



THE AFTERMATH OF SEXUAL ASSAULT

It is estimated that one in every three women will become the victim of sexual assault during her lifetime. It is also shown that adult men make up 7 to 10% of all rape victims in the United States. Sexual assault is an act of violence and control, one that leaves a victim devastated with a lifetime of emotional pain. Most sexual assault survivors who receive the proper assistance can learn to deal with the pain in a manner that allows them to continue with their lives in an effective manner. Survivors who do not have knowledge of resources available to them cannot properly begin the healing process.

Immediately after a sexual assault, there are many decisions that need to be made by the victim. Reporting the assault, receiving a medical assessment and telling family and friends are all decisions that can lead to a sense of feeling overwhelmed. One of the most important options to consider is receiving a medical examination. We are fortunate to have the Sexual Assault Treatment Center within our community to provide assistance to victims shortly after an assault. A medical exam can be conducted in order to collect and preserve physical evidence, as well as to determine further treatment for the possibility of sexually transmitted diseases and physical injuries. The center's highly trained staff also assists victims with counseling referrals.

Sexual assault victims may desire to place the account of the assault in the back of their minds and choose to deal with the crisis and pain in the future. Denial, guilt, disbelief and shock may justify "putting it off." Victim/Witness Services can provide further information on resources available to sexual assault victims.

SEXUAL ASSAULT TREATMENT CENTER

The Sexual Assault Treatment Center (SATC), located a few blocks from the Marquette campus, is a pioneer in providing expert services to sexual assault victims. Public Safety provides escorts to the SATC or any other medical facility, upon request. While at the SATC, victims may receive physical examinations, treatment for any injuries, testing for sexually transmitted diseases and counseling support services. During the exam, evidence can be collected and held in safe-keeping while the victim considers reporting options.

FACTS

- One in three women will be sexually assaulted during her lifetime.
- Women between the ages of 16-24 are three times more likely to be sexually assaulted than other women.
- A woman has a four times greater chance of being sexually assaulted by someone she knows.
- 75% of campus sexual assaults involve the consumption of alcohol by the victim and/or assailant.
- 31% of all sexual assault victims develop Post Traumatic Stress Disorder sometime during their lifetime.
- Sexual assault is the most underreported violent crime, with a reporting rate of between 5% and 20%.

IMPORTANT NUMBERS

Marquette Public Safety

288-6800 ROUTINE
288-6363 LIMO & SAFETY PATROL
288-1911 EMERGENCY
288-0467 ANONYMOUS TIP LINE

Milwaukee Police Department

911 EMERGENCY
933-4444 ROUTINE

For More Information:

www.marquette.edu/dept/dps

Department of Public Safety
749 N. 16th Street
P.O. Box 1881
Milwaukee, WI 53201-1881

SEXUAL ASSAULT

Sexual assault is an act of violence that will directly affect one-third of the nation's women. One out of four female college students will be sexually assaulted during their academic career, making sexual assault a topic of concern on campuses nationwide. Statistics also show that 9 out of 10 sexual assault victims know their assailant, dispelling the myth that rapists lurk in the shadows during the evening hours.



The "it can't happen to me" belief is no longer valid, since sexual assault can and does happen to both men and women. In most cases, sexual assaults occur within the victim's own home, or the home of the assailant. Overall, statistics show that we will be affected by sexual assault during our lifetime, whether we are victimized or are close to someone who is victimized. Learning more about the myths and facts surrounding sexual assault, becoming prepared to confidently handle potentially dangerous situations and relying on instinctual prompts may keep men and women from becoming victimized and can assist in dealing with the painful aftermath of sexual assault.

AWARENESS

The best defense against sexual assault is to be aware of your surroundings. Reduce the chance of becoming a potential victim by walking with friends and by using the Safety Patrol escorts and LIMO transports. Since some assailants attempt to gain the trust of a victim by engaging them in friendly conversation, be assertive when your personal space is invaded. Trust your instincts and react appropriately if you think you are entering a potentially dangerous situation. A moment of embarrassment because you were somewhat rude is better than a lifetime of emotional anguish as a result of becoming victimized by sexual assault.

"DATE RAPE"

Approximately 90% of sexual assault victims know their assailant. An assailant may be a spouse, boyfriend, girlfriend, classmate, neighbor, coworker or other person in a position of trust. Date rape or acquaintance assault is the most common and least reported type of sexual assault. In social settings, utilizing the "buddy system" can reduce the opportunity for an assault to occur.

While at a bar, club or party, stick close to friends and watch out for each other. Make it a point to leave the function as a group and refuse to leave a friend behind with someone they just met or barely know. Assailants will isolate victims prior to an assault to reduce the chance of anyone witnessing the crime. Alcohol and drug abuse play a significant role in the majority of acquaintance assaults. In some cases, remaining aware, trusting your instincts, clearly communicating your expectations and setting limits in terms of drug and alcohol consumption can reduce the likelihood of acquaintance assault.

Knowing the assailant does not lessen the severity of an assault. Sexual assault is a crime, no matter how well the victim knows the assailant. Victims of date rape should strongly consider reporting the assault, regardless of their relationship with the assailant or other circumstances, such as their level of intoxication at the time.

DATE RAPE DRUGS

A new weapon of choice has become increasingly popular among rapists - the date rape drug. Several drugs, including Rohypnol, GHB and GBL have been linked to sexual assaults. The drugs, all of which produce similar effects on victims, are illegal to possess and administer to others. The drugs may render a victim unconscious, leaving them particularly vulnerable to sexual assault. The drugs may also produce partial amnesia, leaving the victim with few clues, other than feeling that an assault occurred.

The effects of date rape drugs may vary depending on the dosage and the victim's metabolism, but are intensified when mixed with alcohol or other drugs, such as ecstasy. Date rape drugs can be quickly dissolved within the alcoholic or nonalcoholic drink of an unsuspecting victim. The drugs react quickly, usually within 30 minutes of ingestion and may slightly alter the taste or appearance of a drink.

Take the following measures to protect yourself from a date rape drugging:

- Monitor your drink at all times, especially in crowded bars or at large parties.
- Don't share drinks with anyone or take a drink from a punch bowl.
- Buy your own drinks so that you can watch them being mixed or poured.
- Immediately discard any drink that has an unusual taste or appearance.
- Watch for the symptoms of drug ingestion in others, such as drowsiness, vomiting, lightheadedness or unconsciousness within a relatively short period of time.
- Seek immediate medical attention for victims of date rape druggings.

SELF DEFENSE

It is difficult to outline a specific plan of action to combat a sexual assault. What you choose to do in reaction to a possible assault will depend on several factors, including effective escape routes, the physical environment, and your physical abilities versus those of the assailant.

When it is obvious that passive resistance techniques will not be successful, self-defense techniques, or active resistance, may be necessary in order to escape. The most effective resistance strategies are running from the scene (81% successful), physical resistance (75% successful) and verbalizing/yelling (63% successful). A combination of these strategies will most likely catch an assailant off guard and will assist in bringing attention to yourself from any nearby witnesses.

Information about effective techniques is offered through Public Safety's self-defense courses. Call 288-5864 or visit us online to find out more.