

Pathway to Hope

Breaking the Silence

**A GUIDE TO
KNOWLEDGE,
UNDERSTANDING,
AND SURVIVAL
OF SEXUAL
ASSAULT**

Alabama Coalition Against Rape

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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The Alabama Coalition Against Rape

The Alabama Coalition Against Rape (ACAR) was founded in 1995. ACAR, comprised of 15 member rape crisis centers, conducts prevention activities and empowers centers to facilitate consistent and compassionate care of victims of sexual violence and their families. These are accomplished through community awareness, standardization of member services, education, research, and advocacy activities. ACAR endeavors to continually improve the treatment of sexual violence survivors and to ultimately end sexual violence. A map of centers in your area can be found on the last page.

Services

- ▶ Training for allied professionals such as through workshops and conferences.
- ▶ Education of the public about sexual assault through prevention programs, website, quarterly newsletters, and other materials.
- ▶ Advocacy for sexual assault survivors with statewide agencies and in the formation of public policy.
- ▶ Support for sexual assault program staff through training, technical assistance, and a resource library of books, videos, and training materials.

- ▶ Networking with other statewide agencies that address issues of violence against women.
- ▶ Providing information, technical assistance, and resources to those seeking to learn more about the prevalence and prevention of sexual violence.

The 15 rape crisis centers serve all counties except: Choctaw, Conecuh, Covington, and Monroe. These counties are served by the State Coalition (ACAR).



Alabama Coalition Against Rape

P.O. Box 4091
Montgomery, AL 36102
Phone: (334) 264-0123 or (888) 725-7273
FAX: (334) 264-0128
www.acar.org

The Alabama Department of Public Health Injury Prevention Division

The Alabama Department of Public Health and the Alabama Coalition Against Rape (ACAR) have joined forces to address rape as a public health problem that is seriously impacting our communities. Great strides have been made towards raising awareness on the issue of violence against women, but more has yet to be done. You can join in the fight by arming yourself with knowledge and awareness of how prevalent rape/sexual assault is in our communities and how you or someone you love can reduce the risk of becoming a victim.



adph

Alabama Department of Public Health
Bureau of Health Promotion & Chronic Disease
Injury Prevention Division
The RSA Tower
201 Monroe Street, Suite 900
Montgomery, Alabama 36130-3017
Phone: (334) 206-5300
FAX: (334) 206-2059
www.adph.org/injuryprevention

Editor
Savannah E. Harris

The Facts: Female Rape



What is Rape?

Sometime during your life you have heard the words rape and sexual assault. Sexual assault is any sexual contact or sexual attention committed by force, threats, bribes, manipulation, pressure, tricks, or violence. It includes rape and attempted rape, child molestation, incest, and sexual harassment. Sexual assault is a terrifying and often brutal crime. Assailants can be strangers, acquaintances, friends, dates, or family members including spouses.

It is not a crime of passion as many would suppose, but a crime of violence. It is a vicious crime of dominance and aggression with sex as a weapon. Anger and hostility are the emotions of the rapist. Power and control over the victim are the goals.

Continued next page.

Female Rape Facts

- 1,567 women reported being raped in Alabama in 2002. This is a 17% increase over 2001 (1,337). (*Crime in Alabama, 2002*)
- 49% of the 1,567 rapes reported were juvenile victims. (*Crime in Alabama, 2002*)
- 84,000 rapes / 63,000 attempted rapes / 102,000 sexual assaults were reported in the U.S. in 2001. (*Criminal Victimization, 2001, BJS*)
- Only 39% of all rapes are reported to law enforcement. (*Criminal Victimization, 2001, BJS*)
- 1 in 6 women will experience rape or attempted rape during her lifetime. (*National Violence Against Women Survey, 2000*)
- Women of all races and ages are equally vulnerable to attacks by people they are close to or know well.
- 73% of those forced to have sex fail to recognize their experience as rape. (*Criminal Victimization, 2001, BJS*)
- 66% of all sexual assaults are committed by people known by the victim. (*Criminal Victimization, 2001, BJS*)
- 84% of all rapes are not reported. (*Rape in America: A Report to the Nation - National Victim Center; 1992*)
- 1 in 7 married women have experienced raped or attempted rape during marriage. (*Rape in Marriage, 1990, Diana Russell*)

Three Categories of Rape:

- Anger Rape:** Sex is a hostile act, an outlet for aggression and rage.
- Power Rape:** Men who feel inadequate or inept need to express dominance. For them, sex provides a feeling of mastery and conquest.
- Sadistic Rape:** Sexual fulfillment can only be attained by both controlling and hurting the victim. The rapist experiences an intense sense of excitement and pleasure.

Myth vs. Facts

Myths are commonly mistaken for facts. Knowledge is the only power that can dispel the myths concerning rape.

Female Rape

Myth: Girls or women who flirt or dress in sexy clothing are asking for it.

Fact: No one asks to be raped and nothing ever gives someone the right to force sex on another, regardless of whether there has been a sexual relationship in the past, what she is wearing, how late it is, or otherwise.

Myth: Rape is a street crime; only people who put themselves in bad situations get raped.

Fact: Every 8 minutes someone is raped or sexually assaulted, most of the time by someone the victim knows. It can happen anywhere to anyone. Even you.

Myth: A person can't be raped by someone with whom she has previously had sex.

Fact: Prior consent is not perpetual consent.

Myth: It's not rape if she doesn't resist.

Fact: People respond to traumatic situations in a variety of ways. Compliance does not equal consent.

Myth: Alcohol causes sexual assaults.

Fact: Although alcohol is often involved, it does not cause sexual assault. Sexual assault, like any other behavior, is a choice made by the perpetrator.

Myth: The victim could have stopped or prevented the rape.

