

Sexual Assault 101: Part 1

**Satellite Conference and Live Webcast
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Faculty

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The Dynamics of Sexual Assault

Definition of Rape

- “Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim”

Dispelling Myths

- Frequency
- Stranger
- Reaction
- Age
- Rape is sex
- False reports
- Forgetting it

Psychological Impact

- Anxiety
- Fear
- Depression
- Suicidal Ideation
- Self-blame
- Hypervigilance
- Flashbacks

Psychological Impact

- PTSD
- Substance / Alcohol abuse

Trauma vs. Crisis

- Viewing everything through the lens of victim-centered, trauma-informed care

How to React to Disclosure

- Reassure the person you believe him/her
- Listen
- Reassure them that the rape was not their fault
- Determine when the sexual assault took place
- Ask if they would like to speak to a rape crisis center advocate
- Provide follow-up information

Conveying Acceptance

- Verbally
 - Restating
 - Using victim’s language
 - Allowing them to express their feelings
- Nonverbally
 - Body Language

Conveying Acceptance

- Actions
 - Listening attentively
 - Proceeding at their pace

Why Don’t Survivors Tell?

- Fear of not being believed
- Shame/embarrassment
- Lack of trust in staff
- Lack of confidentiality
- Fear of isolation or loss of privileges
- Fear of violence from other inmates

Signs That a Person May have Been Sexually Assaulted

- STIs
- Unexplained pregnancy
- Stomach or abdominal pain
- Anal, penile or vaginal discharge or pain
- Difficulty walking or sitting
- Unexplained injury

Call for Help

- Alabama Coalition Against Rape
- 16 member centers
- Crisis hotlines
- Individual counseling
- Medical accompaniment and advocacy
- Legal accompaniment and advocacy
- Support groups
- Information and referrals