



## KNOW THE FACTS: SEXUAL VIOLENCE

### SEXUAL VIOLENCE IS A WIDESPREAD PROBLEM

Sexual violence includes rape, incest, child sexual assault, ritual abuse, non-stranger rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism. It is a crime typically motivated by the desire to control, humiliate, and/or harm — not by sexual desire. Sexual violence violates a person's trust and feelings of safety. It happens to people of all ages, races, genders, sexual orientations, religions, professions, incomes, and ethnicities.

### FACTS ABOUT SEXUAL VIOLENCE

Sexual violence affects people of all genders, ages, races, religions, incomes, abilities, professions, ethnicities, and sexual orientations. There is a social context that surrounds sexual violence: oppression and social norms that allow for sexism, racism, and other forms of inequality are all contributing factors.

- Nearly one in five women in the United States have experienced rape or attempted rape some time in their lives (Black et al., 2011).
- In the United States, 1 in 71 men have experienced rape or attempted rape (Black et al., 2011).
- An estimated 32.3 percent of multiracial women, 27.5 percent of American Indian/Alaska Native women, 21.2 percent of non-Hispanic black women, 20.5 percent of non-Hispanic white women, and 13.6 percent of Hispanic women were raped during their lifetimes (Black et al., 2011).
- Nearly 1 in 2 women and 1 in 5 men have experienced sexual violence victimization other than rape at some point in their lifetime (Black et al., 2011).

### VICTIMS ARE NEVER AT FAULT

It doesn't matter what someone is wearing or how they are acting, victims are never to blame. A person may use force, threats, manipulation, or coercion to commit sexual violence. An absence of injuries to the victim does not indicate consent.

### PREVENTION IS EVERYONE'S RESPONSIBILITY

As individuals, all of us have a role to play in creating safe environments. We can all:

- Intervene to stop problematic and disrespectful behavior
- Promote and model healthy attitudes, behaviors, and relationships
- Believe survivors and assist them in finding resources

### HOW TO HELP A SURVIVOR OF SEXUAL ASSAULT

#### BELIEVE THEM

They need your trust and support and to hear that their situation is not their fault. Many sexual assault survivors are victimized a second time when they confide in a trusted friend or family member who questions them, blames them, ignores or brushes them off, or doesn't believe them.

#### LISTEN

Even though the survivor's pain about the experience may feel overwhelming to you, by listening nonjudgmentally, you are helping the survivor to begin healing. Be patient as they may need support for a long time.

#### ACT

Ask how you can help and connect them to confidential support options. Here are some contacts to start with:  
**Student Health Center:** 805-922-6966 ext. 3212  
[www.hancockcollege.edu/health\\_services/sexual-assault.php](http://www.hancockcollege.edu/health_services/sexual-assault.php)  
**AHC Police Department:** 805-922-6966 ext. 3652 or 3911

## RECOGNIZE

Recognize that your reactions and feelings are important too. When someone we care about is hurt, we feel hurt as well, and it can be helpful to talk with a professional about your feelings. Contact Student Health Services at 805-922-6966 ext 3212.

## RESPECT

Above all, respect the survivor's efforts to be in control, as all the control has just been taken from this person in the sexual assault. Survivors need to know they have friends and family supporting them and their decisions for healing.

## OTHER RESOURCES:

**American College Health Association:**

[www.acha.org/topics/violence.cfm](http://www.acha.org/topics/violence.cfm)

**SAFER (Students Active For Ending Rape):** [www.safercampus.org](http://www.safercampus.org)

**National Sexual Violence Resource Center:** [www.nsvrc.org](http://www.nsvrc.org)

**Not Alone:** [www.notalone.gov](http://www.notalone.gov)

**It's On Us:** [www.itsonus.org](http://www.itsonus.org)

**North County Rape Crisis and Child Protection Center:**

[www.sbcountyrapecrisis.org](http://www.sbcountyrapecrisis.org)

Lompoc hotline: 805-736-7273 | Lompoc office: 805-736-8535

Santa Maria hotline: 805-928-3554



# 10 WAYS TO DISTINGUISH CONSENT

## A GUIDE FOR STUDENTS AND ADVISORS

**CONSENT:** A clear and unambiguous agreement, expressed in mutually understandable words or actions, to engage in a particular activity.

### LISTEN FOR "YES"

- 1. Consent is fundamental** – You must obtain consent before engaging in or going further with any sexual activity.
- 2. Consent requires communication** – Verbal communication before engaging in sexual activity clarifies consent. Discussing your own and your partner's sexual desires, needs, and limitations provides a basis for a positive experience.
- 3. Consent is affirmative** – Listen for a clear and positive agreement. These factors don't count: the absence of "no," silence, relying solely on body language, flirtation, coercion, marital or relationship status, power differentials, clothing choice, or a person's past behavior. "Yes" is a statement of consent.

### MAKE SURE "YES" MEANS "YES"

- 4. Consent is voluntary** – Consent must be given freely and willingly, and may not be valid if one person is being subjected to emotional or psychological pressure, intimidation, or fear.
- 5. Consent must be unimpaired** – A person who is impaired in any way, asleep, or mentally or physically incapacitated, either through the effect of drugs or alcohol or for any other reason, is not capable of giving valid consent. Using alcohol or drugs may also seriously interfere with the initiator's judgment about whether consent was sought or given.

### KEEP THE CONVERSATION OPEN AND ONGOING

- 6. Consent is impermanent** – Consent at one time does not imply consent for the future; it must be freely given every time.
- 7. Consent is always retractable** – Consent is subject to change and can be withdrawn at any time. Consent must be clear at each stage of a sexual encounter: consenting to one sexual activity does not imply consent to further activity.

### EQUALITY IS A CORNERSTONE OF CONSENT

- 8. Consent is autonomous** – A current or past relationship, such as dating or marriage, does not override the need to obtain consent.
- 9. Consent is equitable** – Consent is invalid when the initiator holds authority over the partner, such as in an academic or workplace setting, or when one participant is under the legal age of consent.

### THE BOTTOM LINE

- 10. Consent is essential** – Sexual contact without consent is sexual assault.