Fact: Whatever the victim did to survive the assault was the right thing to do. The threat of physical harm, or even death, strikes fear in the victim and can be immobilizing. Confusion, shock, and disbelief can affect how the victim responds.

Effects After The Assault

The effects after the assault can be and, in many cases, are just as devastating to victims as the actual assault. Always remember that you are not alone. There are people who are willing and very capable of helping you through these tough times. (See last page for the Crisis Center near you).

- Lowered self-esteem:** You may find it hard to feel good about yourself or reach your capabilities.
- Lack of feeling:** You may have no emotional response or you may feel nothing at all; you may feel numb all the time.
- Extreme feeling:** You may feel angry or sad all the time, even when good things happen.
- Relationship problems:** You may have difficulty trusting others or believing that others really care about you; it may be difficult for you to get close to others.
- Sexual problems:** You may not want to be sexual at all or you may want to have sex with almost anyone and not know why.
- Cognitive problems:** You may have problems concentrating or remembering; you may have flashbacks or nightmares, panic attacks, excessive fears.

Other Impacts of Sexual Assault

- ▶ Substance abuse
- ▶ Sexually transmitted diseases
- ▶ Physical injury
- ▶ Genital injury
- ▶ Anxiety
- ▶ Post traumatic stress disorder
- ▶ Fear
- ▶ Guilt
- ▶ Shock
- ▶ Numbness
- ▶ Powerlessness
- ▶ Gastrointestinal disorders

What To Do If You Are Raped

After a rape, immediate emotions of shock and disbelief gradually give way to anger, fear, guilt, distrust, helplessness, denial, and depression. Rape victims need to be able to talk to someone about these feelings and to understand that such feelings are normal.

- 1.** Try to remain calm and alert; get to a safe place.
- 2.** Don't bathe, douche, brush your teeth, change clothes or do anything else that may destroy physical evidence.
- 3.** Seek medical attention right away. The first 72 hours after an assault is the most critical time to collect evidence and reduce the risk of STDs and pregnancy.
- 4.** Call the rape hotline or someone you trust to be with you.
- 5.** Report the rape to the police – even if you do not wish to prosecute later. Your report may assist the police in preventing another incident of this kind. If the crime is reported to the police, the victim may be eligible for Crime Victims Compensation and the victim will not have to pay for the exam.
- 6.** Seek counseling and emotional support from your local crisis center.

Stages of Sexual Assault Recovery

There are four common stages of sexual assault recovery. Not everyone goes through these stages at the same pace or in the same order. It is common for survivors to vary in their experience of these stages.

- | | |
|--------------------------|--|
| Crisis Stage: | Shock and denial, strong emotions, no emotions, fear, physical reactions. |
| Denial Stage: | Minimize effect, make major life changes, may turn to harmful coping mechanisms such as drugs, alcohol, or food to numb the pain. |
| Suffering Stage: | Depression, no sense of security or control, anger, guilt, shame, flashbacks. |
| Resolution Stage: | Integration of sexual assault, move from victim to survivor. |

Dating Violence

*If it hurts...
it's **NOT** love*

Warning Signs

- ▶ Threats of violence
- ▶ Extreme jealousy or possessiveness
- ▶ Insult, humiliate or criticize you unfairly
- ▶ Tells you how to dress and/or what to do
- ▶ Abusive to their last girlfriend, boyfriend, or spouse
- ▶ History of family abuse of perpetrator

If you suspect a friend or relative is being abused, confront him or her. Listen and be supportive, but encourage them to get help. Do not accept any excuses!

There's no excuse for abuse!

Dating violence is repeated verbal, emotional, physical, or sexual abuse used to frighten, hurt and control a girlfriend or boyfriend. Dating violence is a serious and sometimes deadly reality. Jealousy, possessiveness, and violence do not equal love.

Are you experiencing dating violence?

- Does your partner decide when you see your friends or which friends you may have?
- Does your partner scare you, boss you around, monitor your every activity?
- Does your partner make all the decisions or sulk when things don't go his or her way?

If you answered "Yes" to any of these questions, YOU could be a victim of dating violence. Call your local crisis center for assistance in developing a safety plan (see back page).

Acquaintance Rape

When a date, friend, or acquaintance forces, coerces or manipulates you into having sexual intercourse against your will and/or without your consent, it is acquaintance rape. In Alabama, 14% of the perpetrators are a relative, 43% an acquaintance, 10% a stranger, 23% relationship unknown, and 9% boyfriend or ex-boyfriend. Domestic violence rape or spousal rape accounts for 12% of the 1,567 rapes reported in Alabama. (*Crime in Alabama, 2002*)

- ▶ **89% of rapes are committed by someone the victim knows.** (*Crime in Alabama, 2002*)

Rape is a crime. Rapists are 100% responsible for their actions. Acquaintance rape is the most common, least reported, and potentially the most psychologically damaging type of sexual assault.

The effects of rape don't go away by simply trying to forget them.

Drug Facilitated Rape

Alcohol and other drugs are involved in many rape cases. A growing trend is the use of date-rape drugs that are often put into alcohol, soft drinks, water, or other drinks. Some drugs like Benadryl are put into food (such as brownies) to cover up the taste. Many of these drugs are tasteless and odorless. You may not know that you have been drugged until you feel drowsy.

Three drugs that are commonly used are Rohypnol, GHB, and Ketamine. Rohypnol, also called “roofies,” is a strong tranquilizer that is illegal in the United States. GHB or Gamma-Hydroxybutyrate is a clear liquid anesthetic. It is also known as “G,” “Grievous Bodily Harm,” and “Easy Lay.” Ketamine is also a liquid animal anesthetic commonly called “Special K,” “Vitamin K,” or “Bump.”

