

When “NO” is Not Enough: Information on Teen Sexual Assault

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What is Teen Sexual Assault ?

- Any kind of unwanted or forced sexual contact including rape, molestation, incest, or sexual abuse
- The term sexual assault usually describes sexual contact from outside the family and sexual abuse describes when it is from a family member
- Sexual assault or abuse can include any contact with intimate body parts such as breasts, genitals and/or buttocks that the teen did not agree to or was forced
- Does not have to include intercourse

What is Teen Dating Violence?

- A type of intimate partner violence (IPV) that happened between two people of any gender in a close relationship
- Can be sexual, physical, emotional and/or verbal
- Can include coercion, intimidation, control or isolation, threat and/or use of force, voyeurism, exposure, stalking, etc.
- Can happen in-person or include digital, electronic or other means such as cyber-stalking, excessive or controlling texting, posting, threatening or exploitative images, or other intimidating uses of social media

Teen Sexual Assault and Dating Violence: All Too Common

- 1/3 young people report some form of abuse in a dating relationship (high school and college)
- 17% of HS girls, 13% of HS boys report at least one episode of physical violence in a dating relation
- 81% of females and 76% of males say they've experienced emotional violence (someone keeping tabs on, degrading, or isolating them in a dating relationship)
- 37% of girls who experienced physical violence said it was because they were refusing sexual advances of partner
- Girls: male partners started abuse 70% of the time, males: females started abuse 27% of time

How Often and to Whom?

- 1 in 10 high school girls, 1 in 20 boys report being forced into sex (1.5 million students/yr)
- 1/3 of acquaintance rape victims are ages 14-17
- 43% of dating college women report violent and abusive behaviors
- 57% experiencing dating violence said it happened in college
- 58% of college students said they would not know what to do to get help someone victimized by dating abuse
- 38% don't know how to get help for themselves if they were victims

Sexual Abuse/Assault Data

- ~1 in 10 U.S. children experience contact sexual abuse
- Almost 12% of HS girls, 5% of HS boys say they've been forced into intercourse
- ~90% of sexual abuse is by someone the person knows and trusts; only ~ 10% is by a stranger
- 29% of female rape victims were first raped ages 11-17
- 27% of male, 12% of rape victims first raped ≤ 10 years
- 40% of female rape victims said assault was by an acquaintance; only about 13% were strangers

Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) Youth

- Dating violence can happen to anyone regardless of appearance, size, strength, status or sexual orientation
- Several studies indicate that LGBTQ youth are at higher risk
- One study reports 23% of LGBTQ youth report sexual dating abuse versus 12% of heterosexual youth
- LGBTQ youth may experience similar rates and kinds of abuse in dating relationships
- LGBTQ youth tend to also experience barriers related to reporting, locating and receiving culturally appropriate services

Short Term Dangers of Teen Sexual Assault

- Aged-based barriers: e.g. confidentiality for reporting teens, issues of parental notification, or accessing services
- Immediate effects can include emotional impacts (e.g. fear, anxiety, depression, disempowerment, etc.) physical injuries, unplanned pregnancies, STDs, retaliation for reporting, etc.
- PTSD, negative emotional impacts (e.g. depression, anxiety) and changes in cognitions such as self-blame, disempowerment and vulnerability
- Risky sexual behaviors

Long Term Risks of Teen Sexual Assault

- PTSD
- Affective, anxiety disorders
- Eating disorders
- Substance abuse disorders
- Risky sexual behaviors, unplanned pregnancies, STD
- Suicidality
- Future violent relationships
- Medical problems, early death

Justice and Recovery

- Sexual assault is hugely unreported, 68% of assaults over the last 5 years were never reported to police
- On average for every 100 cases -only 32 get reported
- Of those reported cases only 7 out of 32 lead to an arrest
- Only two of these cases lead to felony convictions or jail time
- 98% of the time no jail penalties occur for those who assault
- Most victims are significantly impacted - usually silently - from a range of devastating short and possibly life-long impacts

