

## Statistics Regarding Sexual Assault

- As many as one in four **college women** become victims of attempted or completed rape during their college years.
- In 60-80% of rapes, the assailant and the victim **know each other** and, of these, over half of the rapes happen on a date.
- It is estimated that only 10% of rapes are **reported to the police**.
- 75% of the male perpetrators and 55% of the female victims report that **alcohol** was involved at the time of the incident.
- Only 27% of women who were sexually assaulted, according to the legal definition of rape, **perceive themselves** as being rape victims.

## Resources

Family Service of the Piedmont  
24-hour Crisis Line  
Greensboro (336) 273-RAPE  
High Point (336) 889-RAPE

NC Coalition Against Sexual Assault  
(919) 870-8881  
Toll Free: 888-737-2272

National Sexual Assault Hotline  
1-800-656-HOPE

National Sexual Assault Online Hotline  
[apps.rainn.org/ohl-bridge](http://apps.rainn.org/ohl-bridge)

National Suicide Hotline  
1-800-SUICIDE

### Online Sexual Assault Support Groups

Adult Survivors of Child Abuse  
[ascasupport.org](http://ascasupport.org)

Pandora's Aquarium  
[pandys.org](http://pandys.org)

Dancing In The Darkness  
[dancinginthedarkness.com](http://dancinginthedarkness.com)



[www.safeandhealthyfamilies.com](http://www.safeandhealthyfamilies.com)



## Sexual Assault

*A Guide for  
Family and Friends*



Produced by Family Service of the Piedmont, Inc.

## Common Responses to Sexual Assault

*Every victim reacts to sexual assault in their own way. However, there are some characteristic reactions that many victims have in common.*

### Immediately Following the Assault:

- Denial or disbelief
- Anxiety
- Feeling dirty, soiled
- Shame, humiliation
- Restlessness
- Crying
- Shaking
- Calm and composed
- Feeling responsible for the attack
- Guilt
- Anger

### Over the following days and weeks:

- Difficulty in sleeping
- Changes in eating habits
- Difficulty concentrating
- Flashbacks
- Emotional numbness
- Depression



## To Support Survivors of Sexual Assault

- **Believe** what they tell you and let them know that you believe them.
- Never **blame** the survivor for the assault
- **Listen** when they talk and make them feel comfortable when expressing feelings.
- Validate their feelings. **Reassure** them that what they did to survive was right for them.
- Let them know the importance of getting **medical attention**. Support them in this.
- Do not be **judgmental**. Counteract self-blaming statements.
- Do not **interrogate** them – you are not an investigator.
- Validate their **experience** and their feelings.
- Let them **talk** about it when they want to, and not when they don't.
- Support their **decisions** around reporting or not reporting.
- Validate wanting to take matters into their **own hands**.
- Recognize their right to **talk** about the sexual assault whenever needed.
- Don't do it all yourself. Help the survivor build a strong **support network**.

*Do not communicate that she was raped because she did something wrong. Regardless of where a woman is, no one has the right to rape her. The fact that she may have been alone, dressed in a particular way, or may have been friendly to a person does not mean that she is in any way at fault. She is never responsible for the behavior of the rapist.*



## Self-Care for Supporters

- **Talk** with people you can trust. You need support from others too.
- If you are male and the survivor is female, do not take personally any hatred she feels toward men. Her **anger** with the perpetrator may be generalized into a temporary anger toward all men.
- Talk to a **counselor** or call a rape crisis hotline. It is hard to witness someone in emotional pain. Take care of yourself as you help the survivor.
- **Educate yourself** about rape and rape prevention.
- Moderate your **stress levels** through activities with other friends and/or through time alone.
- Do not expect to be able to make the survivor feel better **all of the time**.
- Understand that the sexual assault may bring up previous **trauma** for the victim.
- Do not **blame** the survivor. Even when you feel poor judgments were made by the survivor, no one deserves to be sexually assaulted.
- Do not blame **yourself**. The only person who is at fault is the person who committed the crime.