Symptoms of being drugged:

- Suddenly and unexpectedly becoming drowsy.
- Feeling very agitated, jittery or nervous for no known reason.
- Experiencing hallucinations (seeing or hearing things that aren't there).
- Suddenly getting sick or vomiting after having a drink.
- Memory loss for several hours.
- Waking up and not remembering what happened hours earlier.

Sexual Harassment

Sexual harassment is any deliberate or repeated behavior or action that is unwelcome, hostile, offensive, or degrading to the other person. Sexual harassment is recognized as a major problem for youth. Four out of every five students have experienced some form of “unwanted and unwelcome” sexual behavior during their school life. Sexual harassment ranges from sexual comments, jokes or gestures, to having clothing torn off or being forced to perform a sexual act. Nothing you do, say, or wear gives anyone the right to assault, abuse or harass you sexually or otherwise.

Sexual harassment is not about sex. It is used to control and/or degrade another person.

Risk Reduction

Only a rapist can prevent rape, but the more you know the better your chances are of reducing your risk.

- Remember that you have the right to say “No”.
- Consider going out with a group or in public rather than being alone on a date with someone you do not know very well.
- Be aware of men who invade your personal space, come on too strong, or make you feel uncomfortable.
- Trust your intuition: If you feel like you are being pressured you probably are.
- Learn how date rape drugs, such as Rohypnol and GHB, can be used against you by a rapist.
- Learn more about your risk of sexual assault from your local crisis center.

Safety Tips

In Social Situations

- Keep a clear head. Avoid excessive alcohol or drugs. Watch your drink.
- Be assertive. Speak up if the situation makes you uncomfortable.
- Express yourself and expect to be respected.

In Your Home

- All entrances and the garage should be well lighted.
- Never hide a key outside.
- Do not admit strangers to your home under any circumstances.

In Your Car

- Always lock your car when leaving and entering.
- Look in the back seat before entering your car.
- Have your keys in your hand to avoid lingering before entering.

The Facts: Male Rape

Male rape is a reality that is becoming more common. Unfortunately, as with women, many are suffering in silence.

Male Rape Facts

- There were approximately 4,890 rapes of males age 12 and over in the U.S. in 1994. (*Bureau of Justice Statistics, 1997*)
- The rate for rapes of males was 0.8 per 1,000 persons age 12 or older. (*Bureau of Justice Statistics, 1997*)
- In 1985, the U.S. Department of Justice Statistics reported in the *Crime of Rape* that there were 123,000 male rapes over a ten year period. (*Bureau of Justice Statistics, 1985*)
- One in 33 men (3%) reported a completed or attempted rape sometime in their lifetime. (*National Violence Against Women Survey, 1998, National Institute of Justice Center DC&P*)
- 1% of men reported a completed or attempted rape within the last 12 months. (*National Violence Against Women Survey, 1998, National Institute of Justice Center DC&P*)

Male Rape



Myth vs. Facts

Myth: Men can't be sexually assaulted.

Fact: Any man can be sexually assaulted regardless of size, strength, appearance, or sexual orientation.

Myth: Only gay men are assaulted.

Fact: Heterosexual, gay, and bisexual men are equally likely to be sexually assaulted.

Myth: Only gay men sexually assault other men.

Fact: Most men who sexually assault other men identify themselves as heterosexual. This highlights that rape is about violence, anger, and control – not lust or sexual attraction.

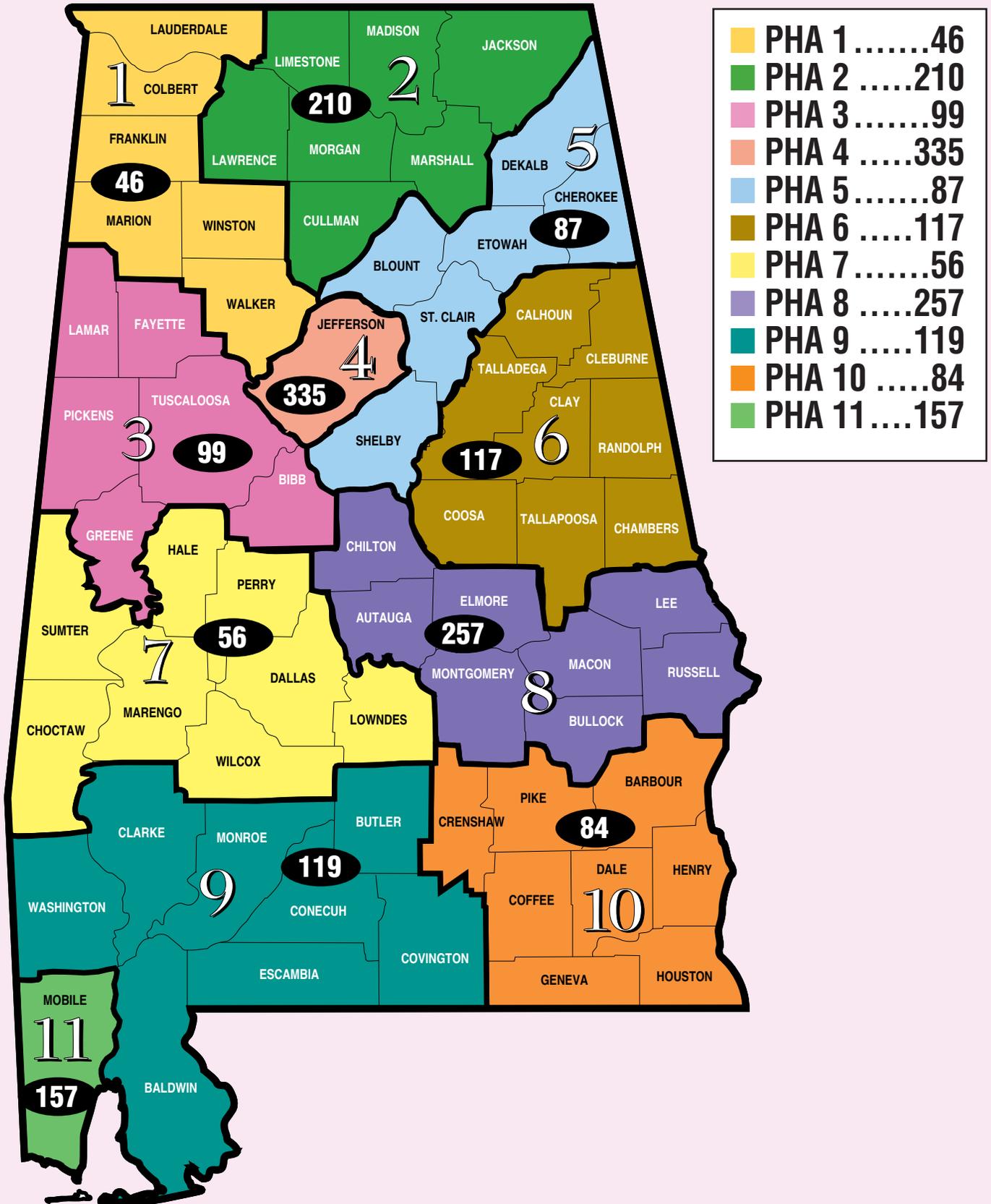
Myth: Men cannot be sexually assaulted by women.

