



After Sexual Assault

**Pima County Attorney's Office
Victim Services Division**

Contact us Monday through Friday 8:00 a.m. – 5:00 p.m.
(520) 740-5525

What is sexual assault?

Rape and sexual assault are terms used interchangeably to describe crimes that involve unwanted and illegal sexual acts. The legal definitions of rape and sexual assault vary from state to state. Most commonly, a rape involves the use or threat of force to penetrate a victim's vagina, mouth, or anus. A sexual assault involves the use or threat of force but may not involve penetration. Fondling someone's breasts or genitals without consent is an example of sexual assault.

Many of the assumptions people make about sexual assault and rape are not true. Some people think that if sexual assault or rape happens to you, you must have "asked for it." The truth is that no one asks to be raped or sexually assaulted. You have the right to say "no" at any time to any sexual act. "No" means no. Power, anger, and control are the motives for rape – not sex.

Some people think that you will be sexually assaulted only if you act or dress a certain way or go to certain places. That's not true. These crimes can happen to anyone, no matter what one's age, sex, race, or cultural background is, and no matter what type of education you have or how much money you make.

Some people think that you can be raped only by strangers. The truth is that only 22% of rape cases involve strangers. The rest are committed by someone the victim knows well. Rape by someone you know is still rape, and it is a crime. Even in marriage, when a spouse is forced to have sex against his/her will, it is a crime of rape.

Some people think that you cannot be forced to have sex against your will. The truth is that you can – by physical force or by threat of injury or death. Cooperation does not mean consent. Fearing serious injury or death during a rape, many victims do not resist the attack; thus, they do not sustain bruises, marks, or other visible physical injuries. You cannot always tell someone has been raped just by looking.

Can men be raped or sexually assaulted?

Men can be raped or sexually assaulted and are less likely to report the assault than women. Many men feel they would be ostracized in their community if it were known that they were sexually assaulted or raped. Many men deny or hide the crime. Being raped or sexually assaulted by another male does not mean a victim is bisexual or homosexual or

that he will become bisexual or homosexual. Heterosexual and gay men alike are victims of sexual assault. However, most abusers of adolescent and adult males are heterosexual men. If you are a male who has been raped or sexually assaulted, you are not to blame. The offender has full responsibility for the assault.

If you are a survivor of sexual assault . . .

If you do not have visible physical injuries from the assault, friends and family may think you are okay. Many people do not understand the extent of trauma endured by rape and sexual assault victims. Your body may look fine, but you still need time for emotional and spiritual healing.

As time passes, most rape and sexual assault victims have a variety of feelings, thoughts, and reactions to what happened. At times, you may feel guilty about what happened, even though you did nothing wrong. You may feel shocked that something so terrible could have happened to you, and sometimes you may even pretend or deny that it happened at all. You may feel embarrassed that you are a victim of rape or sexual assault, and you may worry that certain people (those you don't want to know about the rape) will find out about it.

At times, you may feel very angry – anger at the person who hurt you, anger at the police and court system for not doing enough about what happened to you, anger at your family and friends for not understanding, and maybe even anger at the world for letting such a terrible thing happen. You may feel depressed or hopeless and lack interest in people or things you once enjoyed.

You may have nightmares or flashbacks about the assault or rape. You may experience changes in your eating and sleeping patterns. Certain sounds, smells, or other sensory experiences may trigger feelings and fears. You may be afraid of being alone, or you may fear being in crowds. You may fear that the offender might have infected you with a sexually transmitted disease, such as HIV/AIDS, or that you could become pregnant.

Whatever your reactions or fears, support and help are available for you. The Pima County Attorney's Victim Services Division will assist you, regardless of whether you decide to report the assault to the police.

How Victim Services can help . . .

- Crisis intervention
- Counseling referrals
- Courtroom advocacy
- Information and referral

Arizona has a Crime Victim Compensation program that can assist you with ongoing medical and counseling expenses and other expenses related to the assault. To be eligible for these funds, you must report the crime to the police within 72 hours, cooperate with the

criminal justice system, and document your expenses. Victim Services Advocates can provide more information about this process and your rights as a crime victim.

If you want to report a sexual assault . . .

- Get to a safe place
- Call 911
- Call SACASA (520-327-7273) or a local hospital
- Don't take a shower or comb your hair
- Preserve the clothes worn at the time of attack
- Get a medical exam
- Inquire about tests for possible pregnancy, HIV/AIDS, and sexually transmitted diseases

What are the facts about sexual assault?

- The *National Crime Victimization Survey 2009* reported 125,910 rapes or sexual assaults in 2009.
- In the United States, every hour there are 14 forcible rapes/sexual assaults or about one every four minutes. This means there are 345 rapes/sexual assaults every day.
- One out of six adult women (or at least 20.1 million American women) was the victim of attempted or completed sexual violence. For adult men, that is one in 33.
- Nine of every 10 rape victims are female.
- The occurrence of "acquaintance rape" is much higher than "stranger rape" – 68% of rapes involve a person the victim knows.
- Victims of sexual assault are three times more likely to suffer from depression, four times more likely to be suicidal, six times more likely to suffer from post-traumatic stress disorder (PTSD), 13 times more likely to abuse alcohol, and 26 times more likely to abuse drugs.
- In 2008, only 41% of rapes/sexual assaults were reported to police.
- Only about 6% of rapists ever serve a day in jail.

Important phone numbers

Emergency	911
SACASA	(520) 327-7273
OASIS Center (University of Arizona)	(520) 626-2051
Proyecto VAWA	(520) 623-4555
Community Information & Referrals	1-800-352-3792
S.A.M.H.C. (24-hr. mental health)	(520) 622-6000
Crime Victim Compensation	(520) 740-5525

Tucson Police Department

TPD non-emergency	(520) 791-4444
TPD records	(520) 791-4461
Victim Notification	1-800-721-7937

Pima County Sheriff's Department Records
Oro Valley Police Records
Marana Police Records
Sahuarita Police Records
Pre-Trial Services
Justice/Superior Court Calendar

(520) 741-4600
(520) 229-4937
(520) 382-2000
(520) 344-7000
(520) 740-3310
(520) 740-4240



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