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## **VIOLENCE INTERVENTION PROGRAM**

**24-Hour Hotline**

**607.432.4855**

*collect calls accepted*

### **Sexual Assault**

Sexual assault can happen to an adult or child. Adults are sexually assaulted when someone forces, coerces or tricks them into some kind of sexual activity against their will. Sexual assault happens when someone does not or cannot consent to the sexual acts. This might mean someone does not want to have sex, but is forced to.

### **Telling about a sexual assault is the first and one of the hardest steps in healing from the pain of abuse.**

When you tell about your experiences of sexual assault, it may be helpful to know that:

- You are not to blame for the assault no matter how it occurred or how you responded to it. No one ever has the right to abuse anyone else for any reason.
- You did not ask to be abused, no matter what you did or who abused you. No one ever wants to be abused; we do want attention, affection, to be touched and comforted. But wanting affection does not mean wanting to be abused.
- You did not deserve to be abused. No one deserves to be abused, no matter what they do.
- You are not alone. **One in two women will experience sexual assault in their lifetime.** Sexual abuse is very common in our world and you share these experiences with many other people.

### **Date and Acquaintance Rape**

The majority of all rapes of women are known as acquaintance rapes, in which the victim knows her attacker. **Eighty percent of victims are assaulted by someone they know.** Women who are most often raped are between 16 – 24 years of age. Since this is the period when young women begin to date, they are particularly vulnerable to being a victim of date rape. The peak rate of victimization occurs in the 16 – 19 year-old age group, with the next highest rate of victimization occurring between 20 and 24 years of age. Eight in ten college rapes involved someone the attacker knew, more than half involved a date. Eighty-six percent of these rapes occurred in off-campus housing or in a car—prior to the rape forty-two percent had not been sexually active.

### **Take steps to avoid Date and Acquaintance Rape**

- Avoid isolated places
- Avoid going by yourself to a room where someone has been drinking
- Clearly communicate your sexual intentions—“NO” MEANS “NO”
- Trust your instincts- if you sense something is wrong or get a bad feeling, get out of the situation immediately.

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*The following has been adapted from RAINN*