



SEXUAL VIOLENCE

Module 5

Lets deal with a few myths on rape

1. **Myth: In most cases the rapist is an unknown person**

The Truth: In more than 60% of all rapes the victim knew the rapist.

He was either a friend, a relative or came out of the circle of acquaintance. The better the rapist knows his victim the more he increases brutality.

In only 7% of all cases, the victim was not known by the rapist.

2. **Myth: The scenes of crime are a dark street, parking lots and parks.**

The Truth: Most crimes happen in apartments or houses: shared apartments (11%), parents' or the woman's house (17%), rapist's apartment or house (13%), at the woman's workplace (2%). Other places are: transportation related places e.g. car, public transportation (15%), public places (20%).

3. **Myth: Women provoke men by wearing "sexy" clothes.**

The Truth: Women and girls are being raped in all areas of life - clothing does not play a role.

In fact, most rapists pick their victims very precisely.

By judging on appearance, manner, and behaviour they want to make sure that the victim will not resist.

Clothing does not always play a role in this decision making.

It is rather charisma or the lack of such that lead to an attempt to rape somebody.

Most raped females are rather unprepossessing characters in jeans, T-shirts and pullover than self-confident beauties in short skirts and high heels.

4. **Myth: Resistance increases brutality**

Truth: 28% of females don't resist when being raped.

Statistics prove that those only have a 18.7% chance not to get raped because a third person interferes or of other reasons.

81.3% of those females get raped.

48% of females resist an attack lightly, meaning they resist rather passively with shouting and use of arms, legs, tools or the whole body.

Statistics prove that those women have a 69% chance that the rapist will stop his attack. "Only" 31% of those women actually get raped.

24% of females resist heavily, meaning they resist with heavy screaming, punches, bites, scratching, and kicking.

Only in 1.4% of all those cases the rapist increased the level of brutality. Being a WOMAN victim can work either FOR you or AGAINST you.

Many men will get a tremendous psychological advantage over you, which will make them stronger and better able to fend off your attack.

On the other hand, as you said, you may be able to surprise the attacker. The good news? Statistics show that many would-be rapists give up the assault when a woman fights back! (regardless of the effectiveness of her actual techniques).

The conclusion: If in a situation, where escape is impossible, fight with all your might; your intent alone might be enough to scare off the attacker.

Date Rape

But what if?

Let's say it's all gone bad and now the physical aggression starts.

What do you do?

First, do not panic, second, don't be afraid, third, stay calm and think.

The vast majority of rape victims are not injured physically, yet it would seem that the vast majority of rapes are accomplished because the victim fears physical injury or death.

For every sexual assault involving physical injury, there are 20 which do not.

This means that 95% of sexual assaults are accomplished without physical injury. This bears thinking about, fear is a very subjective, but seemingly powerful factor in rape.

Often feelings of shame or guilt are factors in rape, but these are hopefully becoming less important as people begin to understand that rape is unacceptable in a civilized society.

Keep the figures on death and injury in mind to help manage your fear.

Keep your mind on escape, do not cry, plead or apologize.

There is always a chance you can say no, do it calmly and forcefully and say that you think your attacker is capable of better behaviour.

Don't allow him to think of you as an object, an abstract thing.

Remember, you probably have little reason to fear injury, and you should have ample proof if your life is in danger.

Each situation is different, your choice of reaction must be made according to the circumstances.

Remember to increase the options, play for time and try for distance.

If all of this has failed, it is now time to consider using physical resistance.

This means that you use your animal side to make a little room and increase your options.

We will not "advise" you to fight back but we firmly believe that you should consider all the aspects of the question.

Some of you may be thinking that the data on injuries would be higher if more people resisted, that by non-resistance the victims have escaped injury.

This attitude assumes that the rape itself is not a physical injury.

Even if there is no physical damage, you are certainly effected mentally on a long term basis.

The idea that women should not resist assumes that women are incapable of resisting men physically and this is simply not true.

In actual fact we have seen no data that would indicate that physical resistance increases the risk of injury, instead the evidence is that physical resistance can reduce the chances of being raped, with or without "injury".

Remember, if anything is going to be underreported, it would certainly be attempted rapes that were successfully resisted; "no harm done, forget about it" being the attitude.

Our attitude is thus, women can often fight back and win the fight, they can very much more often fight back and escape from harm.