Situations of Vulnerability

- 26% of youth in relationships reported some form of cyber-dating abuse and sexual coercion (CDA-SC)
- 37% of LBGTQ youth reported (CDA-SC)
- Females 2X as likely to be victims of (CDA-SC) than males
- Only 1/10 victims of cyber-dating abuse sought help
- CDA-SC highly correlates to actual physical and sexual abuse episodes
- 43% of females, 42% of males report actual abuse happened in school buildings on or school grounds
- 50% of women and 40% of men said unwanted sexual contact happened at a party

Drug-Facilitated Teen Sexual Assault

- Date rape drugs – drugs used to assist in sexual assault.
- Can be slipped when not looking.
- Used on females or males, acquaintance or stranger.
- Fast effect and the amount of time it lasts varies depending on whether it is mixed with other drugs or alcohol. Alcohol intensifies the effect.
- Often have no color, odor, or taste, so are undetectable.
- Make it difficult to remember what happened while drugged.
- Known as “club drugs” because they tend to be used at dance clubs, concerts, and “raves”.

Alcohol

- Alcohol is a sedative and is the drug most commonly used to commit sexual assault.
- Harder to think clearly.
- Harder to set limits and make good choices.
- Harder to identify dangerous situations.
- Harder to resist sexual advances.
- Harder to fight back against sexual advances.
- Possible black-out and memory loss.
- May be used to intensify effects of other drugs when mixed together.

Rohypnol

- Rohypnol (“roofies”) is a sedative that can cause:
 - Loss of muscle control
 - Difficulty talking
 - Dizziness and nausea
 - Confusion
 - Vision problems
 - Lower blood pressure
 - Loss of consciousness or death
- Effects felt within 30 minutes, can last for several hours
- Pill dissolves in liquid. Pills may also be ground into powder
- Newer pills contain a dye that makes clear liquids turn blue and makes dark liquids turn cloudy

GHB

- GHB is a depressant that may cause:
 - Relaxation and drowsiness
 - Dizziness, nausea and vomiting,
 - Vision problems
 - Loss of consciousness
 - Tremors and seizures
 - Respiratory problems
 - Slow heart rate
 - Coma and death
- Takes effect in about 15 minutes. Effects can last 3-4 hours.
- Very potent – small amount = big effect. Easy to overdose.
- Most often made in home or street “labs”.
- Several forms – liquid with no color or odor, white powder, or pill.
- Might give a drink a salty taste, but masked by mixing with sweet drink.

Ketamine

- Effects include: Awareness but inability to move
 - Memory loss
 - Distorted perceptions of sights and sounds
 - Out of body experiences
 - Impaired motor function, slurred speech
 - Respiratory problems
 - Convulsions
 - Vomiting
 - High blood pressure
 - Aggressive or violent behavior
 - Depression
- Very fast acting liquid or white powder

MDMA

- MDMA (the club drug “ecstasy” or “molly”) is a stimulant that causes feelings of peacefulness, acceptance, depression, confusion, anxiety, and paranoia
- Pill form
- Effects last 3-6 hours
- A person taking ecstasy may be at greater risk of sexual assault because it makes the person feel affectionate towards others
- Lowers ability to give reasoned consent.
- Lowers ability to sense danger

Social Media and Teen Sexual Assault/Violence

- Digital Abuse: use of technology and/or social networking sites to hurt another person
- Social networking sites are new ways to hurt, harass, intimidate, and embarrass another person
- Demanding passwords, checking cell phone logs, sexting, cyberbullying, threatening messages, stalking social networking profiles
- Constant calls and texts can be a way to monitor and control what a person is doing and/or of sharing embarrassing and hurtful pictures and information

Social Media

- Videos of teens being physically or sexually hurt may be posted on social media for everybody to see
- A person might even be hurt without knowing about it (i.e., when they have been drugged) and may not find out until it's posted online and notified by others.
- Cell phones
- FaceBook
- Instagram
- Twitter
- SnapChat
- Vine
- You Tube

