

APRIL

April is Sexual Assault Awareness Month. The goal of this awareness is to spread knowledge about sexual violence and how prevent it.

- Sexual assault is any unwanted sexual contact or threats. This includes rape, incest, partner or date rape, attempted rape, molestation and child sexual abuse.
- It is estimated that 1 in 4 girls and 1 in 6 boys will have experienced an episode of sexual abuse while younger than 18 years. The numbers may be falsely low because of underreporting.¹
- Only 6% of rapists will ever spend time in jail.²
- Those who sexually assault can be friends, acquaintances, family members or strangers. In up to 90% of child molestation cases, children are molested by someone they know.³



Here are some ways you can reduce your risk of sexual assault:

- Keep a cell phone with you
- Avoid dangerous situations: Walk with purpose- even if you are lost, don't put headphones in both ears and be aware of your setting
- Practice safe drinking, don't accept drinks from people you don't know, don't leave your drink alone while dancing, using the restroom or making a call
- Watch out for your friends, use the buddy system with someone you trust
- If you feel uneasy or scared you can lie and make up a reason to leave
- Trust your instincts

The National Sexual Assault Hotline provides support, answers to questions about medical issues and the justice system, referral to support in your area and counsel for family and friends of victims.

If you or someone you know has suffered from rape, abuse or incest you can talk to someone online at <http://www.rainn.org/> or 1.800.656.HOPE

¹ Botash, Ann, MD, *Pediatric Annual*, May, 1997

² <http://www.rainn.org/get-information/statistics/reporting-rates>

³ <http://www.meganslaw.ca.gov/protect.aspx>

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