be immediately after the assault or within weeks, months, or even years after the assault. Criminal justice authorities can move forward with a criminal case so long as the incident is reported

within the jurisdiction's statute of limitations. Each state has different statutes of limitations that apply to the crimes of rape and sexual assault. Statutes of limitation provide for the time period in which criminal justice authorities can charge an individual with a crime for a particular incident. If you have any questions about your state's statutes of limitation, you can call your local police department, prosecutor's office, local sexual assault victim services program, or state sexual assault coalition (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-34.

Myth: Only young, pretty women are assaulted.



Show Visual 3-35.

Fact: The belief that only young, pretty women are sexually assaulted stems from the myth that sexual assault is based on sex and physical attraction. Sexual assault is a crime of power and control, and offenders often choose people whom they perceive as most vulnerable to attack or over whom they believe they can assert power. Sexual assault victims come from all walks of life. They can range in age from the very old to the very young. Many victims of sexual violence are under 12 years old. Sixty-seven percent of all victims of sexual assault reported to law enforcement agencies were juveniles (under the age of 18); 34 percent of all victims were under age 12. One of every seven victims of sexual assault reported to law enforcement agencies were under age 6. Men and boys are sexually assaulted, too. Persons with disabilities are also sexually assaulted. Assumptions about the "typical" sexual assault victim may further isolate those victimized because they may feel they will not be believed if they do not share the characteristics of the stereotypical sexual assault victim (Rennison 2001).



Show Visual 3-36.

Myth: It's only rape if the victim puts up a fight and resists.



Show Visual 3-37.

Fact: Many states do not require a victim to resist in order to charge the offender with rape or sexual assault. In addition, there are many reasons why a victim of sexual assault would not fight or resist his/her attacker. She/he may feel that fighting or resisting will make her/his attacker angry, resulting in more severe injury. She/he may not fight or resist as a coping mechanism for dealing with the trauma of being sexually assaulted. Many law enforcement experts say that victims should trust their instincts and intuition and do what they think is most likely to keep them alive. Not fighting or resisting an attack does not equal consent. It may mean it was the best way she/he knew how to protect herself/himself from further injury (Greenfeld and Smith 1999).



Show Visual 3-38.

Myth: Someone can only be sexually assaulted if a weapon was involved.



Show Visual 3-39.

Fact: In many cases of sexual assault, a weapon is not involved. The offender often uses physical strength, physical violence, intimidation, threats, or a combination of these tactics to overpower the victim. Most sexual assaults are perpetrated by someone known to the victim. An offender often uses the victim's trust developed through their relationship to create an opportunity to commit the sexual assault. In addition, the offender may have intimate knowledge about the victim's life, such as where he/she lives, where she works, where she goes to school, or information about her family and friends. This enhances the credibility of any threats made by the offender since he/she has the knowledge about his/her life to carry them out. Although the presence of a weapon while committing the assault may result in a higher penalty or criminal charge, the absence of a weapon does not mean that the offender cannot be held criminally responsible for a sexual assault (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-40.

Myth: Rape is mostly an interracial crime.



Show Visual 3-41.

Fact: The vast majority of violent crimes, which include sexual assaults and rapes, are intraracial, meaning the victim and the offender are of the same race. This is not true, however, for rapes and sexual assaults committed against Native women. American Indian victims reported that approximately 8 in 10 rapes or sexual assaults were perpetrated by Whites. Native women also experience a higher rate of sexual assault victimization than any other race (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-42.

Myth: If there was no penetration by a penis, then there was no rape.



Show Visual 3-43.

Fact: Legal definitions of sexual assault vary from state to state. For the purposes of this training, rape is the penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim (U.S. Department of Justice Office on Violence Against Women).



Show Visual 3-44.

Myth: Most people lie about being sexually assaulted. It's not really a big problem.



Show Visual 3-45.

Fact: National statistics say that 1 in 4 women and 1 in 6 men will be sexually assaulted by the age of 18. National studies say that 2–8 percent of all sexual assault reports are false. That means that as many as 98 percent of the people who say they are sexually assaulted were actually assaulted. For more information, visit the Bureau of Justice Statistics at bjs.ojp.usdoj.gov.



Show Visual 3-46.

Myth: GHB (gamma hydroxybutyric acid) is the most commonly used drug to facilitate a sexual assault.



Show Visual 3-47.