Common Reactions

- Angry, ashamed, sad, different, lonely, anxious, betrayed, depressed, unable to trust
- Self-blame
- Guilt
- Afraid of getting in trouble
- Nightmares
- Worried how family and friends will react
- Think that nobody will understand and feel all alone

Intervention

- Medical: emergency evaluation, documentation, STD and pregnancy testing, prevention and/or treatment
- Legal: file report, options
- Educational: sexual assault may occur at school: report, protect, prevent
- Family: elicit support, identify areas for intervention, engage in treatment
- Mental health treatment

Mental Health Treatment

- Goals: reverse negative impacts of sexual assault, other dating violence
- Skills to provide accurate information about sexual assault, enhancing healthy coping with reminders, enhance support and safety
- Develop narrative to master fear, avoidance and correct cognitions
- Support capacity for healthy intimacy, relationships and sexuality in future

Including Caregivers in Treatment

- Address maladaptive caregiver cognitions , prevent/stop blaming/shaming statements to teen (e.g., “I told you not to go online”; “I never liked__”)→
- More supportive, less negative caregiver interactions with teen→
- Decrease teen’s negative cognitions about self and assault→ contribute to
- More positive outcomes for teens after sexual assault

Teen Sexual Assault Information Sheets

- Expanded information about diverse contexts in which sexual assault occurs
- Ongoing relationships
- LGBTQ youth
- Social media
- Expanded information about responses and getting help

Evidence-Based Treatments

- Trauma-Focused CBT
- Prolonged Exposure
- Lead to improved outcomes for teens with sexual abuse/assault with regard to PTSD and other outcomes (e.g., depression, maladaptive cognitions, etc.)

Personal Experience: Consumer

Questions?

Teen Sexual Assault: Information for Teens



Teen Sexual Assault: Information for Teens

As a teen you make important decisions about what—if any—sexual activity is right for you. Agreeing to sexual activity with someone (saying “yes”, or giving “consent”) means that you have freely decided to engage in that activity. If you are pressured emotionally or physically, if you go along because you don’t feel you have a choice or because you don’t know how to get out of the situation (“coercion”), you are not giving consent. Any sexual contact that you do not consent to is sexual assault. You have the right to say “no” if you do not want to do something sexual. We use the term “sexual assault” when the person who committed the assault—the perpetrator—is someone outside the family, and the term “sexual abuse” when the perpetrator is a family member. Sexual assault does not always include intercourse. Sexual assault can include any contact with private body parts (e.g., breasts, genitals, buttocks) that you don’t want, don’t agree to, or are forced to do.

Consent

Consent means actively saying “yes” or agreeing. You don’t have to have a reason to say “no.” If someone tries to convince you to do something sexual, even if you have done it with that person before, but now you really don’t want to, you have the right to say “no.”

Coercion

If you’re feeling pressured to do something sexual and you don’t know how to get away from the situation, or if you’re afraid that saying “no” will break up your relationship, it may be a sign that you are being coerced or emotionally forced to do something you don’t want to.

*For more information go to
www.loveisrespect.org*

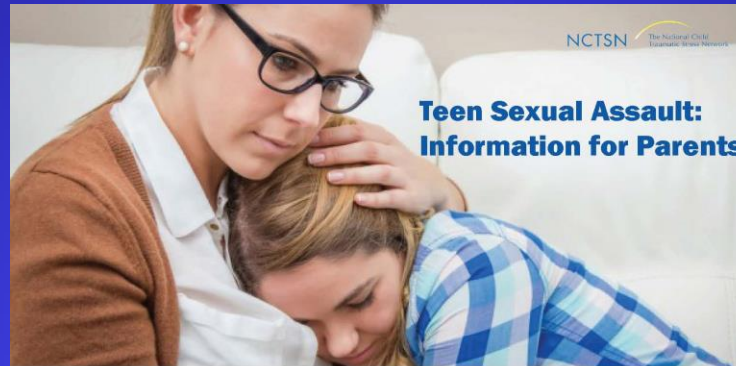
What is teen dating violence?

