



April is  
Sexual  
Assault  
Awareness  
Month

# Psyche Me Up!

## Sexual Assault: Building Fences *or* Calling Ambulances

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The majority of sexual assault victims are between the ages of **16 and 24**. The Centers for Disease Control and Prevention reports that **80% of female victims were raped before they turned 25**, and almost **half were raped before age 18**.

Among male victims, **28%** were raped before they were 10.

Some **12%** of high school girls report having been **forced to have sexual intercourse**.

**College students are especially at risk: 1 in 5 women are sexually assaulted while in college. The dynamics of college life appear to fuel the problem, as many are victims of what's called "incapacitated assault": they are sexually abused while drunk, under the influence of drugs, passed out, or otherwise incapacitated.**

Abusers who drink prior to an assault are more likely to believe that **alcohol increases their sex drive** – and are also more likely to think that a woman's drinking **signals that she's interested in sex**.

Most college victims are **assaulted by someone they know**, especially in incapacitated assaults.

**\*If you have any questions, please contact the Wellness Center at 530.226.4106 Located in the OC suite 208**

***"We must have the moral integrity to break our complicit silence— not only for women, but for the next generation of boys."***

**Non-abusive men need to challenge men who are. Proliferating derogatory views of women should not be tolerated, in any setting, and men should call out men to change the culture. Abusive men should begin to lose status among other men. Too much silence in male culture creates the illusion of consent. There is a leadership failure among men. We don't need "sensitivity training" we need leadership with moral integrity.**

–Jackson Katz

Sexual assault is pervasive because our culture allows it. Violence prevention can't just focus on offenders and victims. **It has to involve everyone.** To put an end to this violence, we must see it for what it is: **a disgusting crime. Not a misunderstanding, not a private matter, not a man's right or a woman's fault.** And bystanders must be taught and emboldened to **step in to stop it.** This is **ALL our responsibility.** We must dialogue to find solutions, lead, not be silent, **challenge pervasive attitudes and perceptions.** Change will require a willingness to **confront the cultural objectification of women** and our culture's **corruption and degradation of the sacredness of human sexuality.**

Sexual assault survivors suffer from a wide range of **physical and mental health problems that can follow them for life** – including **depression, chronic pain, anxiety, eating disorders, and post-traumatic stress disorder.** They are also more likely than non-victims to engage in **self-injurious behaviors and attempt or consider suicide.**

As noted, **1 in 5 women has been sexually assaulted while in college. College sexual assault survivors not only may suffer serious mental health problems, but also drug and alcohol abuse, often used to cope with impact of such abuse.** Reporting rates are also particularly low, and, **authorities often fail to adequately follow through with any consequences for the offender.** The **victim is often further shamed and victimized in her efforts to attain justice and the protection of subsequent victims.**

**Focusing only on how victims can better "protect themselves" is like sending ambulances to the bottom of the hill to treat those who have fallen ... Instead, let's build fences at the top of the hill: let's start helping men change the culture of objectification of women and sexualization of beauty. One more victim is one too many.**



### **For YOUR Safety:**

**Circle of 6** app for iPhone and Androids puts a group of friends instantly in touch with each other – so someone in trouble can send a **"come and get me"** message, complete with a **GPS map to show her exact location.**

