



Sexual Assault Prevention

How to Prevent Sexual Assault

What is the Problem?

The Department of Defense uses the term “sexual assault” to refer to a range of crimes, including rape, sexual assault, nonconsensual sodomy, aggravated sexual contact, abusive sexual contact, and attempts to commit these offenses.¹ The negative consequences of sexual assault can have a ripple effect, starting with the victim and expanding outward to include families, friends, colleagues, the military community, and the larger population.²



Who is at Risk?

- 73% of sexual assaults are committed by a non-stranger, such as a friend or acquaintance (38%), intimate partner (28%), or relative (7%).³
- 3,374 reports of sexual assault involving service members in Fiscal Year (FY) 2012.⁴
- 21.7% of women reported unwanted sexual contact since joining the military by someone in the military (of which 29.7% was reported in the Marine Corps).⁵
- Army and Navy personnel have experienced a higher percentage of sexual abuse compared to other services.⁶
- 6.1% of Active Duty women and 1.2 % of Active Duty men indicated experiencing unwanted sexual contact in the past 12 months.⁷

Prevention Tips⁸

Follow these steps to improve your safety and reduce your risk of becoming a sexual assault victim:

- Trust your instincts and be yourself.
- When you date someone, communicate clearly about limits.
- Don't be afraid to hurt someone's feelings. It is better to make up a reason to leave a situation than to stay in a potentially dangerous one.
- If you see something, say something! Stick with your friends and watch out for each other.
- Drink responsibly and know your limits.
- Be aware of your surroundings.



Plan of the Week (POW):

The majority of sexual assaults are committed by someone known to the victim.⁹ You have the right to say “NO” even if you are wearing “provocative” clothing, have been kissing or “making-out”, have had sex with the partner before, or originally said “yes” but change your mind.¹⁰ **ALWAYS** trust your instincts, set dating boundaries, drink responsibly, and be aware of your surroundings.¹¹

References

- 1,2,4 United States Department of Defense Sexual Assault Prevention and Response. Department of Defense Annual Report on Sexual Assault in the Military, Volume I, Fiscal Year 2012.
[http://www.sapr.mil/media/pdf/reports/FY12 DoD SAPRO Annual Report on Sexual Assault-VOLUME ONE.pdf](http://www.sapr.mil/media/pdf/reports/FY12_DoD_SAPRO_Annual_Report_on_Sexual_Assault-VOLUME_ONE.pdf). Accessed 15 May 2013.
- 3, 8-11 What can I do to help reduce my risk of Sexual Assault? Commander Navy Installations Command (CNIC).
http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/SexualAssaultPreventionandResponse/SafetyandRiskReduction/index.htm. Accessed 14 May 2013.
- 5,6 Barlas FM, Higgins WB, Pflieger JC, et al. 2011 Health Related Behaviors Survey of Active Duty Military Personnel. February 2013. Report prepared for the Assistant Secretary of Defense (Health Affairs) and U.S. Coast Guard under Contract No. GS-23F-8182H.
- 7 United States Department of Defense Sexual Assault Prevention and Response. Department of Defense Annual Report on Sexual Assault in the Military, Volume II, Fiscal Year 2012.
[http://www.sapr.mil/media/pdf/reports/FY12 DoD SAPRO Annual Report on Sexual Assault-VOLUME TWO.pdf](http://www.sapr.mil/media/pdf/reports/FY12_DoD_SAPRO_Annual_Report_on_Sexual_Assault-VOLUME_TWO.pdf). Accessed 15-16 May 2013.



Additional Sexual Assault Prevention Information

Military One Source

http://www.militaryonesource.mil/sexual-assault?content_id=269713

Sexual Assault Prevention and Response (SAPR) Program

<http://www.sapr.mil/>

My Duty. Mil (for prevention, reporting, questions and information)

<http://www.myduty.mil/>

National Center on Domestic and Sexual Violence

<http://www.ncdsv.org/>

Sexual Assault Contact Information

If you or someone you know has been affected by sexual assault, it's not your fault. You are not alone. Talk to someone who understands what you're going through.

Get help today- online or on the phone- live, confidential, 24 hours a day, 7 days a week:

DoD Safe Helpline: 1-877-995-5247 and www.safehelpline.org

NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

Add Local Information/Logos Here