Teen dating violence is a type of violence that occurs between two people in a romantic relationship. The violence can be sexual, physical, or emotional, and can occur in person or electronically by texting or posting threatening messages or images on social media. Teen sexual assault can occur as part of dating violence, but also occurs outside of a romantic relationship—with a friend, classmate, acquaintance, or stranger.

www.NCTSN.org

WWW.NCTSN.ORG

Teen Sexual Assault: Information for Parents



Teen sexual assault is any sexual contact that a teen does not freely agree to ("consent"). Agreeing under emotional or physical pressure ("coercion") is not consenting. We use the term "sexual assault" when the person who committed the assault—the perpetrator—is someone outside the family, and the term "sexual abuse" when the perpetrator is a family member. Sexual assault does not always include intercourse. Sexual assault includes any contact with private body parts (e.g., breasts, genitals, buttocks) that is unwanted, not agreed on, or forced on someone.

Consent

Consent means making an active choice to agree. If your teen felt they had no good option, it was not consent. If someone tries to convince your teen to do something sexual—even if he or she has done it with that person before, but now really does not want to—he or she has the right to say "no."

Coercion

If your teen is feeling pressured to do something sexual and does not know how to get away from the situation, or is afraid that saying "no" will break up the relationship, it may be a sign that he or she is being coerced or emotionally forced to do something against his or her will.

What is teen dating violence?

Teen dating violence is a type of violence that occurs between two people in a romantic relationship. The violence can be sexual, physical, or emotional, and can occur in person or electronically by texting or posting threatening messages or images on social media. Teen sexual assault can occur as part of dating violence, but also occurs outside of a romantic relationship—with a friend, classmate, acquaintance, or stranger.

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Safe Places. Safe Spaces: Creating Welcoming and Inclusive Environments for Traumatized LGBTQ Youth




- Introduces the viewer to the needs of LGBTQ youth who have experienced trauma
- Steps to create a safe, welcoming environment
- Can be used as a training tool
- Show the video in its entirety or in segments.
- Allow time for discussion after viewing the video

LGBTQ Youth and Sexual Abuse

Information for Mental Health Professionals

- Understanding the following terms: Sexual Orientation, Gender Identity, Transgender, Gender Expression
- Continuums of Sex, Gender and Sexual Orientation
- Issues and Concerns for LGBTQ Youth Related to Sexual Orientation and Sexual Abuse
- Common Myths and Stereotypes about LGBTQ Youth and Sexual Abuse
- Providing Counseling to LGBTQ Youth
- Treating LGBTQ Youth Following Sexual Abuse

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**LGBTQ Youth and Sexual Abuse:
Information for Mental Health Professionals**

Mental health professionals should understand the following terms when working with LGBTQ youth:

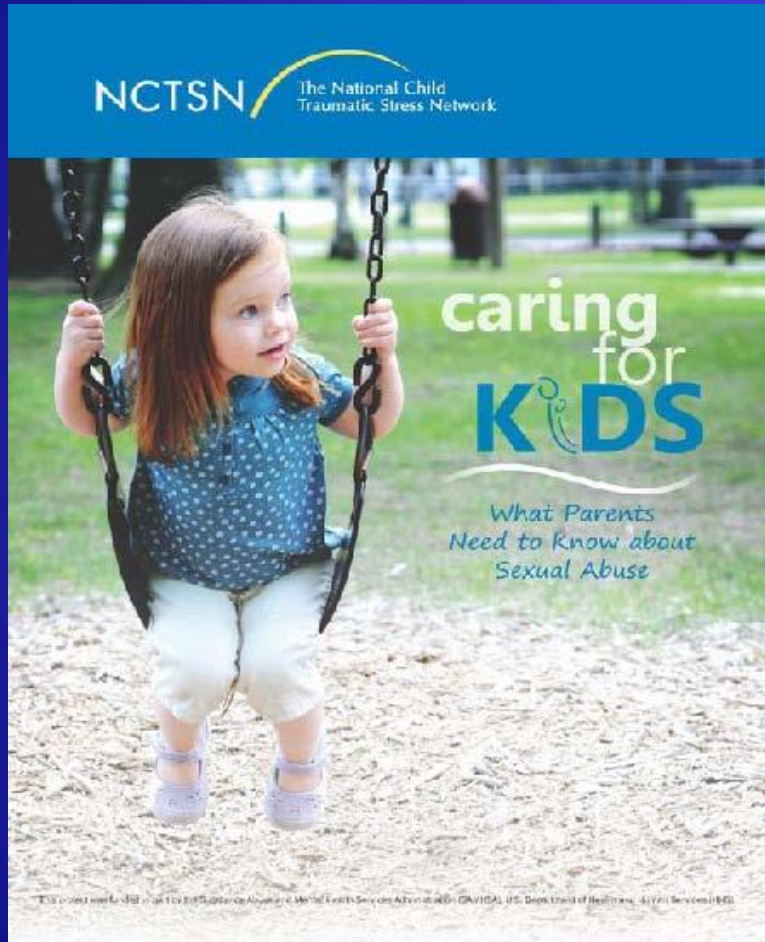
Sexual Orientation describes the gender of the person to whom someone is attracted emotionally, romantically, sexually, and intimately. Sexual orientation exists on a continuum and is NOT necessarily congruent with behavior. Examples of sexual orientation include lesbian, gay, bisexual, or heterosexual. Sexual orientation involves a process of discovery over time. It is not a volitional choice.

Gender Identity refers to the gender with which someone identifies, regardless of the biological sex label assigned at birth. Gender identity is a psychological sensing of one's gender, whereas biological sex refers to biology and includes male, female, and intersex, (i.e., having some biological characteristics of both male and female). Examples of gender identity may include: man, woman, or gender queer (i.e., does not identify with any gender label). Gender identity is expressed in a range of ways: such as dress, behavior, speech, appearance, among others. Nonconforming gender behavior in children can be confusing to everyone and may or may not reflect the person's gender identity or sexual orientation.

The term "sexual preference" is often mistakenly used interchangeably with sexual orientation, but this inappropriate term implies that sexual orientation is chosen. It should not be used.

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Caring for Kids: What Parents Need to Know about Sexual Abuse



Target Audience

- Parents and Caregivers

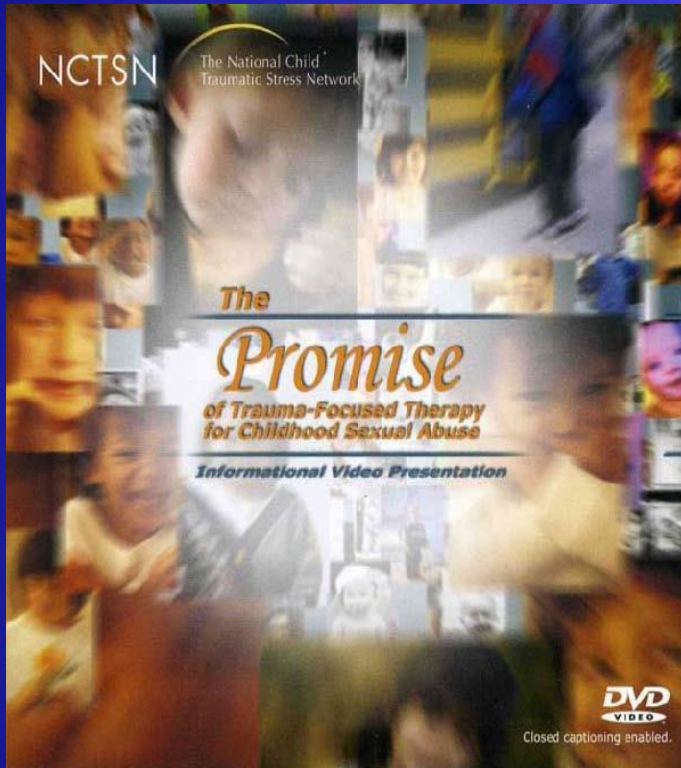
Description

- Provides parents and caregivers with tools to help them support children who have been victims of sexual abuse, information on the importance of talking to children and youth about body safety, and guidance on how to respond when children disclose sexual abuse.

