



Break the Silence

KNOW !

It's not okay.

Written and Designed By

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What is Sexual Assault ?

Sexual Assault is any type of sexual contact or behavior that occurs without consent. Sexual assault is forced sexual activities such as sexual intercourse, forcible sodomy, child molestation, incest, fondling, and attempted rape.



How it Began

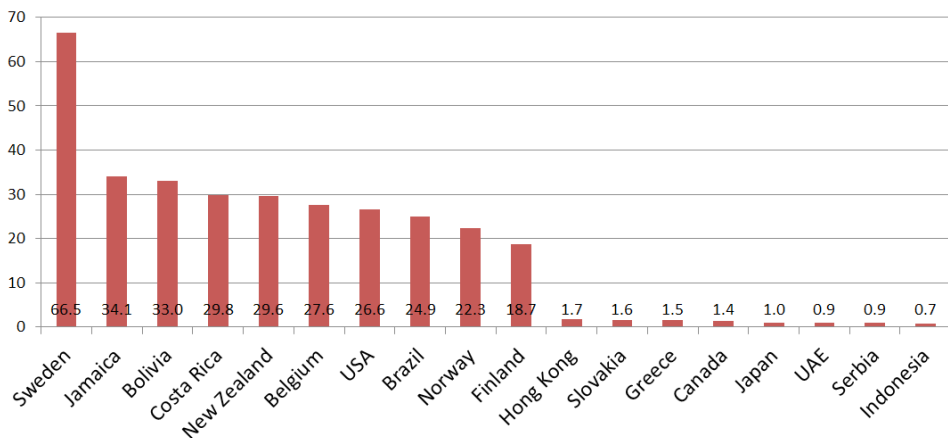
During slavery, many white male raped many African American women. These African American women had no say due to these men considering them as property. During the 70's time, there was a Feminism movement. Throughout this movement many woman gathered in groups to talk about the way they were abuse by their own boyfriends, husbands, molested as children, fear as harassment and raped. This movement also continued down to 1971. In 1971, there was a Feminist organization Speak Out speak in which they got to public voice their private suffering.

Who are the Offenders ?

The people who cause a sexual assault are looked upon as predators that have a strong desire for dominance. Anyone can be a sexual assault offender. Many think that men are the only ones causing the problem. That in fact, is not true. There have been cases in which women also touch men inappropriate without their permission. Men and women can both be sexual assault offenders. At times, these predators cause these incidents due to mixed signals they receive from the victim. The victims that have been sexually assaulted know most of the predators. Some of these predators can be family members, friends, acquaintances, and at times unknown people. Predators that the victims know make the most common sexual assault incidents.

Stats. of Victims

Rape at the national level, number of police-recorded offences (rate/100,000) - United nations (2012)



Source: United nations office on drugs and crime "CTS2013_SexualViolence.xls"

Who does it Affect ?

Sexual assault affects the victim and the victims loved ones. Many victims suffer from depression due to the sexual assault incident. The victim's family is also affected since they witness the pain that there love one is going through. Sexual assault mostly affects the victim due to it leading to pregnancy or sexually transmitted diseases. Once a person is raped, it is important to get tested. Sexual assault also effects society and communities. Sexual assault affects the community since there is financial cost to it. The costs that are included to pay are medical services, criminal justice expensive, crisis and mental health services, and the lost contributions of individuals affected by sexual assault. Sexual assault also affects a community due to the way it will be looked at after an incident. Many will not see a great community after victims being sexually assaulted.

The facts

- Rape results in about 32,000 pregnancies each year.
- 42% of women that are raped keep it a secret.
- The average rapists is 31 years old.
- Only 3% of rapists will ever go to prison.
- 22% of the rapists are married.
- 4 out of 5 victims subsequently suffer from chronic physical or psychological conditions.
- Over a third of women who are raped as minors are also raped as adults.
- There is an estimation of only 5% of sexual assaults on college campuses that are reported.

Are there any Laws Passed ?

Sexual assault does consist of laws. The laws of sexual assault have been divided into degrees. The charge to the predators depends on the type of force used. Some of these predators' sentences range from a year to life. Predators can be charged by penalties for rape and criminal sexual penetration or by penalties for sexual battery and criminal sexual contact. The first penalty is when the predator sexually assaults the victim at gunpoint or with any deadly weapon. Also, after time in jail the predator can be put free out of jail, but will be on probation. Penalties for sexual battery and criminal sexual contact have less of serious crimes. Once a person has committed anything that deals with sexual assault there suppose to get in the sex offender registration and notification program. This registration will include the sex offenders name, address, and information about his or her crime which is viewed by the public and makes life challenging.

An actual event



What is My Opinion ?

Sexual assault is not a proper thing to do. Many suffer due to them being afraid of speaking out the truth or no one believing them. What is life when you're living it afraid? Not being able to speak about your sexual assault incident causes people to become intimidated in which it could leave to possible suicide. The reason why I believe sexual assault is wrong is because of the stories I've read and the videos I've seen. Many people have gone through so much pain due to being sexually assaulted. Everyone deserves to be respected. I also know that there have been many sexual assault cases that are unfair. Many women have been blamed for causing the incidents of sexual assault due to the clothing they wear. In my opinion, clothing does not matter. People should respect one another no matter the situation. That is why we all have CONSENT.

The Solutions

Taking action is important, this is what we can do

- Encourage elected officials to pass legislation.
- Funding to support groups in order for victims to be able to heal.
- Raising awareness by spreading the word through social media.
- Supporting any victims when protest are happening.

What can you do if

You Are Raped ?

Many people have no clue on what to do if they have been raped. The first thing to do is to get to a safe place right away. You then have to call someone who you trust. Once you've contacted someone, do not change. You need all physical evidence in which you have to get medical care right away. At a medical care center, they will check for physical injuries or any sexually transmitted diseases. It is also very important to write down as much as you remember once you are getting any sort of medical care. The people who will assist you, can you help you make a police report. Once you get help and are in a safe environment, the best thing to do is to ask for any support group programs which will help you recover.

Recovery Programs...

There are many victims who do not know how to deal with their feelings, thoughts, and way of living after an incident of being raped. When a victim of rape or any type of sexual assault is going through a rough time, the best thing to do is to join a support group. A support group will help the victim with the trauma they have, let them express their feelings, educate them with information of the incident they went through. For example, there is a support group named Joyful Heart Foundation. This support group does not charge their participants for attending their program. The Joyful Heart Foundation also works with victims of sexual assault through social media. This program helps recover people from any sort of trauma after sexual assault by creative arts therapy, guided writing, body work, yoga/meditation, music, dance, and mindfulness. Support groups do heal people and they keep pushing them to live life the way they dreamed of even after so much pain.

Take a Look at These Links

- www.wcsap.org/history-movement
- www.rainn.org/statistics/victims-sexual-violence
- www.southernct.edu/sexual-misconduct/facts.html
- www.dosomething.org/facts/11-facts-about-sexual-assault
- www.stopvaw.org/consequences_of_sexual_assault_on_the_community
- www.criminaldefenselawyer.com/crime-penalties/federal/sexual-assault.htm
- www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf
- peppereyes.wordpress.com/2011/04/05/the-different-type-of-sexual-assault/
- sapac.umich.edu/article/52
- cmsac.org/education-safety-reporting/types-of-sexual-assault/

