

## Myths/Facts About Women and Rape

*Myth: The attacker is a stranger*

**Fact:** About 90% of college sexual assault survivors know their attacker

*Myth: Physical violence and/or a weapon was used*

**Fact:** In many cases, no weapon and little to no physical violence is used

*Myth: Survivor is always female*

**Fact:** While the majority of survivors are female, approximately 10% of rape survivors are male

*Myth: Many reports of sexual assault are false.*

**Fact:** Only between 2-8% of sexual assault reports are false, the same rate of false reports as most other crimes

### Where Can I Report the Assault?

- Police
- Public Safety Department
- Human Resources
- Crime Victim Advocate\*  
Morris Thompson
- Title IX Coordinator  
Ralph Johnson
- Vice President of Student Life  
Amy Ortiz-Moretta
- Dean of Students  
Dean Nelson
- Dean of Women/Dean of Men  
Dean Etienne/Dean Innocent
- Office of Ministry\*
- Counseling Center\*

\*Confidential resources on campus

### On Campus Resources

Crime Victim Advocate  
Wilkinson Hall Room 336A  
Dr. Morris Thompson  
Phone: 301-891-4052  
E-mail: mjthomps@wau.edu

Title IX Coordinator  
Betty Howard Center  
Dr. Ralph Johnson  
Phone: 301-891-4106  
E-mail: titleixcoordinator@wau.edu

### Off Campus Resources

Victim Assistance and Sexual Assault  
Program (VASAP)  
1301 Piccard Drive  
Rockville, MD 20850  
Phone: 240-777-1355

Maryland Coalition Against Sexual  
Assault (MCASA)  
Phone: 301-328-7023

RAINN National Sexual Assault Hotline  
1-800-656-4673

For additional information, please visit  
[www.wau.edu/security](http://www.wau.edu/security).

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# Female Survivors of Sexual Assault



## What female students need to know

Over 80% of women who report being raped were under the age of 25. The majority of survivors were assaulted by someone they knew. Most of the assaults occurred when alcohol and/or drugs was involved. The assaults reported occurred mainly on the weekends during the Fall months. It does not matter what you are wearing, if you are drinking, or what the situation; NO ONE has the right to make you do something you don't want to do.



## What should I do if I am raped or sexually assaulted?

Try to get to a safe place. Call someone who can help, whether a friend, family member or law enforcement. It is important to seek care as soon as possible by going to the nearest hospital with a SAFE program (Shady Grove Adventist Hospital). You may feel the need to shower, urinate, eat or drink, or change your clothes, but this can destroy evidence, so try to avoid these activities if you can until after you have sought care. Even if you have done these things, you should still seek care as there could be internal injuries. Consider talking with a counselor who is trained to assist sexual assault survivors.

## What are some common reactions during or after a rape or sexual assault?

Female survivors of sexual assault can experience a number of different reactions and effects:

- Jitteriness/feeling “on edge”
- Muscle cramps or spasms
- Aching at injury sites
- Anxiety
- Rage
- Helplessness/hopelessness
- Inability to concentrate
- PTSD
- Suicidal thoughts
- Physical symptoms (trouble sleeping, stomach ache)
- Fears about safety
- Self-blame and shame

## Basic Safety Guidelines/Tips

Unfortunately, alcohol is a tool commonly used by sexual predators. Intoxication is never an excuse for sexual assault, but it's important to be aware of your intake

- *Watch your drinks:* It can be very easy for someone to slip another person a “roofie” or other kind of drug into their drink.
- *Trust your gut:* If you see someone and they immediately make you feel uncomfortable, carefully get away from them.
- *Watch over your friends:* If you see a friend who is vulnerable and/or someone is trying to isolate them from other people, stay with them no matter what.

## What should I do if a friend is sexually assaulted?

Make your friend feels safe and keep them away from the person who assaulted them. If you witnessed the assault, write down what you can remember about the incident. Be a good listener and avoid asking them for details about the assault unless they provide them on their own. It is extremely important that you believe your friend, and let them know that it was not their fault. If they ask, assist them in reporting the assault and/or accompany them to the hospital. Offer to stay with your friend; survivors may be reluctant to be alone after an assault. Follow-up with them to make sure they are doing okay and if they need any further assistance.

*Strong or weak, outgoing or withdrawn, homosexual or heterosexual, old or young, male or female; NO ONE does anything that justifies sexual assault.*