Format

- Printed or Electronic Manual (*Also available in Spanish*)

The Promise of Trauma-Focused Therapy for Childhood Sexual Abuse



Target Audience

- Parents/caregivers, teachers, healthcare professionals

Description

- Provides information about the impact of child sexual abuse and the most effective treatment method for victims: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Format

- DVD

Sex? Or Sexual Abuse?

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Sex? Or Sexual Abuse?

respect yourself—
know the difference

I was 17 years old the night of graduation. My best friend and I ditched the senior grad night to hang out with two older guys we knew. We showed up and I told the guy that I didn't want to have sex, which I told him because he took advantage of me before when I was drunk. But I figured that had been my fault since I was drunk. When I started drinking I can remember getting very dizzy, like I was going to pass out. The last thing I remember is my best friend laughing and taking a shot. The next morning I woke up naked in bed with one of the guys. I had no idea what happened. Every now and then this guy will call me, but I don't answer. I am not sure if what happened was my fault.

Amber, 18, sexual assault survivor*

When sex is used as a weapon, or a way of controlling someone, or to satisfy one person's sexual needs, it isn't love. It isn't even really sex—it's sexual abuse, and people who use sex to manipulate, control, or harm other people aren't boyfriends, or girlfriends, or lovers, they are *perpetrators*.

Knowing the difference between sex and sexual abuse isn't always easy. Perpetrators of sexual abuse often try to make their victims feel ashamed or responsible for the abuse, or to convince them that the abuse is a form of love. Some perpetrators will engage children in sexual activities in such a playful way that the young child might like the attention and might not understand that the perpetrator's behavior was sexually abusive. Following are some classic "red flags" of sexual abuse.

*Not her real name.

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- When Sex is Used As a Weapon: Using physical force, using emotional or psychological force, the old bait and switch, secrecy, blaming the victim

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But Who Should I Tell?

- Question and Answers about Seeking Help After Sexual Abuse
- Why should I tell?
- Who should I tell?
- What if the person doesn't believe me?
- What will happen after I tell?
- Can I take it all back?
- Where can I go to learn more and get help?

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“But who should I tell?”
questions and answers about seeking help after sexual abuse

My soul was crying out for me to tell . . . but the fear I had in my heart prevented me.
Anna,* 15, sexual abuse survivor

For kids like Anna, letting other people know that they have been sexually abused—a process called disclosure—can be almost as painful and scary as the abuse itself. So painful and scary, in fact, that many kids who are sexually abused never tell anyone what happened.

If you have been sexually abused, it is important that you let someone know what happened and get help. Disclosure may be scary, but it is also the first step in healing from the pain.

*Why should I tell anyone?
All I want to do is put this behind me.*

Sexual abuse lives on because of secrecy. People who commit sexual abuse (perpetrators) often blame, shame, or threaten their victims to make sure no one hears about what they have done to you. Disclosure is the first step to healing for you, and also the first step to making sure the person who hurt you doesn't get a chance to hurt anyone else.

*Not her real name.

Help on How to Tell

If you're not sure what to say—or who to say it to—check out the Just Tell Kids Web site (<http://www.justtell.org/8-12/welcome.html>) for more info and advice.

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It's Never Your Fault

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It's Never Your Fault

the truth about
sexual abuse



One night at a party I started making out with this guy I sort of knew from school. We were both pretty high, and when I tried to stop he wouldn't let me go ... I was too wasted to stop him, and before I knew it I was having unprotected sex with a guy I hardly knew. When it was over I panicked. . . I didn't know who to talk to because I figured everyone would say it was my fault for getting drunk and leading him on.

