

Sexual Assault Facts

- *Every 2 minutes, someone in the U.S. is sexually assaulted.*
- *In 60% of the rapes reported, the rapist was known to the victim.*
- *Rape victims range in age from infancy to old age, and their appearance is seldom a consideration.*
- *Sexual assault is a crime of violence. Assailants seek to dominate, humiliate and punish their victims.*
- *44% of rapes reported occurred in the victim's home.*
- *It is estimated that 1 in 8 women will be raped in her lifetime.*
- *14% of women are victims of rape committed by their husband.*
- *One in six men will experience a sexual assault in his lifetime.*

OFFICER _____
CASE # _____

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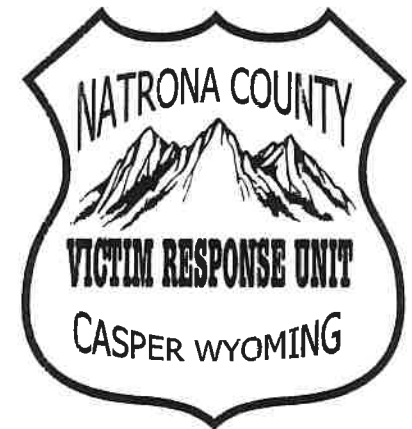


24 Hour Self-Help Hotline
235-2814

NATRONA COUNTY SHERIFF'S OFFICE
VICTIM SERVICES
201 NORTH DAVID; 2ND FLOOR
CASPER, WY 82601
(307) 235-9282

7 235.9282

Sexual Assault



*Natrona County Victim Response Unit,
Casper Wyoming*

What is Sexual Assault?

Sexual assault can be defined as any type of sexual contact or behavior that occurs without the explicit consent of the recipient of the unwanted sexual activity. Falling under the definition of sexual assault is sexual activity such as forced sexual intercourse, sodomy, child molestation, incest, fondling, and attempted rape.

Some more specific examples of sexual assault include:

- Unwanted vaginal, anal, or oral penetration with any object.
- Forcing an individual to perform or receive oral sex.
- Forcing an individual to masturbate or to masturbate someone else.
- Forcing an individual to look at sexually explicit material or forcing an individual to pose for sexually explicit pictures.
- Touching, fondling, kissing, and any other unwanted sexual contact with an individual's body.
- Exposure and/or flashing of sexual body part.

In extreme cases, sexual assault may involve the use of force which may include but is not limited to physical violence, use of display of a weapon, and/or immobilization of a victim.

Effects of Sexual Assault

Sexual assault is an incredibly personal and destructive crime. Its effects on victims and their loved ones can be felt psychologically, emotionally, and physically. They can be brief in duration or last a very long time. It is important to remember that there is no "normal" reaction to sexual assault. Every individual response will be different depending on the situation.

Self-Care for Survivors

There are times when the emotions and pain associated with a rape or sexual assault can be overwhelming. These feelings can come immediately after the assault or many years later. The following are things that you can do **AFTER** filing a police report and getting examined by a doctor to help take care of yourself as you recover from the assault that you experienced.

- Make yourself a cup of tea, or a soothing warm drink.
- If it is safe to do so, go for a walk.
- Spend time talking with a trusted friend or family member.
- Take a bath.
- Spend time with a favorite pet.
- Workout, exercise helps to increase your bodies production of endorphins which help you to feel better.
- Read a favorite book.
- Write in your journal.

- Find a creative outlet-music, painting, writing poems,
- Sign up for a self-defense course—it may help you feel more in control.
- Eat healthy food.
- Most importantly, remind yourself that it is alright for to feel these emotions, they are normal reactions to an abnormal event.

There are also some things that victims of rape sexual assault do to cope that are better to avoid

- Relying on alcohol or drug use.
- Disclosing personal information in chat rooms or blogs
- Seeking out situations in which you feel unsafe.
- Taking actions that undermine your self-worth.
- Using food and unhealthy eating as a way to control your body and emotional state.
- Inflicting harm on your body.
- Blaming yourself for what happened.

What kind of services does our Victim Response Unit offer?

- Crisis intervention
- Information and referral
- Wyoming State Victims Compensation Program that assist with ongoing medical and counseling expenses other expenses related to the assault.

The Facts About Sexual Violence

In 2010, victims age 12 or older experienced a total of 188,380 rapes or sexual assaults.²

In 2010, 91.9 percent of rape victims were female. Of these, 48 percent were assaulted by friends or acquaintances, 25 percent by strangers, and 17 percent by intimate partners.³

Nearly one in five women is raped in her lifetime;⁴ one in six men experiences a sexual assault in his lifetime.⁵

Approximately 80 percent of female rape victims were raped before age 25; more than 25 percent of male rape victims were raped by age 10.⁶

ENDNOTES

¹Bureau of Justice Statistics, 2011, *Criminal Victimization, 2010*, Washington, DC.

