

**Ending the Silence, It's Not Too L.A.T.E. – Listen, Act, Think, Educate**

**Satellite Conference and Live Webcast  
Wednesday, April 10, 2019  
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Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

**Faculty**

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Alabama Coalition against RAPE (ACAR) is a statewide nonprofit organization working to prevent sexual violence in the State of Alabama. Since its inception in 1995, ACAR has utilized its voice to advocate for the rights of countless victims and affect critical change through its active role in public policy, education and training.

**Established in 1995**

**SEXUAL ASSAULT  
IS NOT THE SAME  
*as*  
DOMESTIC VIOLENCE**

***Defining Sexual Violence***

- Any involuntary sexual act in which a person was forced to engage against her/his will
- Force includes threats, coercion, or physical force
- Types of rape include: acquaintance rape, date rape, gang rape, stranger rape, drug-facilitated rape, etc.

**How Do Domestic Violence  
&  
Sexual Assault Intersect?**

Perpetrators who are physically violent toward their intimate partners are often sexually abusive as well. Victims who are both physically and sexually abused are more likely to be injured or killed than victims who experience one form of abuse.

**THEY ARE  
NOT  
THE SAME**

***Concept of Sexual Assault***

- Sexual assault is act of violence, not sex
  - Results in devastating, severe, and long-term trauma
  - Encompasses crimes of rape, date rape, acquaintance rape, marital rape, intimate partner violence, molestation or incest, and sexual assault of older adults
  - In general, sexual assault includes use of force or any nonconsensual contact involving breasts, genitals, or anus with or without penetration

**Sexual Violence Defined**

- Sexual Harassment
  - Any unwanted attention or advances regarding sexual gratification, favors or other verbal or physical conduct of a sexual nature
- Sexual Assault
  - A spectrum of sexual violence including any sexual contact or activity without consent
- Rape
  - Any penetration (vaginal, anal, oral) with anything (penis, fingers, objects) done without consent

**Sexual Violence Defined**

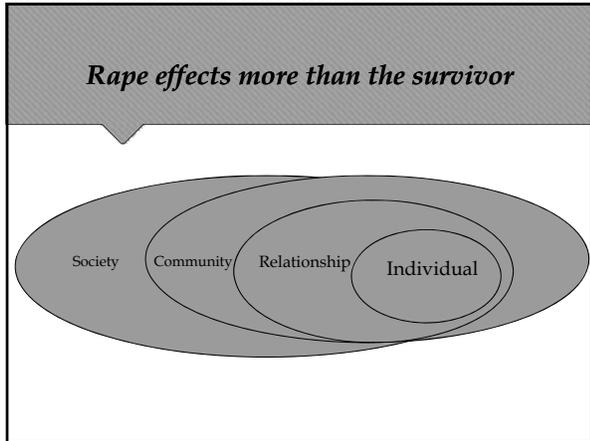
- Coercion
  - Any form of significant pressure employed to overcome one's ability to freely and willingly consent, such as by use of threats, blackmail, imprisonment, etc.

**Sexual Violence Defined**

- Consent - YES MEANS YES!
  - A clearly and freely given word or overt action confirming a willing desire towards and limited to a specific sexual request or experience; consent cannot be obtained from minors or individuals whom are mentally impaired, including impairment by intoxication through drugs or alcohol (voluntarily or involuntarily); it is also an affirmative response, not a lack of one.

**What Kind of a Problem is Sexual Violence?**

- Public Health Problem
  - (large scale problem that has a wide effect)
- Violation of Human Rights (Violates the right to control their own bodies)
- Profoundly traumatic personal experience (impacting every aspect of survivor's lives)
- HOW?



**THE COSTS OF SEXUAL VIOLENCE**

**The Costs of Sexual Violence Impacts us All**

- **Individuals** - Inability/loss of friendships and romantic relationships, depression, sexual dysfunction, hospitalization, suicide disability, lower level of functioning
- **Relationships** - Divorce, separation, psychological effects impacting the relationship, loss of income

**THE COSTS OF SEXUAL VIOLENCE**

- **Society** - health care costs to government, individuals and insurance companies, loss of income, in and outpatient psychiatric costs, lost days of work, jail and court costs, loss of productivity and disability cost.

