



Sexual Assault Awareness & Prevention

What is Sexual Assault?

- **Sexual Assault** – non-consensual, unsolicited, forced, or coerced sexual contact or behavior. It includes but is not limited to rape, attempted rape, fondling, sexual harassment or threats, child molestation, sex trafficking, and other forms of unwelcome/non-consensual sexual activity.
- **Consent** – a clear agreement between conscious participants. Consent cannot be given by individuals who are underage, incapacitated, intoxicated, asleep, unconscious, or intellectually disabled.



Approximately **8 out of 10 sexual assaults** are committed by someone known to the victim.



Every 73 seconds an American is sexually assaulted.



Individuals with **disabilities** are at greater risk of experiencing rape or sexual violence.



1 in 3 female rape victims experienced it for the first time between 11-17 years old and 1 in 8 reported that it occurred before age 10.



Nearly **1 in 4 male rape victims** experienced it for the first time between 11-17 years old and about 1 in 4 reported that it occurred before the age of 10.



Every 9 minutes child protective services substantiates, or finds evidence for, a claim of sexual abuse.

The consequences of sexual assault can be physical and/or psychological, and include trauma, anxiety, depression, and diminished performance at school.



Younger people are at the highest risk of sexual violence. Ages 12-34 are the highest risk years for rape and sexual assault.

How Can I Lower My Risk?

- **Go to parties or gatherings with friends.** Look out for each other and check in. If you arrive together, leave together.
- **Use a code word.** Establish a code word you can text to your family and/or friends that means "come get me, I need help."
- **Download a location app on your phone.** Some apps share your location with your family, friends or the police if you need help.
- **Trust your gut.** If you find yourself alone with someone you don't know or trust, leave, especially if you feel uncomfortable.
- **Be aware of your surroundings.** If you are walking alone, stay in busy, well-lit areas and avoid talking on your phone or listening to music with headphones so you can remain vigilant.
- **Know your limits.** Don't let anyone pressure you into drinking or doing more than you feel comfortable with.
- **Avoid drinks in containers that can be easily "spiked."** If you think that you or one of your friends has been drugged, call 9-1-1.

Reporting & Resources

- **Emergency Services** – Call 9-1-1 if you are in immediate danger.
- **Local Police Department** – Contact the direct phone line or visit the station in-person. If you are on a college campus you can also contact campus law enforcement.
- **Medical Center** – Visit a medical center to treat sexual assault injuries and/or receive a sexual assault forensic exam, commonly known as a "rape kit." You can also tell a medical professional that you wish to report the crime.
- **National Sexual Assault Hotline** – Call 800.656.HOPE (4673) or chat online at online.rainn.org to get help and learn about reporting options.
- **National Sexual Violence Resource Center** – Visit nsvrc.org to locate tools, education, and resources to prevent and respond to sexual assault.