²Ibid.

³Ibid.

⁴Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report*, Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

⁵Bureau of Justice Statistics, 2000, *Intimate Partner Violence*, Washington, DC.

⁶See *The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report*, above.

Resources for Information and Assistance

National Center for Victims of Crime
202-467-8700
www.ncvc.org

Rape, Abuse & Incest National Network
1-800-656-HOPE or 1-800-656-4673
www.rainn.org

National Sexual Violence Resource Center
1-877-739-3895
www.nsvrc.org

Directory of Crime Victim Services
Office for Victims of Crime
Office of Justice Programs
U.S. Department of Justice
<http://ovc.ncjrs.gov/findvictimservices>

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THE NATIONAL CENTER FOR
Victims of Crime

OVC HELP SERIES for Crime Victims

Sexual Violence

NATRONA COUNTY SHERIFF'S OFFICE
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201 NORTH DAVID; 2ND FLOOR
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What Is Sexual Violence?

The term *sexual violence* encompasses a broad range of unwanted sexual activities, all of which are crimes that have a profound effect on victims. Sexual violence includes sexual assault, rape or attempted rape, child sexual molestation or abuse, incest, statutory rape, spousal or intimate partner rape, fondling, forced or coerced pornography, sex trafficking, and forced or coerced prostitution.

Not all sexual violence includes physical contact. Generally, rape includes penetration with any object, while sexual assault may or may not include penetration and may include emotional rather than physical violence, such as the threat of sexual assault. Many state laws refer to sexual violence as “rape” or “sexual assault.” This brochure uses these terms interchangeably.

Sexual assault can happen to anyone, regardless of age, racial or cultural background, gender identity/expression, sexual orientation, or socioeconomic status. Likewise, assailants can be anyone: strangers, acquaintances, friends, family members, intimate partners, and other people in positions of trust, such as clergy. Victims usually know their abuser: In 2010, only 25 percent of reported cases involved strangers.¹

Sex offenders are motivated by the need to control, humiliate, and harm their victims. They may use force, threats, coercion, and manipulation. They may prey on persons who are not free to consent to sexual contact due to mental incapacity, disability, intoxication (voluntary or involuntary), or because the person is under age. Whatever the circumstances, no one asks or deserves to be sexually assaulted.

If You Are a Victim or Survivor

Understand that you are not to blame. No matter who you are, what you say or do, or where you go, you do not deserve to be sexually assaulted.

Rape violates a person’s sense of safety and trust. You may feel shocked or angry that it could happen to you. You may be anxious about your safety and always on your guard. You may feel guilty or ashamed, or that your family and friends blame you for the assault.

Victims often suffer a variety of physical reactions, from changes in eating and sleeping patterns to nightmares or flashbacks. These reactions can cause victims to turn inward, becoming socially withdrawn. It is also common to feel powerless, contributing to depression and a loss of self-worth.

Whatever your reactions or fears, it’s important to understand that they are normal. It’s also important to know that help is available. There are rape crisis centers or sexual assault centers with hotlines and staff trained to support victims and offer resources specific to your needs—whether or not you report the crime.

What Support Can You Expect From a Rape Crisis Center or Sexual Assault Program?

Local sexual assault programs have trained, experienced advocates who provide free and confidential services for survivors and those indirectly affected, including family members, intimate partners, and friends. Services may include—

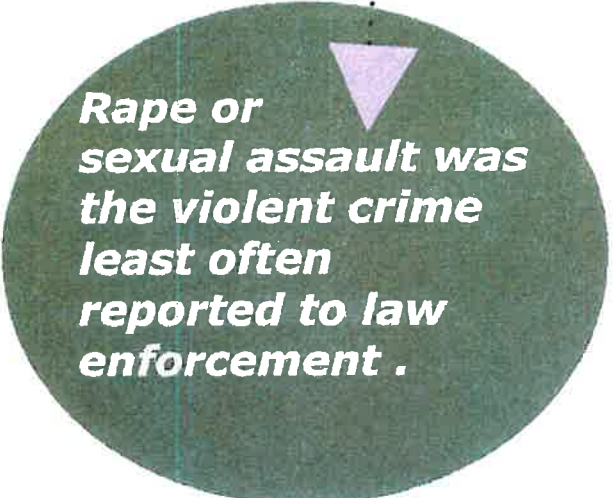
- Providing a comprehensive response to all reports of sexual assault, such as accompanying the victim to the hospital for a sexual assault forensic exam (commonly known as a “rape kit”).

- Serving as a primary resource for clients reporting both recent and past incidents—including crisis intervention and referrals.
- Offering psychological, medical, and legal support and information.
- Helping with emergency housing assistance.

You may be concerned about the financial burden of the crime, but help is available. Your state has a crime victim compensation program that can help with expenses related to the assault. State laws on eligibility for compensation vary. Your local rape crisis center or program can provide information about applying for compensation and inform you of all your rights as a victim of crime.