Fact: Alcohol is easy to get, socially acceptable to use (even if underage), and lowers inhibitions while diminishing physical capabilities. Many sexual assaults occur when someone uses alcohol as a weapon to render someone vulnerable or when someone takes advantage of a person in an incapacitated state. For more information, visit the Bureau of Justice Statistics at bjs.ojp.usdoj.gov.



Show Visual 3-48.

Myth: Most sexual assaults occur in isolated places.



Show Visual 3-49.

Fact: Sexual assaults happen anywhere and anytime. Sixty percent of assaults occur in the home of either the victim or the assailant. Sexual assaults also occur in public institutions, the workplace, and vehicles, as well as places traditionally identified as dangerous— parks, alleys, dark streets, and underground garages (stepupprogram.org).



Show Visual 3-50.

Myth: A rape survivor will be battered, bruised, and hysterical.



Show Visual 3-51.

Fact: Many rape survivors are not visibly injured. The threat of violence alone is often sufficient to cause a woman to submit to the rapist, to protect herself from physical harm. People react to crisis in different ways. The reaction may range from composure to anxiety, depression, flashbacks, and suicidal feelings (stepupprogram.org).



Show Visual 3-52.

Myth: Men can't be sexually assaulted.



Show Visual 3-53.

Fact: Men are sexually assaulted. Between 1 in 6 and 1 in 10 males are sexually assaulted. A majority of male survivors were assaulted when they were children or teenagers, yet adult men can be assaulted as well. Any man can be sexually assaulted regardless of size, strength, sexual orientation, or appearance (stepupprogram.org).



Show Visual 3-54.

Myth: Only gay men are sexually assaulted.



Show Visual 3-55.

Fact: Heterosexual, gay, and bisexual men are equally likely to be sexually assaulted. Being sexually assaulted has nothing to do with your current or future sexual orientation (stepupprogram.org).



Show Visual 3-56.

Myth: Only gay men sexually assault other men.



Show Visual 3-57.

Fact: Most men who sexually assault other men identify themselves as heterosexual. This fact helps to highlight another reality—that sexual assault is about violence, anger, and control over another person, not lust or sexual attraction (stepupprogram.org).



Show Visual 3-58.

Myth: Erection or ejaculation during a sexual assault means you “really wanted it” or consented to it.



Show Visual 3-59.

Fact: Erection and ejaculation are physiological responses that may result from mere physical contact or even extreme stress. These responses do not imply that you wanted or enjoyed the assault and do not indicate anything about your sexual orientation. Some rapists are aware how erection and ejaculation can confuse a victim of sexual assault—this motivates them to manipulate their victims to the point of erection or ejaculation to increase their feelings of control and to discourage reporting of the crime (stepupprogram.org).

Debrief the activity by reminding participants **Worksheet 3.2, Myths and Facts About Rape and Sexual Assault**, found in the Participant Manual, includes the questions and answers we just covered.



Show Visual 3-60.

Review the learning objectives and **ensure** that these were met.

By the end of this module, participants will be able to

- Correctly answer at least two questions about the incidence and prevalence of sexual assault in the United States.
- Identify at least one factor contributing to underreporting of sexual assault.
- List at least two myths and two facts about rape and sexual assault.



Show Visual 3-61.

Ask if there are any final questions or comments.

Module 3
Realities of Sexual Assault



Learning Objectives

- Correctly answer at least two questions about the incidence and prevalence of sexual assault in the United States.
- Identify at least one factor contributing to the underreporting of sexual assault.
- List at least two myths and two facts about rape and sexual assault.

3-2



Sexual Assault



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How much do you know about the incidence and prevalence of sexual assault in the United States?

3-3



Activity



Friendly Competition
Worksheet 3.1

© eLearningArt



Activity

Q. Over their lifetime, what percentage of women have been raped?

- A. 5%
- B. 10%
- C. 19%
- D. 20%

Activity

Q. Over their lifetime, what percentage of women have been raped?

- A. 5%
- B. 10%
- C. **19%**
- D. 20%

Activity

Q. How many people who experienced rape or sexual assault in 2015 were female?

- A. 1.2 per 1,000 people
- B. 1.8 per 1,000 people
- C. 2.2 per 1,000 people
- D. 2.5 per 1,000 people

3-7



Activity

Q. How many people who experienced rape or sexual assault in 2015 were female?

- A. 1.2 per 1,000 people
- B. 1.8 per 1,000 people
- C. **2.2 per 1,000 people**
- D. 2.5 per 1,000 people