Fact: Although the majority of perpetrators are male, men can also be raped by women.

Myth: Erection or ejaculation during a sexual assault means you “really wanted it” or consented to it.

Fact: These are physiological responses that may result from mere physical contact or extreme stress. These responses do not imply that you wanted or enjoyed the assault and do not indicate anything about your sexual orientation. Some rapists are aware how erection and ejaculation can confuse a victim – this motivates them to manipulate their victims to the point of erection or ejaculation to increase their feelings of control and to discourage reporting of the crime.

Rapes Per Public Health Area (PHA) (2002) N = 1,567



Data provided by the Alabama Criminal Justice Information Center.

Rape In Alabama 2002

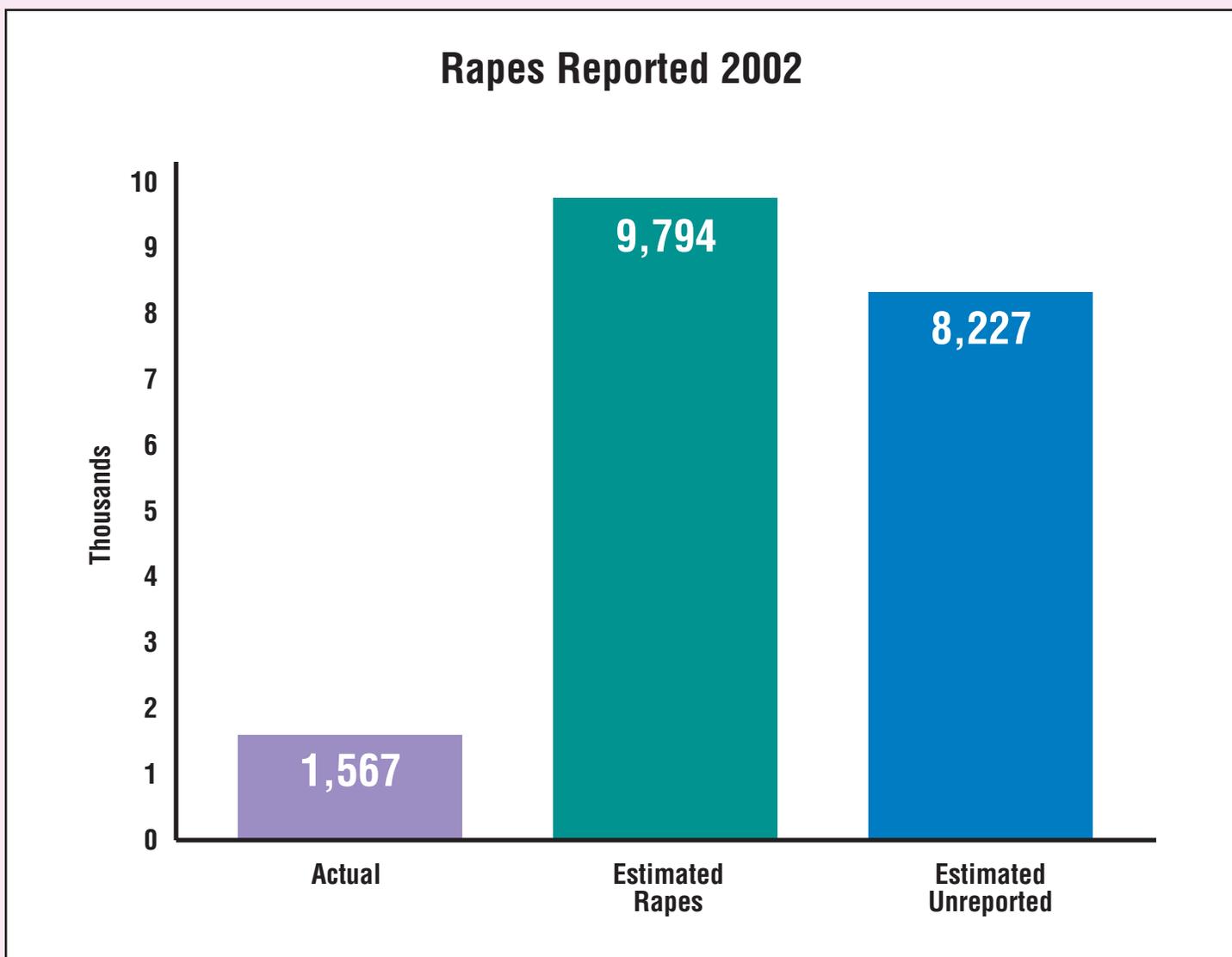
The Alabama Department of Public Health in collaboration with the Alabama Coalition Against Rape (ACAR) are currently implementing a surveillance system that will allow the compilation/collection of school based education, professional training, the number of rape occurrences, consequences as a result of the rapes (i.e. injury, pregnancy, hospitalization), perpetrator demographics, and the types of services utilized by rape victims. The reports generated from this system will assist the crisis centers and the health department in devising a plan to better combat sexual assault in the state of Alabama.

