

## Families In Crisis, Inc.

What You Need to Know:  
Sexual Assault and Dating Violence  
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## What is Sexual Assault?

An act of violence in which force is used or threatened, committed by one person against another, without consent.

A quarter of a million children are sexually assaulted every year (reported.)

A child is sexually assaulted every 1 ½ minutes

A woman is raped every 2 minutes

## Sexual Assault Statistics

- 1 in 4 girls will be sexually assaulted by the age of 18
- 1 in 6 boys will be sexually assaulted by the age of 18
- 17.7 million women have been sexually assaulted in the United States
- 2.78 Million men have been sexually assaulted in the United States
- Ages 12-17 are the highest at risk group
- 66% of rapes are committed by someone the victim knows
- 28% are intimate partners

## Sexual Assault Statistics

- Oldest Victim-91 years old
- Youngest Victim- 1 ½ years old
- Of the 400 sexual assaults, more than half were under the age of 12.

## Bell County Sexual Assaults

- The hospital has served an average of 400 sexual assault survivors in the past three years.
- FIC has served close to 250 sexual assault survivors.
- Youngest victim - 4 months old
- Most severe case was a 13 month old victim

### What is Aggravated sexual assault?

A sexual assault during which a weapon is used, displayed, or threatened.

### Forms of Sexual Assault

- Acute- one time
- Chronic- long term (Children)

### Types of Sexual Assault

- Acquaintance/Date Rape
- Spouse/Partner Rape
- Male Rape
- Child Sexual Abuse
- Elderly or Disabled Rape
- Gang Rape
- Sexual Harassment

### Sexual Assault Statistics

- 25,000 American women will become pregnant from an act of sexual assault every year.
- At least 50% of women will develop PTSD after being sexually assaulted. Only a small percentage receive help for PTSD.

### Who does it happen to?

Children, adolescents, teens, adults  
Male, female, young and old

Sexual Assault does not discriminate!

### How common is sexual assault?

- Most underreported crime
- The US has the highest rate for any other industrialized nation
- Only 30% of rapes are reported
- The majority of victims are female
- Approximately 6% of victims are male

## Children and Sexual Assault

Most likely if a child is being abused, it is by a family member or close friend of the family.

## Why Victims Do Not Report

- Fear
- Shame/Guilt
- Re-victimized (police, courts, etc.)
- Shock
- Embarrassment
- Denial

## How Can We Prevent Sexual Assault?

- Knowledge and education
- Understanding attitudes and behaviors that influence sexual violence
- Know sexual violence will NOT be tolerated
- Know and understand what consent means
- Teach children to stand up and speak out
- Break they myths of sexual assault
- Confront societal norms that support sexual assault

## Dating Violence

## Dating Violence

- Typically begins in High School, but has been known to occur in middle school.
- Dating violence reflects the same patterns as adult domestic violence.
- Dating violence affects approximately 27% of our young people and does not reflect mental and emotional abuse.

## Types of Abusive Behavior

Physical	Emotional	Sexual	Financial	Other
Kicking	Insulting	Unwanted touching	With holding funds	Isolation
Shoving	Criticizing	Forced or hurtful sex	Giving of allowance	Intimidation
Punching	Ignoring	Forced sex with others	Tracking all money	Dominance
Biting	Humiliating	Forced sex with object	No access to funds	Destruction of
Slapping	Silent Treatment	Forced pornography	No access to property	Property and Possessions
Strangling	Name-calling			Threats to children

### Effects of Dating Violence

- Lowered trust
- Shame and guilt
- Low self-esteem
- Feeling unsafe
- Fear
- Confusion
- Helplessness
- Depression
- Difficulty concentrating
- Dependence
- Loss of freedom
- Isolation
- Loneliness
- Physical Symptoms and reactions
- Falling grades
- Difficulty sleeping
- Defensive and Protective
- Denial

### Why They Stay

- They stay for many reasons ranging from love, hope and dependence to fear, shame and intimidation
- They may stay because of fear of loss of social status
- Lack of family support
- They may feel that no one can understand, and that "this is just the way it is"
- They may stay because they are afraid to be alone
- They may stay due to pregnancy or existing children

### What you can do

- Be aware of warning signs.
  - Isolation
  - Changes in behavior
  - Lying
  - Bruises
  - Controlling behavior
  - Fear
  - Absenteeism
- Cont.
  - Changes in dress or appearance
  - Changes in hygiene
  - Absent from social gatherings
  - Depression
  - Anxiety
  - Dominance from partner

### What you can do

- Educate Students
  - Make sure your students are educated on topics that can help empower them to make healthy decisions.
  - Provide a variety of information in a variety of formats.
  - Include all aspects of violent behavior and other societal issues - BREAK THE SILENCE!

### What you can do

- If you become aware of a dating violence or domestic violent situation:
  - Be aware of you school policy and act accordingly
  - Keep in close contact with all school staff
    - Principal
    - Counselor
    - Nurse
    - Teacher
    - CIS

### Talking to a victim

- Be open and non-judgmental
- Be honest about school policy concerning reporting to parents and other adults
- Provide information to students and let them know you are available to talk
- Let them know they are not alone and have people who care about them
- Be patient, understanding, and observant

## Be Aware of Community Resources

- There are many community resources that can be used in public schools for education and life skills lessons.
- Agencies include:
  - Families In Crisis, Inc.
  - The Police Department
  - Social Services
  - Communities in Schools
  - Public School Programs

## Why are outside resources beneficial?

- Using outside resources can be beneficial to your students on many levels.
  - Provides a change from the same humdrum day.
  - Gives a different perspective on a topic.
  - Allows students to interact with new people and enjoy a “break” from their normal routine.
  - Exposes them to a variety of career options and professional people.
  - Provides information about the community and how it can support them in their own lives.

## Families in Crisis, Inc.

- Safe Shelter for victims of domestic violence and sexual assault
- Outreach services for victims of domestic violence and sexual assault
- P.R.E.P. Education Program
- Volunteer Sexual Assault Advocate Program

## P.R.E.P.

- Presentations to grades 5-12 and college students
- Interactive
- Discussions
- Movies
- Handouts
- Games
- Prizes

- Contact:
  - Tammie Benson
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  - (254)634-1184 ext. 115
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Statistical information gathered from TASSA and The NCADV

## Thank You!

Question and Answer