

LEARN THE FACTS ABOUT SEXUAL ASSAULT

And understand it's not your fault!



WHAT IS SEXUAL ASSAULT?

Sexual violence happens in every community and affects people of all genders and ages. Sexual violence is any type of unwanted sexual contact. This includes words and actions of a sexual nature against a person's will and without their consent. A person may use force, threats, manipulation, or coercion to commit sexual violence.



WHAT IS CONSENT?

Consent must be freely given and informed, and **a person can change their mind at any time.**

Consent is more than a yes or no. It is a dialogue about desires, needs, and level of comfort with different sexual interactions.

1 in 6 women and 1 in 33 men report experiencing an attempted or completed rape in their lifetime.

Native Americans are 2x as likely to be victims of sexual violence compared to other races.

FORMS OF SEXUAL VIOLENCE

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing

IMPACT ON MENTAL HEALTH

Sexual assault can have a variety of short- and long-term effects on a victim's mental health. Many survivors report flashbacks of their assault, and feelings of shame, isolation, shock, confusion, and guilt. People who are victims of rape or sexual assault are at an increased risk for developing:

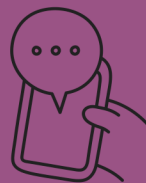
- Depression
- PTSD
- Substance Use Disorders
- Eating Disorders
- Anxiety

Having a previous history of being a victim and negative reactions from family, friends, and professionals worsen the impact of sexual violence on mental health.

RESOURCES

RAINN (Rape, Abuse, & Incest National Network)
www.rainn.org
(800) 656-4673

National Sexual Assault Hotline
(800) 656-4673



Sources: <https://www.nsvrc.org/about-sexual-assault>
<https://www.nsvrc.org/about-sexual-assault>
<https://mhanational.org/sexual-assault-and-mental-health>

society of care



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