3-8



Activity

Q. Of the sexual violence victims in 2015, what percentage of female victims reported receiving victim services?

- A. 21%
- B. 47%
- C. 76%
- D. 80%

3-9



Activity

Q. Of the sexual violence victims in 2015, what percentage of female victims reported receiving victim services?

- A. 21%
- B. 47%
- C. 76%
- D. 80%

3-10



Activity

Q. According to the 2010 National Intimate Partner and Sexual Violence Survey (NISVS), what percentage of female rape victims were assaulted by a stranger? Was it approximately:

- A. 12%
- B. 14%
- C. 36%
- D. 55%

3-11



Activity

Q. According to the 2010 National Intimate Partner and Sexual Violence Survey (NISVS), what percentage of female rape victims were assaulted by a stranger? Was it approximately:

- A. 12%
- B. 14%
- C. 36%
- D. 55%

3-12



Activity

Q. In 2015, what percentage of all rapes and sexual assaults were reported to law enforcement? Was it approximately:

- A. 15%
- B. 32%
- C. 54%
- D. 70%

Activity

Q. In 2015, what percentage of all rapes and sexual assaults were reported to law enforcement? Was it approximately:

- A. 15%
- B. 32%**
- C. 54%
- D. 70%

Activity

Q. In FY 2016, an estimated _____ military members indicated experiencing a sexual assault.

- A. 5,350
- B. 6,172
- C. 9,832
- D. 11,300

Activity

Q. In FY 2016, an estimated _____ military members indicated experiencing a sexual assault.

- A. **5,350**
- B. 6,172
- C. 9,832
- D. 11,300

Activity

Q. What is the estimated lifetime cost of rape victimization per victim?

- A. \$56,349
- B. \$70,000
- C. \$100,209
- D. **\$122,461**

Activity

Q. What is the estimated lifetime cost of rape victimization per victim?

- A. \$56,349
- B. \$70,000
- C. \$100,209
- D. **\$122,461**

Activity

 *Myth or Fact?*
Worksheet 3.2
© eLearningArt

- Without looking at the worksheet, write a myth or fact about rape or sexual assault on each card.
- Tape cards to the “Myth” or “Facts” column of the tear sheet.
- Refer to the worksheet for the debrief.

3-19

Activity

Myth:

Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.

3-20

Activity

Myth:

Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.

Fact:

Neither provocative dress nor promiscuous behavior are invitations for unwanted sexual activity. Forcing someone to engage in nonconsensual sexual activity is sexual assault, regardless of the way that person dresses or acts.

3-21

Activity

Myth:

If a person goes to someone's room, house, or a bar, he/she assumes the risk of sexual assault.

Activity

Myth:

If a person goes to someone's room, house, or a bar, he/she assumes the risk of sexual assault.

Fact:

Even if a person went voluntarily to someone's residence or room and consented to engage in some sexual activity, it does not serve as a blanket consent for all sexual activity.

Activity

Myth:

It's not sexual assault if it happens after drinking or taking drugs.

Activity

Myth:

It's not sexual assault if it happens after drinking or taking drugs.

Fact:

Being under the influence of alcohol or drugs is not an invitation for nonconsensual sexual activity.

3-25



Activity

Myth:

Most sexual assaults are committed by strangers.

3-26



Activity

Myth:

Most sexual assaults are committed by strangers.

Fact:

Most sexual assaults and rapes are committed by someone the victim knows. Among victims aged 18–29, two-thirds had a prior relationship with the offender.

3-27



Activity

Myth:

Rape can be avoided if people avoid dark alleys or other "dangerous" places where strangers might be lurking or hiding.

Activity

Myth:

Rape can be avoided if people avoid dark alleys or other "dangerous" places where strangers might be lurking or hiding.

Fact:

Rape and sexual assault can occur at any time, in many places, to anyone.

Activity

Myth:

A person who has really been sexually assaulted will be hysterical.

Activity

Myth:

A person who has really been sexually assaulted will be hysterical.

Fact:

Victims of sexual violence exhibit a spectrum of responses to the assault, which can include calm, hysteria, withdrawal, anger, apathy, denial, and shock.

3-31

Activity

Myth:

All sexual assault victims will report the crime immediately to the police.

3-32

Activity

Myth:

All sexual assault victims will report the crime immediately to the police.

