



No Means No!

Common Rape Myths:

- Victims who truly resist cannot be raped.
- Only women can be sexually assaulted.
- No doesn't always mean no.
- Nice girls don't get raped.
- She asked for it.

Rape Facts:

- Rapists use sexual assault as a weapon to dominate, humiliate, and hurt others. How a person looks, acts, or dresses does not invite sexual assault. Victims are selected because they appear vulnerable. Nearly 84% of all sexual assaults are committed by an acquaintance of the victim.
- Attackers of children often "groom" the victim by building trust, bestowing special attention and favors, isolating, creating "secrets", or using threats against loved ones and pets. Over 1/3 of child victims are under 6 years of age.
- Anyone can be a victim - age, race, educational level, economic status, and gender do not predict who is the most likely to be victimized. In fact, for those 18 and under, boys and girls are equally at risk.

Rape is only one form of sexual victimization.

Others include stranger rape, date or acquaintance rape, marital rape, incest, childhood sexual abuse, criminal sexual contact, sexual harassment, stalking, peeping, and all forms of non-consensual or coercive sexual exploitation.

Sexual victimization can lead to *Post-Traumatic Stress Disorder*. Symptoms of PTSD may include:

- Flashbacks, trouble sleeping and/or nightmares
- Feeling isolated and unable to connect with others, even loved ones.
- Angry outbursts or feeling anxious, guilty, or sad.
- A sense of overwhelming dread.

To Transition into the Mindset of a Survivor

- Seek professional help.
- Pay attention to diet and exercise.
- Recognize memory triggers.
- Talk to a trusted friend.
- Make a safety plan.
- Avoid self-blame and "if only..." thinking.
- Connect with other survivors when you're ready.

**For support, call our
24/7 Crisis Line
(252) 473-3366**

We can provide information on:

- Crisis Intervention
- Domestic and Sexual Violence
- Survivor Services
- Advocacy
- Safety Planning
- Support Groups
- Program Presentations



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