

Statistics:

Sexual assault is one of the most underreported crimes, where an estimated 60% of all instances go unreported.¹

About 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime.²

About 3% of American men — or 1 in 33 — have experienced an attempted or completed rape in their lifetime.¹

Girls ages 16-19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault.³

Approximately two out of three instances of sexual assault or rape are committed by someone known to the victim. About 73% of sexual assaults are perpetrated by a non-stranger; 38% of rapists are a friend or acquaintance of the victim, and 28% are committed by an intimate partner.⁴

Sources

1. U.S. Justice Department's National Crime Victimization Survey, 2008-2012.
2. National Institute of Justice & Centers for Disease Control & Prevention. Prevalence, Incidence and Consequences of Violence Against Women Survey. 1998.
3. U.S. Bureau of Justice Statistics, Sex Offenses and Offenders. 1997.
4. U.S. Department of Justice, 2005 National Crime Victimization Study. 2005.



A Program of Lighthouse Counseling Center, Inc.
111 Coliseum Blvd.
Montgomery, AL 36109

Crisis Line: (334) 213-1227
Toll Free: 1 (888) 908-7273
Available 24-hour/ 7 days a Week

Business Office: (334) 286-5980
Fax: (334) 286-5988

Help!

I've Been
Sexually Assaulted.

**What To Do If You Have Been
Raped or Sexually Assaulted.**





“Every two minutes a person is sexually assaulted in the U.S.”-

U.S Justice Department's National Crime Victimization Survey, 2008-2012.

Few experiences are as devastating as living through the pain of being raped or sexually assaulted, but you are not alone. Every two minutes, a person is sexually assaulted in the U.S. and 84% of rapes or assaults are committed by someone the victim knows.

What is Sexual Assault?

Sexual assault is an act of violence that is used to describe rape, attempted rape, or any unwanted sexual touching. Sexual assault is a crime motivated by power and a need to control. Sexual assault can happen in a dating relationship, between acquaintances, in a marriage, or by a random attack by a stranger. It is not an act of love, lust or desire and it is always **wrong**.

What is the Difference Between Being Sexually Assaulted and Raped?

Sexual assault stops short of rape and attempted rape, but includes any unwanted sexual contact like fondling or groping. Whether or not you have been sexually assaulted or raped is determined by consent. Both individuals must be old enough to consent to sex and must have the physical and/or mental capacity to consent. A person who has been drugged, is intoxicated or unconscious, has a mental disability, or has been physically forced or threatened with violence does not have the ability to consent to a sexual act. Sex without consent is rape.

What Do I Do If I've Been Raped or Sexually Assaulted?

Sexual assault and rape are crimes and should always be reported. First, get to a safe place and call someone that you trust.

- If you are in danger, call 911 and Standing Together Against Rape (S.T.A.R) at (334) 213-1227 or 1-888-908-7273. You can

decide to prosecute later.

- Do not bathe, shower, douche, brush your teeth, eat or drink, smoke, wash your hands, or change your clothing. Call S.T.A.R within 72 hours of your assault. We can help with evidence collection.
- S.T.A.R provides immediate medical treatment to limit your exposure to sexually transmitted diseases and, for women, pregnancy. A Sexual Assault Nurse Examiner (SANE) is specifically trained to perform a forensic exam to collect physical evidence that can be used later for prosecution.
- S.T.A.R will advocate for you by accompanying you to court proceedings and will refer you to counseling and other support services.

What if My Child or Teen is Sexually Assaulted?

Be aware that your child may choose not to tell you that he or she has been sexually assaulted. They may feel intense feelings of guilt or shame or be afraid to tell you what has happened. Learn to watch for the following signs of trauma

- Irritability
- Depression
- Change in appetite
- Withdrawal from family and friends
- Decline in schoolwork
- Reassure your child that what happened is not their fault. Seek medical attention to determine if your child has sustained serious injuries or has been exposed to STDs.
- Call S.T.A.R as soon as possible. Counseling and support services that are specifically geared to the needs of children and teens are available to victims and their families.

Where Can I Find Help?

The road to recovery after experiencing a sexual assault can be long and hard, but you don't have to travel it alone. Feelings of hopelessness, depression and shame, anxiety, bad dreams, eating disorders, physical pain or suicidal thoughts are all normal responses to the trauma you have experienced, but help is available. S.T.A.R can:

- Help you get through the recovery process
- Act as a personal link between you and law enforcement, medical personnel, mental health care professionals and other agencies or services; and
- Help ensure that you get the information and support you need, that you are listened to, and that you are treated with the sensitivity and respect every sexual assault victim deserves.

Remember, what happened is not your fault and you don't have to suffer in silence. For more information on how S.T.A.R can help, call (334) 213-1227.