Karin*, date rape survivor

If you're like most teens, you already know someone who has been sexually abused. Studies show that one in four girls—and one in six guys—experience some form of sexual abuse before they turn 18. Many never tell anyone what happened. There are so many myths about sexual abuse that kids who've been abused may feel confused or even blame themselves for what happened.

Sexual abuse is any time someone in a position of power—physical, emotional, or psychological—engages another person to do something sexual that is age inappropriate, uncomfortable, or against their will. Sexual abuse usually includes some sort of touching, but it can also mean being inappropriately encouraged or forced to watch sexual acts, including pornography.

*Not her real name.

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There are so many myths about sexual abuse that many kids who have been abused never tell anyone what happened.

- The Truth About Sexual Abuse
- Sexual Abuse Myths and Facts
- Where To Go For Help


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Staying Safe While Staying Connected

- Facts and Tips for Teens
- Why Sexting Isn't Smart
- Tips for Staying Safe

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Staying Safe While Staying Connected
facts and tips for teens

Text, tweet, IM, e-mail, blog, post . . . between cell phones and computers you can stay in touch with anyone, anytime, anywhere. But staying connected has its risks. Posting or sending sexual photos, messages, or videos—what's come to be called "sexting"—can lead to trouble that can last for years after the message or post is sent.

Why Sexting Isn't Smart

During my freshman year this one guy started talking to me. He started asking me for naked pictures, I thought it was normal so I sent one thinking he would delete it. He ended up sending to everyone in the school.
Ali, 18, posted on <http://www.athinline.org/>

The Internet is forever.
Messages and posts are things you can never take back. Many Internet sites keep records of everything posted, and may share that information with other people including the police and potential employers. And there's nothing you can do to control copies that may have been downloaded or forwarded by other parties.

People forward things.
Nearly half of all teens who receive "sexts" forward them on to someone else, and 15% of teens say that they've had private chats made public. Messages or pictures you meant for just one person could end up anywhere and be seen by anyone.


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Child Sexual Abuse Fact Sheet

- What is child sexual abuse?
- Who is sexually abused?
- How can you tell if a child is being (or has been) sexually abused?
- Why don't children tell about sexual abuse?
- What can you do if a child discloses that he or she is being (or has been) sexually abused?
- Child Sexual Abuse Myths and Facts
- Tips to Help Protect Children From Sexual Abuse

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Child Sexual Abuse Fact Sheet



For Parents, Teachers, and Other Caregivers

What is child sexual abuse?

Child sexual abuse is any interaction between a child and an adult (or another child) in which the child is used for the sexual stimulation of the perpetrator or an observer. Sexual abuse can include both touching and non-touching behaviors. Touching behaviors may involve touching of the vagina, penis, breasts or buttocks, oral-genital contact, or sexual intercourse. Non-touching behaviors can include voyeurism (trying to look at a child's naked body), exhibitionism, or exposing the child to pornography. Abusers often do not use physical force, but may use play, deception, threats, or other forms of coercion to engage children and maintain their silence. Abusers frequently employ persuasive and manipulative tactics to keep the child engaged. These tactics—referred to as “grooming”—may include buying gifts or arranging special activities, which can further confuse the victim.

Who is sexually abused?

Children of all ages, races, ethnicities, and economic backgrounds are vulnerable to sexual abuse. Child sexual abuse affects both girls and boys in all kinds of neighborhoods and communities, and in countries around the world.

How can you tell if a child is being (or has been) sexually abused?

Children who have been sexually abused may display a range of emotional and behavioral reactions, many of which are characteristic of children who have experienced other types of trauma. These reactions include:

- An increase in nightmares and/or other sleeping difficulties
- Withdrawn behavior
- Angry outbursts
- Anxiety
- Depression
- Not wanting to be left alone with a particular individual(s)
- Sexual knowledge, language, and/or behaviors that are inappropriate for the child's age