Fact:

There are many reasons why a sexual assault victim may not report the assault to the police. In fact, reporting a sexual assault incident to the police is the exception, not the norm. From 1993 to 1999, about 70 percent of rapes and sexual assaults were not reported to the police.

3-33

Activity

Myth:

Only young, pretty women are assaulted.

Activity

Myth:

Only young, pretty women are assaulted.

Fact:

Sexual assault victims come from all walks of life. They can range in age from the very old to the very young. Sexual assault is a crime of power and control; offenders often choose people whom they perceive as vulnerable or over whom they believe they can assert power.

Activity

Myth:

It's only rape if the victim puts up a fight and resists.

Activity

Myth:

It's only rape if the victim puts up a fight and resists.

Fact:

Many states do not require a victim to resist in order to charge the offender with rape or sexual assault. There are many reasons why a victim of sexual assault would not fight or resist his/her attacker.

3-37



Activity

Myth:

Someone can only be sexually assaulted if a weapon was involved.

3-38



Activity

Myth:

Someone can only be sexually assaulted if a weapon was involved.

Fact:

In many cases of sexual assault, a weapon is not involved. The offender often uses physical strength, violence, intimidation, threats, or a combination of these tactics to overpower the victim.

3-39



Activity

Myth:

Rape is mostly an interracial crime.

Activity

Myth:

Rape is mostly an interracial crime.

Fact:

The vast majority of violent crimes, including sexual assaults and rapes, are intraracial.

Activity

Myth:

If there was no penetration by a penis, then there was no rape.

Activity

Myth:

If there was no penetration by a penis, then there was no rape.

Fact:

Legal definitions of assault vary from state to state. For the purposes of this training, rape is the penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.

3-43



Activity

Myth:

Most people lie about being sexually assaulted. It's not really a big problem.

3-44



Activity

Myth:

Most people lie about being sexually assaulted. It's not really a big problem.

Fact:

National statistics say that 1 in 4 women and 1 in 6 men will be sexually assaulted by the age of 18. National studies say that 2–8 percent of all sexual assault reports are false. That means that as many as 98 percent of the people who say they were sexually assaulted, were.

3-45



Activity

Myth:

GHB (gamma hydroxybutyric acid) is the most commonly used drug to facilitate a sexual assault.

Activity

Myth:

GHB (gamma hydroxybutyric acid) is the most commonly used drug to facilitate a sexual assault.

Fact:

Many sexual assaults occur when someone uses alcohol as a weapon to render someone vulnerable or when someone takes advantage of a person in an incapacitated state.

Activity

Myth:

Most sexual assaults occur in isolated places.

Activity

Myth:

Most sexual assaults occur in isolated places.

Fact:

Sexual assaults happen anywhere and anytime.

3-49

Activity

Myth:

A rape survivor will be battered, bruised, and hysterical.

3-50

Activity

Myth:

A rape survivor will be battered, bruised, and hysterical.

Fact:

Many rape survivors are not visibly injured. People react to crisis in different ways.

3-51

Activity

Myth:

Men can't be sexually assaulted.

Activity

Myth:

Men can't be sexually assaulted.

Fact:

Between 1 in 6 and 1 in 10 males are sexually assaulted. Any man can be sexually assaulted regardless of size, strength, sexual orientation, or appearance.

Activity

Myth:

Only gay men are sexually assaulted.

Activity

Myth:

Only gay men are sexually assaulted.

Fact:

Heterosexual, gay, and bisexual men are equally likely to be sexually assaulted. Being sexually assaulted has nothing to do with your current or future sexual orientation.

3-55



Activity

Myth:

Only gay men sexually assault other men.

3-56



Activity

Myth:

Only gay men sexually assault other men.

Fact:

Most men who sexually assault other men identify themselves as heterosexual. Sexual assault is about violence, anger, and control over another person, not lust or sexual attraction.

3-57



Activity

Myth:

Erection or ejaculation during a sexual assault means you "really wanted it" or consented to it.

Activity

Myth:

Erection or ejaculation during a sexual assault means you "really wanted it" or consented to it.

Fact:

Erection and ejaculation are physiological responses that may result from mere physical contact or even extreme stress. These responses do not imply that you wanted or enjoyed the assault.

Review of Learning Objectives

- Correctly answer at least two questions about the incidence and prevalence of sexual assault in the United States.
- Identify at least one factor contributing to underreporting of sexual assault.
- List at least two myths and two facts about rape and sexual assault.

End of Module 3

Questions? Comments?



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