

# "No" is a complete sentence



## What defines Sexual Assault

- Touches that were not under consent
- Force of sexual acts – Physical force or coercion
- Violations while asleep or under the influence (drugs and alcohol)
- Intimidation to perform a sexual act without consent

## Symptoms following assault

- Range of emotions including but not limited to; helplessness, anger, sadness, shock
- Overwhelmed or confused
- Not wanting connection to people such as family and friends
- Nightmares or flashbacks
- Change in sleeping or eating patterns
- Difficulty on focusing
- Feeling unaffected, detached, and or numb

## Rape Culture

A society or environment whose prevailing social attitudes have the effect of normalizing sexual assault and abuse.

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Before the age of 18, one in six men and one in five women are at risk to be a victim of sexual assault. Being educated on sexual assault is very important in modern society because it is not uncommon to find.

Sexual assault is one of the top unreported crimes in the United States. According to rainn.org, "Only 230 out of every 1,000 sexual assaults are reported to police. That means about 3 out of 4 go unreported." "Every 73 seconds, an American is sexually assaulted and every 9 minutes, that victim is a child. Meanwhile, only 5 out of every 1,000 perpetrators will end up in prison."

In modern society, sexual assault and rape culture is a very prominent aspect of everyday lives and has been normalized and common to find. However, this does not mean consent should be ignored and victims do not matter.

So, what can we do? Sexual assault should not be ignored or made fun of because you never know what the people around you have gone through. There are many safety hotline numbers that are available 24 hours a day. If you or someone you know needs help to not be afraid to reach out for support.

National Sexual Assault Hotline  
1-800-656-4673

Iowa Coalition Against Domestic Violence  
(515) 244-8028

Iowa Coalition Against Sexual Assault  
(515) 244-7424

Iowa Attorney General Crime Victims Unit  
(515) 281-5044

Domestic Abuse Hotline  
1-800-770-1650

Sexual Assault Hotline  
1-800-284-7821

## What is consent?

Permission for something to happen or agreement to do something.