



## 30 Facts for Sexual Assault Awareness Month April 2021

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1. April is Sexual Assault Awareness Month! Join us as we post facts and information about sexual assault during the 30 days of April. #SAAM
2. 91% of child sexual abuse survivors know their perpetrator. (Finkelhor, 2012)
3. In America, a person is sexually assaulted every 98 seconds (link to <https://www.rainn.org/statistics/scope-problem>).
4. 1 in 2 women, 1 in 4 men, and 1 in 2 transgender and gender non-conforming individuals have experienced contact sexual violence in their lifetime. (NISVS, 2018; U.S. Trans Survey, 2015)
5. 1 in 4 girls and 1 in 6 boys will be sexually abused before age 18. [WCSAP, 2014]
6. Today is the Day of Action for Sexual Assault Awareness Month! In Arizona, 2 in 5 women and 1 in 5 men have experienced contact sexual violence. [NISVS, 2017] On this day, we're calling on everyone to take action to end sexual violence. Consider supporting us on today's Arizona Gives Day and/or wear teal to support sexual violence survivors. #WearTealDay #DayofAction #AZGivesDay <https://www.azgives.org/acesdv>
7. The first American Rape Crisis Centers were formed in several states throughout the country in the early 1970s, largely by women and consisted primarily of volunteers. (<http://www.wcsap.org/history-movement>).
8. One of the root causes of sexual violence is oppression. Communities most impacted by oppression experience higher rates of sexual assault. Some forms of oppression include racism, sexism, ableism, heterosexism, cissexism, and more. If we want to eradicate sexual violence, we must focus on ending all forms of oppression. Join ACESDV in the mission to end sexual violence by dismantling oppression and promoting equity among all people (link to <https://www.acesdv.org/guiding-principles/>).
9. The lifetime cost of rape per victim is over \$120,000. (CDC, 2017)
10. Sexual violence can have numerous psychological, emotional, social, sexual and

spiritual and physical health effects on a survivor's well-being. Learn more: <https://www.rainn.org/get-information/effects-of-sexual-assault>.

11. Consent is given freely and willingly, without force or coercion, and can be withdrawn at any time. Learn more here: <https://www.youtube.com/watch?v=pZwvrxVavnQ>
12. Healthy sexuality should include consent, intimacy, equality, respect, trust, and safety.
13. When it comes to affection, sex and sexuality, we all have boundaries – the lines that define where we stop being comfortable and start feeling uneasy. Start the conversation about consent and boundaries with our #SexTurnedUp Conversation Toolkit. Learn more here: <https://www.acesdv.org/sex-turned-up/>
14. It takes a lot of courage for survivors to disclose sexual assault. When a survivor receives an empathetic response and feels believed, respected, and valued they are less likely to experience depression, anxiety, or PTSD. [Ullman, 2016] Learn more about empathy here: <https://www.youtube.com/watch?v=1Ewgu369Jw>
15. Click here for tips on what to say when someone discloses sexual assault. <https://www.rainn.org/get-help/help-a-loved-one>.
16. “A Black woman’s body was never hers alone.”- Fannie Lou Hamer. Around 1 in 5 Black women experienced rape or attempted rape, 1 in 3 Black women experienced contact sexual violence, and 1 in 3 Black women experienced non-contact sexual violence [Ujima, 2018; Black Women’s Blueprint, 2019]. When we talk about intersections of violence and oppression, we need to remember that Black women experience high rates of both.
17. Arizona has local programs that provide advocacy, counseling, and other supportive services for healing. To talk to someone or to get connected to a victim service program contact ACESDV’s Sexual and Domestic Violence Services Helpline at 602-279-2900, text at SMS Text: (520) 720-3383 or chat online at <http://www.acesdv.org/get-help-now>
18. April 18-24 is National Crime Victim’s Rights Week with a theme of: *Support Victims. Build Trust. Engage Communities*. This year’s theme celebrates the progress made by those before us as we look to a future of crime victim services that is even more inclusive, accessible, and trauma-informed. Learn more here: <http://ovc.ncjrs.gov/ncvrw/> #NCVRW
19. Healing from sexual violence is a process and can look different for everyone. As said by Laura Hough, “The healing process is best described as a spiral. Survivors go

through the stages once, sometimes many times; sometimes in one order, sometimes in another. Each time they hit a stage again, they move up the spiral: they can integrate new information and a broader range of feelings, utilize more resources, take better care of themselves, and make deeper changes.”

20. “Traumatized people chronically feel unsafe inside their bodies.” --Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*  
To learn more about how sexual violence impacts the mind and body and strategies to heal check out “Healing the Mind, Helping the Body.”  
<https://www.nsvrc.org/blogs/library/healing-mind-helping-body>
21. Grounding techniques can be a helpful way to calm yourself when you have overwhelming feelings or intense anxiety. Taking a moment to breathe can help reorient you to the present and regain mental focus. <https://dailyburn.com/life/wp-content/uploads/2016/04/circle-gif-2.gif>
22. On Wednesday, April 25<sup>th</sup>, plan to wear denim in honor of Denim Day during Sexual Assault Awareness Month. Wearing denim symbolizes the protest against erroneous and destructive attitudes about sexual assault. Read more about Denim Day: <http://denimdayinfo.org/about/>.
23. 80-90% of rapes are committed by someone known to the victim. [NISVS, 2017]
24. Sexual assault is one of the most under-reported crimes, with 77% of sexual assaults left unreported to law enforcement often times due to a victim's fear of the perpetrator, shame and social stigma, and lack of support or resources. [DOJ from the NCVS 2016].
25. People with disabilities are at least three times more likely to be sexually assaulted than the people without disabilities, and people with intellectual and developmental disabilities are seven times more likely to be sexually assaulted. [Vera Institute, 2017]
26. One of the easiest ways you can help survivors is by getting involved on the legislative level. From participating in our annual Advocacy Day to calling your local and federal representatives, there's a lot you can do. To sign up to receive legislative action alerts and updates, as well as view our legislative agenda click here: <https://www.acesdv.org/public-policy-advocacy/>
27. Raising awareness is part of getting involved in the anti-sexual violence movement. Don't forget, tomorrow is Denim Day! For more information on the history of Denim Day, visit: <http://denimdayinfo.org/about/>
28. Today is Denim Day! Use #DenimDay and take pictures of yourself, colleagues and friends wearing denim in honor of Sexual Assault Awareness Month. Wearing denim symbolizes the protest against victim blaming and destructive attitudes about sexual assault. (ask people to share pictures? #DenimDayAZ?)

- 29.** Let's continue to raise sexual violence awareness throughout the year. Become involved by visiting: <http://www.acesdv.org/committees/>.
- 30.** Tarana Burke founded the #MeToo movement in 2006 to break the silence around sexual violence and uplift Black women and girls and to help survivors find a pathway to healing. To learn more about the Me Too movement and how to get involved watch Tarana Burke's TED talk!  
[https://www.ted.com/talks/tarana\\_burke\\_me\\_too\\_is\\_a\\_movement\\_not\\_a\\_moment/up-next?language=en](https://www.ted.com/talks/tarana_burke_me_too_is_a_movement_not_a_moment/up-next?language=en)
- 31.** Let's continue to bring sexual violence awareness throughout the year. Help us end sexual violence through your support or get involved <http://www.acesdv.org/donate/>.