What Can You Do If You Have Been Sexually Assaulted?

- If you think you are still in danger, get to a safe place. If you are in immediate danger, call 911.
- Call someone you trust for support.
- Seek medical attention where a professionally trained sexual assault nurse examiner (SANE) can conduct a health and forensic exam (rape kit). You also may have unseen injuries and need testing and treatment for possible pregnancy and STIs such as HIV/AIDS.
- Ask your local rape crisis center for an advocate to go with you for your exam, and ask about other available services and support.
- If you want to report the crime to police, discuss your options with the advocate or SANE.
- If possible, preserve evidence: Don’t take a shower, use the bathroom, brush your teeth, or comb your hair. Keep the clothes you wore at the time of the attack.



Rape or sexual assault was the violent crime least often reported to law enforcement .

If you or someone you know is a victim of sexual assault and would like information about help in your area, please call your local sexual assault victim services program for referrals and information on available services or contact the

Division of Victim Services

Victim Only Helpline: 1-888-996-8816

Phone: 307-777-7200

Fax: 307-777-6683

Email: vssi@state.wy.us

Web Site: vssi.state.wy.us

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Wyoming Office of the Attorney General

Division of Victim Services

122 W. 25th, Herschler Bldg
1st Floor West
Cheyenne, WY. 82002

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Fax: 307-777-6683

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1-888-996-8816



Wyoming Office of the Attorney General



Division of Victim Services



Sexual Assault Myths & Facts

Myths and Facts about Sexual Violence

MYTH: *Sexual assault is a crime of passion and lust.*

FACT: Sexual assault is a crime of violence. Assailants seek to dominate, humiliate and punish their victims.

MYTH: *You cannot be assaulted against your will.*

FACT: Assailants overpower their victims with the threat of violence or with actual violence. Especially in cases of acquaintance rape or incest, an assailant often uses the victim's trust in him to isolate her.

MYTH: *It is impossible for a husband to sexually assault his wife.*

FACT: Regardless of marital or social relationship, if a woman does not consent to sexual activity, she is being sexually assaulted. In fact, 14% of women are victims of rape committed by their husband.

MYTH: *"It can't happen to me." Rape is an isolated, infrequent event that only happens to certain kinds of people.*

FACT: Anyone can be sexually assaulted. Studies show that sexual assault happens to people of all ages, people of color, lesbians/gays, people with disabilities, and people of every racial, ethnic, religious, economic and social background.

MYTH: *The best way for survivors to get over a sexual assault is to act like it didn't happen, to put it behind them, get on with their lives and be 'normal' again.*

FACT: Speaking out about sexual assault might be an essential part of the healing process for survivors. However, no survivor should ever be forced to speak, publicly or privately. All survivors have a right to support and validation no matter where they are in their individual healing process or how long ago the assault occurred.

MYTH: *A person who has really been assaulted will be hysterical.*

FACT: Survivors exhibit a spectrum of emotional responses to assault: calm, hysteria, laughter, anger, apathy, shock. Each survivor copes with the trauma of the assault in a different way.

MYTH: *Assailants are usually crazed psychopaths who do not know their victims.*

FACT: As many as 80% of all assaults involve acquaintances. An assailant might be someone you know intimately. He/she may be a co-worker, a friend or a family member.

MYTH: *Only young, pretty women are assaulted.*

FACT: Survivors range in age from infancy to old age, and their appearance is seldom a consideration. Assailants often choose victims who seem most vulnerable to attack: old persons, children physically or emotionally disabled persons, substance abusers, and street persons.

MYTH: *It is impossible to sexually assault a man.*

FACT: Men fall victim for the same reasons as women: they are overwhelmed by threats or acts of physical and emotional violence. Also, most sexual assaults that involve a male victim are gang assaults.

MYTH: *As long as children remember to stay away from strangers, they are in no danger of being assaulted.*

FACT: Sadly, children are usually assaulted by acquaintances; a family member or other caretaking adult. Children are usually coerced into sexual activity by their assailant, and are manipulated into silence by the assailants threats and/or promises, as well as their own feelings of guilt.

MYTH: *All women secretly want to be raped.*

FACT: Women, like all human beings, want a life of dignity and safety. Sexual assault robs a person of dignity and a sense of personal safety. No one wants the physical and emotional pain caused by sexual assault.

MYTH: *Rape is a minor crime affecting only a few women.*

Fact: It is estimated that 1 in 8 women will be raped in her lifetime.

MYTH: *Most rapes occur when people are out alone at night. If people stay at home, then they will be safer.*

FACT: 44% of rapes reported occurred in the victim's home.

MYTH: *Rapists are strangers. If people avoid strangers, then they will not be raped.*

FACT: In 60% of the rapes reported, the rapist was known to the victim.

"Every 90 seconds, a Person over the age of 12 is sexually assaulted"