



# SEXUAL ASSAULT

**TASK:** Identify ways to reduce your risk of being a victim of personal violence.

**CONDITIONS:** Discussion – Question based

**STANDARDS:** Understand some ways that you may be targeted.

**REFERENCE(S):** I.A.M. Strong, US Army SHARP Program  
<http://www.preventsexualassault.army.mil/index.cfm>



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## Who is at Risk for Sexual Assault?

(Ask Soldiers what they think the risk factor are) Then discuss some answers below.

- More men than women in the Army will be sexually assaulted this year (but the percent of women raped is higher).
- Your risk is higher if you are younger, in your first term, E1-E4.
- Your risk is higher if you use alcohol.
- Your risk is higher if you are in the first 90 days at a new unit or duty station.
- Everyone is at risk – men, women, young, old, of any rank.



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**\*Myth:** Wearing skimpy clothing or lots of makeup makes me more likely to be raped

**Fact:** When interviewed, most rapists couldn't remember if their victim was attractive or not, and couldn't remember what the victim was wearing

**\*Myth:** It could never happen to me

**Fact:** Men are raped. Cops are raped. Martial artists are raped. It can happen to anyone.

**\*Myth:** Rapists are most likely to be strangers

**Fact:** Most victims are raped by someone they know. In the Army, it is most likely someone who outranks them, and likely to be a member of the same unit. Rape in the military is like a terrorist insider threat.

**\*Myth:** Rapists are clearly identifiable

**Fact:** Most rapists are respected members of the community, and are likely to be married or in a relationship.

**\*Myth:** I can have sex with anyone unless they say 'no'

**Fact:** You must have positive permission (consent) to have sex. Just like you can't say "oh someone left the keys in the ignition, I can 'borrow' their car"



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## How Do I Reduce My Risk?

Maintain situational awareness and don't rely on anyone else to protect you. You can never reduce your risk to zero.

Be alert for red flags:

- Someone who makes jokes about rape.
- Stalking.
- Attempting to isolate you from others.
- Someone who touches or kisses you when it's not appropriate.
- Sits or stands too close to you.
- Someone who pressures you to have sex.
- Anyone who pressures you to drink (more) alcohol
- Fraternization.
- Someone who encourages underage drinking or drug use.
- Someone who makes jokes about date rape drugs, or making a date so drunk they pass out.



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## How Do I Reduce My Risk?

When you see red flags:

- Trust your instincts!
- Keep your boundaries – someone may be testing you for vulnerability.
- Never leave a drink unattended.
- Avoid intoxication.
- If someone makes you uncomfortable be assertive – “you’re standing too close,” “I’m not going home with you.”
- Get away – know where the exit is, keep your phone handy
- Enlist a good friend or group of teammates to help you out if you’re uncomfortable with a situation.
- Set up a safe plan when you go on a date – make sure someone knows who you’re with and when you’ll be back.