The following statistics is based on data compiled by the Alabama Criminal Justice

Information Center (ACJIC) as reported to law enforcement and from the Alabama Coalition Against Rape (ACAR) as reported by the rape crisis centers. The surveillance system is still in the preliminary stage, but will be utilized for comparative purposes in the future.

Rapes Reported

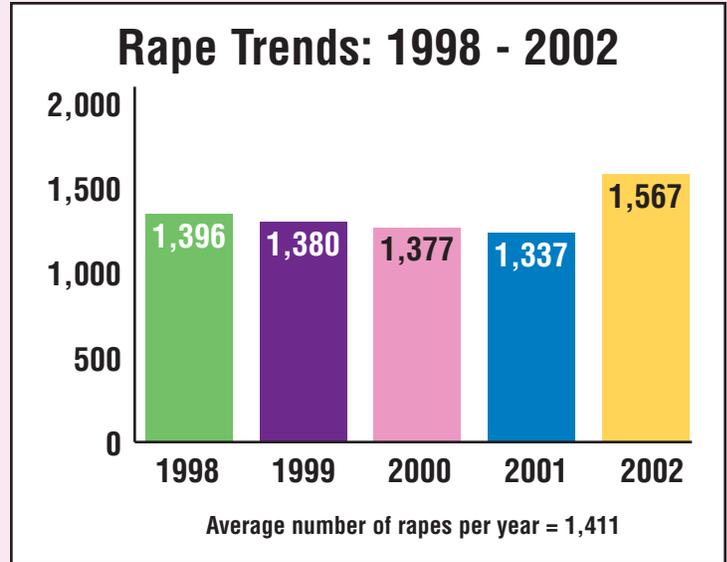
It is estimated that only 16% of all rapes are actually reported to law enforcement (Rape in America, 1992). In Alabama, 1,567 rapes were reported to law enforcement – averaging 4.3 rapes per day. This means that the actual number of rapes which occurred were 9,794 – averaging 26.8 per day – with 8,227 not reporting.



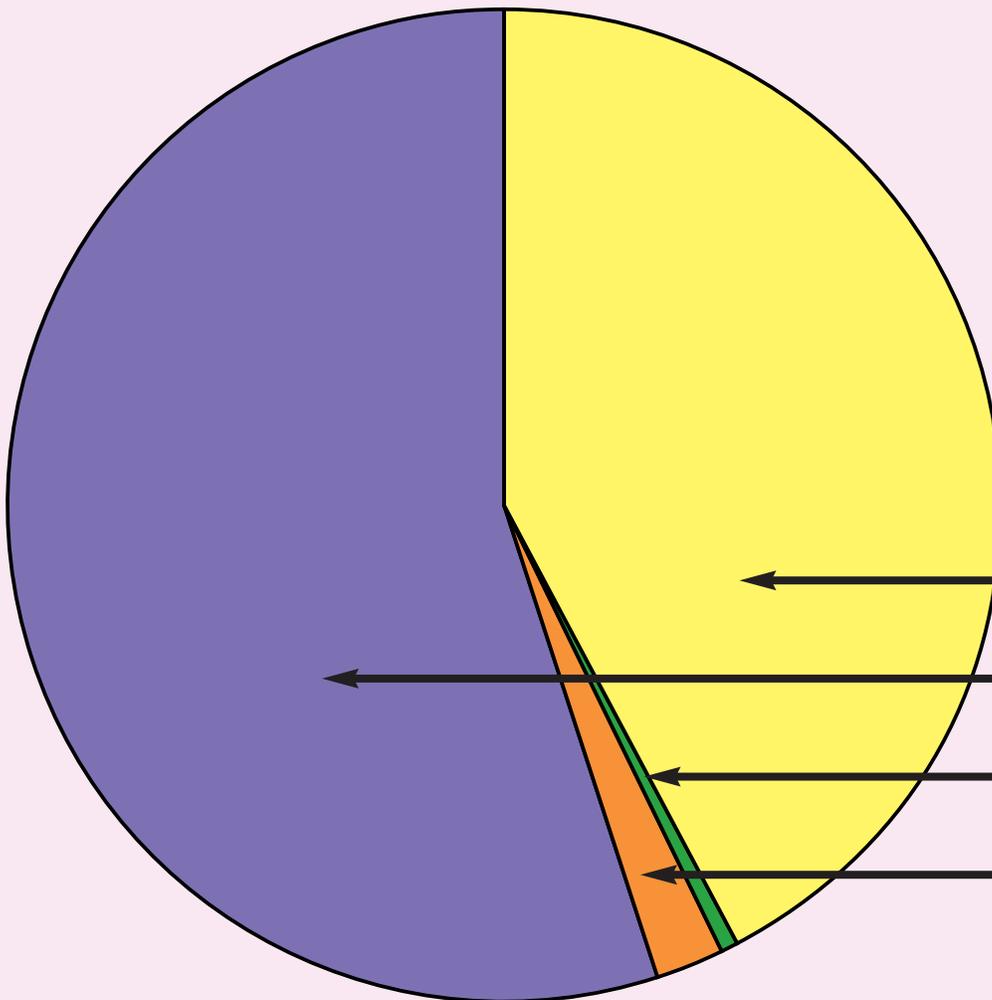
Rape In Alabama *continued*

The Rape Crisis Centers received 5,274 toll-free hotline calls. The total number of rapes reported was 2,659. In comparison to the ACJIC, the Rape Crisis Centers reported 1,092 more rape cases.

When reviewing rape trends from 1998 to 2002, it is shown that the number of rapes occurring in 1998 through 2001 were stable, but there was a 14.7% increase in 2002 (1,567) from 2001 (1,337). This increase may be attributed to increased awareness of sexual assault and the importance of reporting. However, more research must be done to support this claim. The average number of rapes per year from 1998-2002 was 1,411.



Female Victims (2002), 1,567 Total



Rape Victims

The female victims ranged in age from 2 to 90 years. The average age was approximately 22 years. The breakdown of victims by race were 55% white (860), 42% black (663), 1% other (8), and 2% unknown (36).

663 (42.3%) Black

860 (54.9%) White

8 (0.5%) Other

36 (2.3%) Unknown

Juvenile Victims

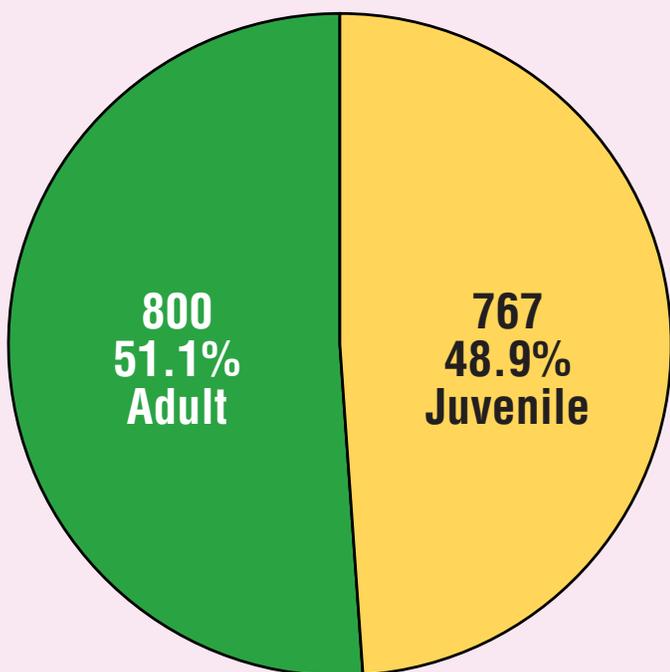
Juveniles, persons under the age of 17, accounted for 49% (767) of all 1,567 rapes reported. Adults represented 51% (800) of all the rapes. Education is necessary to raise awareness about rape as it

relates to juveniles. The crisis center prevention educators provide education to middle and high schools, grades 6 through 12. During 2002, 1,592 presentations were given throughout the state, reaching a

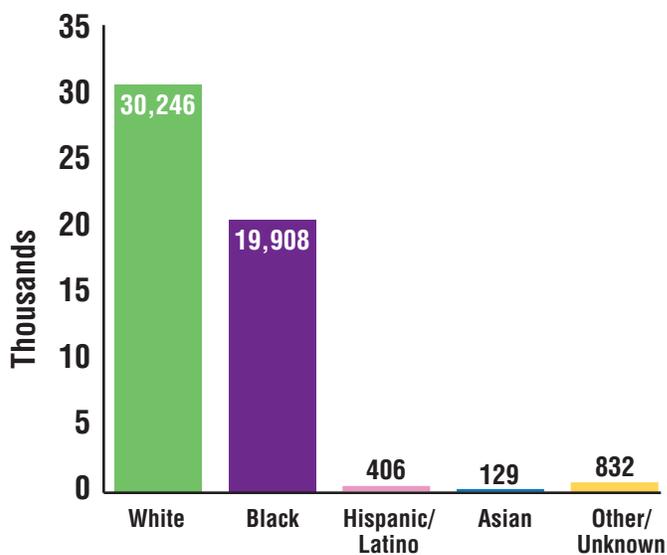
total of 51,521 students.

The percent of students in attendance by race consisted of 30,246 white, 19,908 black, 406 Hispanic/Latino, 129 Asian and 832 Other/Unknown.

Rape Victims, 1,567 Total



Juvenile Education 51,521 Students Total



There were 1,592 Crisis Center Prevention Educator presentations to students in grades 6-12 in 2002.

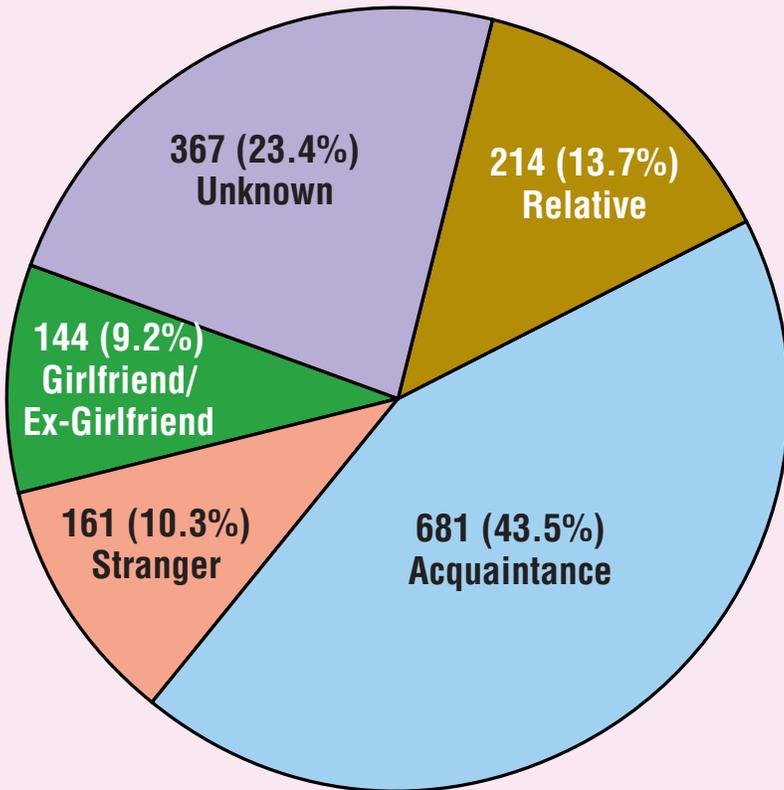
Professionals Training

Law enforcement and social services (teachers, counselors, nurses, etc.) play significant roles in the response, treatment, prosecution, counseling, and referral of rape victims. Training is essential to effectively perform these needed services. The Rape Crisis Centers provide training to law enforcement officers and social service professionals throughout the state. During 2002, 2,027 officers and 4,176 social service professionals received training.

When and Where Rapes Occurred

470 (30%) of the victims were raped in their homes. 266 (17%) of the rapes occurred in the offenders home and 6% occurred in the home of a friend or relative. 282 (18%) of the rapes occurred on Saturday and 282 (18%) occurred on Friday.

Relationship to Offender



The Offender

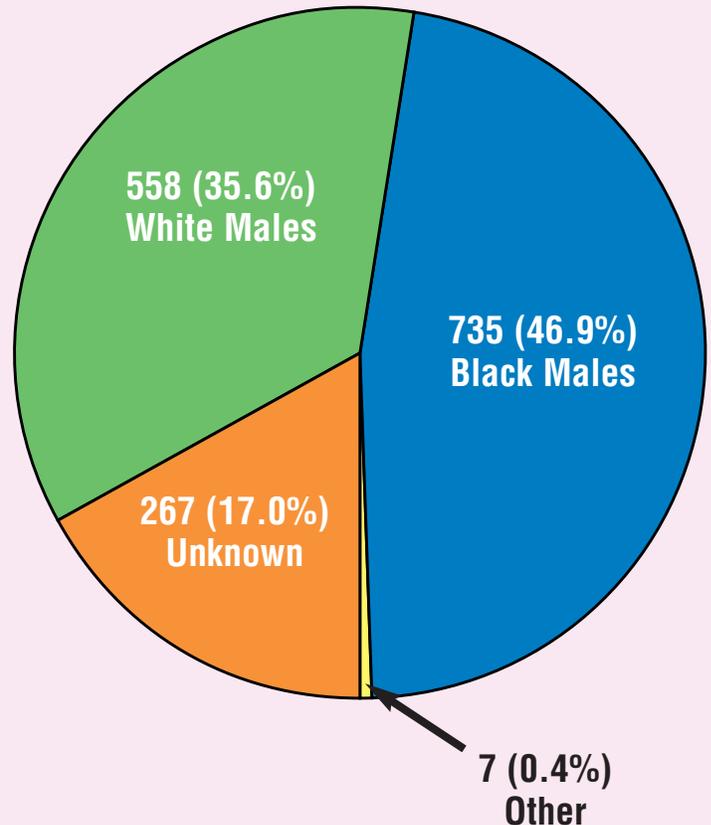
Nationally, it is estimated that 66% of all rapes are committed by someone the victim knows (Criminal Victimization, 2001). In Alabama, 69% of the rape victims knew or were related to the offender. The victims' relationships to the offenders were reported as relative, acquaintance, stranger, unknown and girlfriend or ex-girlfriend.

Approximately, 36% of all the rapes were committed by white males, 47% by black males, 0.4% by other, and 17% by unknown. 35% of the cases involved a white victim and white offender; 12% a white victim and black offender; 35% a black victim and black offender; 1% a black victim and white offender. In 17% of the cases the race of the offender was unknown or other.

There were 421 male arrests made. Of these, 47% were black, 36% were white, and 17% were unknown.

With the development of the Violence Against Women Plan, more awareness is being raised about sexual assault. It is necessary to have accurate reporting in the state in order to fully address the needs of victims in Alabama. With the help of this report and the new surveillance system, an avenue has been created to focus our attention on this public health issue.

Offenders by Race



Services Offered By The Rape Crisis Centers Include:

- 1.** 24-Hour Crisis Hotline
- 2.** Medical Advocacy
- 3.** Legal Advocacy
- 4.** Individual Counseling
- 5.** Support Groups
- 6.** Education and Training (community & professional)

Some Centers May Offer

- 7.** Information and Referrals
- 8.** Child Advocacy
- 9.** Emergency Shelter
- 10.** Parenting Classes
- 11.** SART/SANE Program (see below)
- 12.** Volunteer Program

Sexual Assault Response Team (SART)

The Sexual Assault Response Team is an investigative team comprised of a rape crisis advocate, law enforcement, medical personnel (typically SANE) and the sexual assault survivor. SART provides safety to victims, collects evidence, and resources where possible.

Sexual Assault Nurse Examiner (SANE)

Many rape victims are examined by a SANE nurse. The Sexual Assault Nurse Examiner (SANE) is a registered nurse who is specially trained to provide comprehensive medical care to sexual assault patients, conduct forensic exams, including rape kit, and also capable of serving as an expert witness.

Rape Crisis Centers And The Counties Served

Lighthouse Standing Together Against Rape (STAR)

Crisis Line: (334) 213-1227, Office: (334) 213-1227
 Autauga, Butler, Crenshaw, Elmore, Lowndes, Montgomery

Crisis Center Inc., Rape Response

Crisis Line: (205) 323-7273, (888) 323-7273
 Office: (205) 323-7782
 Blount, Chilton, Jefferson, Shelby, St. Clair, Walker

Daybreak Crisis Recovery Center

Crisis Line: (256) 231-0654, Office: (256) 237-6300
 Calhoun, Cherokee, Clebourne, Dekalb, Etowah, Talladega, Randolph

Crisis Center of North Alabama

Crisis Line: (256) 716-1000, (800) 691-8426
 Office: (256) 716-4052
 Jackson, Limestone, Madison

SafeHouse

Crisis Line: (205) 664-4357, Office: (205) 664-5930
 Clay, Coosa, Shelby*

House of Ruth, Inc.

Crisis Line: (334) 793-2232, Office: (334) 793-5214
 Barbour, Bullock, Coffee, Dale, Geneva, Henry, Houston, Pike

Mental Health Association Rape Response Advocacy Program

Crisis Line: (256) 353-1160, Office: (256) 353-1160
 Lawrence, Morgan

Rape Counselors of East Alabama

Crisis Line: (334) 745-8634, Office: (334) 741-0707
 Chambers, Lee, Macon, Tallapoosa

Contact Mobile, Inc.

Rape Crisis Center of Mobile
 Crisis Line: (334) 473-7273, (800) 718-7273
 Office: (334) 431-5100
 Clarke, Mobile, Washington,

Rape Response

Crisis Line: (256) 767-1100, Office: (256) 765-0025
 Colbert, Franklin, Lauderdale, Marion

Turning Point

Crisis Line: (205) 758-0808, Office: (205) 758-0808
 Bibb, Fayette, Greene, Hale, Lamar, Marengo, Pickens, Sumter, Tuscaloosa

Victim Services of Cullman, Inc.

Crisis Line: (256) 734-6120 / 734-6100,
 Office: (256) 775-2600
 Cullman, Winston

Lighthouse-Baldwin Co.

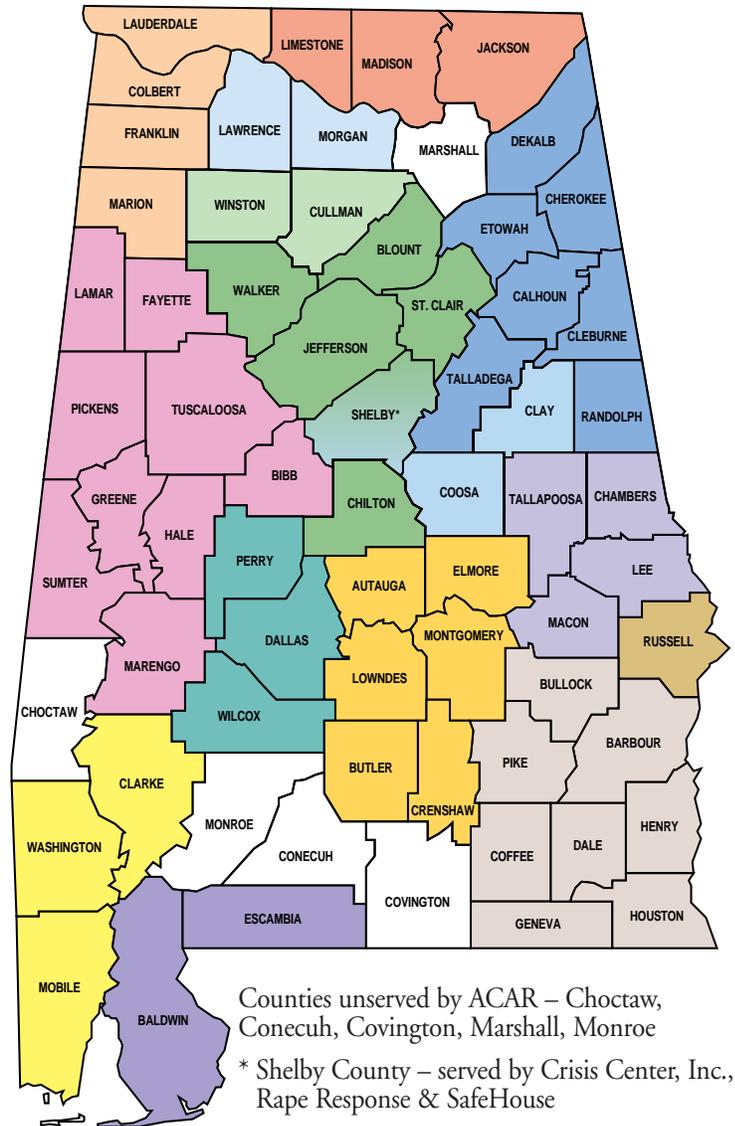
Crisis Line: (251) 947-4393, Office: (251) 947-6196
 Baldwin, Escambia

Crisis Center of Russell County

Crisis Line: (334) 297-4401, Office: (334) 297-4484
 Russell

Sabra Sanctuary, Inc.

Crisis Line: (334) 874-8711, Office: (334) 877-4645
 Dallas, Perry, Wilcox



Please contact the Crisis Center for your area based on your county of residence.

Alabama Coalition Against Rape 24-Hour Hotline

1-800-725-RAPE (7273)

RAINN National Sexual Assault Hotline

1-800-656-HOPE (4673)

Developed by the Alabama Department of Public Health in collaboration with the Alabama Coalition Against Rape.

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