**Statistics**

- According to the Alabama Law Enforcement Agency's Crime in Alabama 2015 report: 1,988\* rapes were reported by county and municipal agencies in Alabama in 2015. This is a 5 percent increase from 2014.

- However, one of ACAR's goals is to break the silence. For every 1 woman that reports there at least 6 women who do not. If we break it down by race for every 1 African American woman that reports, there are at least 10 women who do not. Another vulnerable population is men and boys. For every man or boy that does report there are 71 who do not report according to a CDC report study in 2012.
- Alabama is number one in the nation for "Teacher Student Sex" relationships i.e. Teacher Student Rape.

We are utilizing events like this to bring awareness and express the need for more sexual assault awareness training, response and breaking the cycles of violence.

Sexual Violence is a widespread **problem** that affects not just the victim, but the offender and the families and communities around both of them. That has long term effects.

## Stigma

There is a stigma associated with rape and sexual assault. Victims are often blamed and shamed when they are violated. People will assume that what someone was wearing caused them to be raped or because they had been drinking, using drugs or in the wrong place at the wrong time. That is not the issue. The issue at hand is to get the person help ASAP. Because what one wears, or their lifestyle has nothing to do with someone violating another.

## PREVALENCE

- Sexual assault is one of the most under reported crimes, with 60% still being left unreported
- Males are the least likely to report a sexual assault, though they make up about 10% of all victims
- **Approximately 2/3 of rapes** were committed by someone known to the victim

## PREVALENCE

- **73% of sexual assaults** were perpetrated by a non-stranger
  - **38% of rapists** are a friend or acquaintance
  - **28%** are an intimate
  - **7%** are a relative

## Victims of sexual assault are:

- **3 times** more likely to suffer from depression.
- **6 times** more likely to suffer from post-traumatic stress disorder.
- **13 times** more likely to abuse alcohol.
- **26 times** more likely to abuse drugs.
- **4 times** more likely to contemplate suicide.

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

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

*Our society has done a fantastic job of teaching the rape survivor to blame herself/himself for another person's violence*

## Rape Myths

- No really means yes.
- Rape, sexual abuse, or incest is just a way of life for women in some cultures.
- Women love to be swept off their feet and be taken by force.
- She was "asking for it"

## Rape Myths

- Real men don't get raped
- Most rapes are by strangers
- You can tell who "wants it" by the way they are dressed
- It's no big deal, it's just sex

## In most other crimes, no one asks...

- What were you wearing?
- Why did you go there, get in the car, leave your window open, etc.?
- Did you scream, yell, fight back?
- Were you drinking/drugs?
- Did you know the person?
- Are you sure that's what happened?

*The victim's only goal is to survive.  
Sometimes cooperation is required for survival*

Cooperation to survive does NOT equal consent

### CONSENT VS. COOPERATION

- **Consent:** Equal power, both people agree to be there, either can leave or choose not to participate in certain sexual acts.

- **Cooperation:** *Doing as you are told to avoid consequences.* Victim believes her/his life/physical well-being is in grave danger. This belief *may/may not* come from spoken threats, but the implied threat of what may come next. Often if a victim cooperates it is not viewed as rape, such as the use of a condom, telling attacker what he/she wants to hear, etc.

### *Example of Cooperation vs. Consent*

- A man walks into a bank and slides a note to a bank teller that says, "give me all your money, or else". The teller cooperates with him by giving him all the money in her drawer, even though there is no visible weapon, and no verbal threats have been spoken. *Does this mean that the teller/bank wasn't robbed? Does this mean that the teller conspired with the bank robber to rob the bank?*

**WHAT CAN YOU DO—EDUCATE & BELIEVE!**

- Educate yourself on the issues
- Educate others on the issues
- Know the statistics
- Teach others that violence is not the answer
- Teach others about choices and consequences



**WHAT CAN YOU DO—EDUCATE & BELIEVE!**

- Believe survivors...
- Believe in equality...
- Believe that a safer world is possible...



***Let's Stay in Touch***

If you need more information or would like to host a sexual assault awareness training, please give us a call. We train staff, law enforcement, churches, communities and more.

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