Nobody ever won a fight or escaped from being raped by NOT resisting.

We know what we would do, we have considered all the options and have decided.

What we have decided is none of your business, just as it is none of ours what you decide.

Like everything else written here, the ideas are for you to use or to forget. Consider all sides, and make your decisions now, before you need the answers.

SOME OTHER OPINIONS

You have a duty and an obligation to take care of yourself as well as a legal right; self defence is on the books.

So why are women afraid to protect themselves?"

Who resists and who doesn't?

Women who are raped usually report that their greatest fear was of being killed; while women who successfully resist report their greatest fears as being raped –

Only about three percent of rape incidents involve some additional injury that could be described as serious. Thus it is the rape itself that is nearly always the most serious injury the victim suffers.

Are women hurt because they resist?

"There is no positive association between victim resistance and the probability of subsequent injury.

But we're talking about strangers, no woman is going to fight against an attack by a boyfriend or relative because she wouldn't want to raise a fuss. Right?

"Victims showed greater resistance if the assailant was a friend or relative, if the assailant made verbal threats, and if he physically restrained or injured her.

Should women take a self defence class?

"What women need is systematic training in self defence that begins in childhood ... How strange it was to hear for the first time in my life that women could fight back, should fight back ... that it is in our interest to know how to do it."

"Self defence is an important way for women to appreciate their strength, whatever it may be.

Learning self defence, of course, doesn't mean that women can get themselves out of all ugly situations.

However, women with this skill will at least have a choice, and often a higher and more appropriate level of confidence.

Many women seriously underestimate their physical capabilities.

Self defence training may help women to evaluate themselves more realistically.



SEXUAL VIOLENCE

Module 5 [Hand out]

A US report representing 43,000 crimes, and 10% or 4,650 of these were sexual assaults.

1. Age 11 or less

In these areas, 40% (1,881) of all reported sexual assaults were on kids 11 years old or less.

The attacker was a stranger in 8% of the cases, a family member in 48%, and a casual acquaintance in 37%. 60% of all types of assault in this age group are sexual offences.

56% of the victims were girls, and 44% were boys which would seem to indicate that the problem is not one of gender but one of not being able to prevent it.

The murder rate for this age group is 1/3 that for older teens or adults. 80% of kids that are killed are murdered by adults.

2. Age 12 to 19

Another 40% of the sexual assaults occur in this age bracket.

At this age you are at twice the risk of violent crime, especially sexual assault, as the rest of the population. This group represents 23% of violent crime victims but only 11% of the population.

These violent crimes do not usually end in murder with only 9% of 1990 murder victims being in their teens.

3. Older than 19

Only 20% of reported sexual assaults are on people 20 years of age or older. In these adults, less than 10% of all assaults involve sex and the assault rates are about equal for men and women.

For women of university age, especially the first two years or so, here is the bottom line.

At no age in your life are you more likely to be raped.

Sexual assault is probably the single most likely form of physical aggression you will have to deal with.

This assault is less likely to be a gang rape than it was while you were in High School, but it is highly likely that it will be someone you have recently met and that it will occur in your own living area.

The possibility of a rape by a stranger is also quite high.

A word about the word rape. It brings to mind all sorts of problems with the judicial process which television has happily informed us about over the years. Canada has recently changed the laws to deal with sexual assault rather than rape.

The penalties are just as severe but the emphasis is on the assault rather than the sexual aspects which have caused such heartache in the past.

A victim of an assault by a stranger will likely not have to go through the process of proving penetration, good moral character or any other such things.

An attack by a stranger is pretty clear proof of aggression. Unfortunately "date rape" will remain a problem.

Although the word rape is too emotionally charged for rational or legal use, we use it here anyway since most people know what it means, while sexual assault is still confusing.

SEXUAL VIOLENCE

What do you think are the circumstances that could lead to sexual violence, what are the facts and what are the myths.

External signs - Behaviours and cues to look for in others are:

Write down some of your ideas on external signs and circumstances leading to sexual violence

I.N.

Most crimes happen in apartments or houses: shared apartments .

Most raped females are rather unprepossessing characters in jeans.

Excessive emotional attention directed your way.

Shows contempt, they think of you as an object, an abstract thing.

Loss of rationality.

Verbal threats, physical restraint.

Increased agitation or anxiety.

Target glance.

Moves inside your personal space or your boundaries.

NOTES: