

Rape injures the core of your being. You can be robbed and beaten but being raped violates something very primitive and basic to your psychic being. You grow up believing that you have the right not to be violated. The fear is that you are not going to live through it, that this man will never let you go. The experience of being raped has little if anything to do with sex. Your mind is going in fifty directions at once. How am I going to deal with this man? How am I going to calm him down? Do I fight? Do I submit and promise to do anything if he'll let me go? What's going through your mind is that your life is in danger. You're going to be raped and you may be killed. So if you can get out of it alive any way you can, by God you're going to do it.

What rape does is destroy for a woman her concept of what the world is—everything is turned upside down and demands reexamination before she can go on with her life. Rape can destroy our ability to respect and trust others, to be independent and learn self-confidence, to see yourself in the future as someone other than a victim. You question your intuition and your ability to judge another's intentions and motivations. You question whether you will ever feel safe again. You may live in terror for years believing the rapist will return or that you will be victimized again by someone else. You may isolate yourself emotionally, deny your terror, become immobilized. You question whether the future holds anything positive for you—you blame yourself for your own victimization. You feel angry, sad, confused. You also feel that “they” told me it was going to happen and “they” were right. You start taking responsibility for the rape and ask yourself how you could have prevented it. And what's worse, you have to deal not only with your own emotions but with everyone else's around you. Rape is one of those crimes about which everyone has something to say.

The above excerpt from *Men on Rape* poignantly captures some innermost feelings and thoughts of a survivor of sexual assault. This description was provided by a 28 year old rape victim advocate drawing from her experience in working with over 4,000 survivors in the past five years. Although not a survivor herself, she has opened herself to the despair commonly felt by these women.

Working with survivors is difficult, testing one emotionally, intellectually, and physically. You are actively choosing to open yourself to one of the most painful woundings a woman/man can experience. You can make a difference. Immediately after being raped, a survivor is extremely vulnerable to other people's reactions. An informed and sensitive counselor can be a vital part of her/his recovery.

This chapter will discuss some of the myths surrounding rape, as well as providing corresponding factual information. As a Rape Response advocate it will be important for you to be sensitive to the ways that a survivor or those around her/him may tend to “blame” her/him for the assault. Violence is threatening because people often want to believe they have control of their lives at all times. Myths about rape exist because the myths make us feel safer. However, in reality these beliefs are untrue and place an added psychological burden and guilt on a

survivor. Understanding and recovery are hindered for the survivor and her loved ones if myths go unchallenged.

“I was raped.”

These words, if spoken at all, are usually spoken in a whisper. With these words, the person may be feeling shame, ridicule and blame. If a man speaks these words, he may be questioning himself to the very core of his masculinity. If these words are spoken about family or friends, it may be the beginning of strained relationships and family divisions that will scar those involved for the rest of their lives. Nevertheless, for survivor of sexual violence, she or he may be taking the first step in a healing process that must occur.

As a volunteer with Rape Response, you will hear these words often. We will do our best to prepare you to hear these words. There is no way to tell the age or sex of the victim, to know the circumstances surrounding the assault, to predict the reaction of the victim or your response to the situation. We can only give you the information that will help you prepare yourself to be there when those words are spoken.

Rape Response will train, support, and supervise you as part of a network of organized volunteers who will respond to our clients’ needs. Under the direction of staff, you may provide medical and legal advocacy, crisis counseling, educational programs, and other services.

By being there at the time of crisis and disclosure, you will be part of the first step in the journey to healing that our clients will be making.

You are valuable, needed and appreciated. We will continue to work with you as you work with us to give survivors of sexual assault the support they need. Thank You.

The Role of the Volunteer

It is important to define your role as an advocate in the beginning of contact with clients. There will be times when clients will ask or expect you to step outside of your role. It is important to maintain boundaries and refer clients to others if necessary. Sometimes clients want to get into ongoing therapy issues with you. It’s okay to redirect the survivor to issues that you can help at the moment and refer to staff to discuss therapy options.

Your role as a volunteer is to:

- Normalize feelings
- Listen empathetically
- Be there for the survivor, both physically and emotionally
- Answer questions
- Provide accurate information about legal and medical procedures
- Help identify and review options so the client can make informed decisions

- Provide appropriate referrals
- Safeguard the dignity and rights of the client
- Work with law enforcement and medical staff as appropriate, remembering you are there for the survivor first.

Myths

Most rapes happen on the street late at night.

Most rapes occur indoors—In Alabama, almost 80% occurred in a residence.

If a person has been raped, they will be hysterical.

There is no one “normal” or appropriate response to being raped. The reaction will depend on the individual and her situation. People cope with stress in a variety of ways; many internalize their reactions.

A person cannot be raped by their partner or spouse.

Rape is forcible intercourse without consent. This can happen regardless of the past history between the rapist and the victim.

Rape usually involves a black assailant and a white victim.

Victims and assailants are most frequently of the same race.

If someone leads another person on, allows them to spend a great deal of money on a date, or changes their mind after having commenced foreplay, they can no longer say no.

Sexual assault is a forced sexual act done without consent of the victim. Without consent it is a crime, regardless of the previous actions of the victim or the assailant.

If there was no semen present, there was no rape.

In cases in which the assault was interrupted by external factors prior to the rapist ejaculating, there would not be semen present. There are also instances when the assailant uses a condom, simply does not ejaculate, or performs other sexual acts in which semen would not be present.

A rapist is a someone who cannot control their sexual desires.

Rape is most often a premeditated crime. It is an act of aggression and sexual violence, not an expression of sexual desire and can be perpetrated by either a man or a woman.

The victim was "asking for it" by the manner in which they were dressed, by flirting, or by where they were walking or spending time.

The attitude that the victim "asked for it" takes the responsibility for the attack away from the assailant and shifts it to the victim. No one asks to be hurt, and no one has the right to force another person to engage in sex, regardless of circumstances or the victim's prior actions.

A male cannot be raped.

The rape of males is believed to be even more underreported than that of females. Male children are more likely to be assaulted by heterosexual men than by women or homosexual men. Very young males are most likely to be assaulted by family members or caretakers. Young teenagers

are most likely assaulted by authority figures, and young adult males most likely assaulted by peers or older adults.

What is Sexual Violence

Sexual violence is a broad category of actions in which sexual acts and/or sexual innuendoes are performed without consent or upon a person who is not able to give consent. Legal definitions of sexual violence vary from state to state. The following definitions are based on Alabama law.

- ***Sexual Intercourse*** means sexual intercourse in its ordinary sense and occurs upon penetration, however slight; emission is not required.
- ***Sexual contact*** means any touching of an erogenous zone of another, including without limitation the thigh, genitals, buttock, pubic region, or, if the person is a female, a breast, for the purpose of sexually arousing or gratifying either person.
- ***Forcible compulsion*** means physical force that overcomes earnest resistance or a threat, expressed or implied, that places a person in fear of immediate death or serious physical injury to himself or another person.
- ***Incapable of Consent*** means the person is physically helpless, mentally incapacitated, mentally defective, or less than 16 years old.
- ***Physically Helpless*** means that a person is unconscious or for any other reason physically unable to communicate unwillingness to an act.
- ***Mentally Incapacitated*** means a person is rendered temporarily incapable of appraising or controlling his conduct owing to the influence of a narcotic or intoxicating substance administered to him without his consent or to any other incapacitating act committed upon him without his consent.
- ***Mentally Defective*** means that a person suffers from a mental disease or defect which renders him incapable of appraising the nature of his conduct.
- ***Rape*** occurs when a person engages in sexual intercourse by forcible compulsion or engages in sexual intercourse with another person who is incapable of consent.
- ***Sodomy*** refers to any act of sexual gratification involving the sex organs of one person and the mouth or anus of another.
- ***Sexual Torture*** occurs by penetrating the vagina or anus or mouth of another person with an inanimate object by forcible compulsion or with another person who is incapable of consent, with the intent to sexually torture or sexually abuse.

- **Sexual Abuse** occurs when a person subjects another person to sexual contact by forcible compulsion or if the other person is incapable of consent. This term is commonly used to refer to cases of sexual violence involving children.
- **Stalking** is intentionally and repeatedly following or harassing another person and making a credible threat, either expressed or implied, with the intent to place that person in reasonable fear of death or serious bodily harm.
- **Harassment** is an intentional course of conduct directed at a certain person which alarms or annoys that person, or interferes with the freedom of movement of that person, and which serves no legitimate purpose.
- **Course of conduct** means a pattern of conduct composed of a series of acts over a period of time, which evidences a continuity of purpose.

In the United States

- Every 98 seconds in America someone is sexually assaulted. ¹
- One in 6 women reported a completed or attempted rape sometime in their lifetime. ¹
- One in 33 men reported a completed or attempted rape sometime in their lifetime. ¹

In Alabama

- Throughout the state there were 1,988 rapes reported to law enforcement in 2015. ²
- On average, there were 5.44 rapes reported each day. ²
- 56 percent of the rape victims in Alabama were white; 30 percent were black, and 14 percent were other or unknown. 23 percent of all rape victims were 13-, 14-, 15- and 16-year-olds. ²
- 75% of assaults occurred in a residence, 5% on a highway, street, or alley, 3% in a motel or hotel, and 3% in a field or woods. ²
- 79% of the victims knew or were related to the perpetrator, in 2% of the rapes, the perpetrator was a stranger, and in 33% the relationship was unknown. ²
- In 2016, Rape Response responded to 376 survivors at local hospitals or SANE Facility. ³
- During 2016, Rape Response served over 3600 people, including survivors of sexual victimization and their family and friends. ³
- In 2016, Rape Response answered 937 calls on the 24-hour crisis line, 13 requests for criminal justice advocacy, and provided 385 counseling sessions. Rape Response also provided educational presentations reaching over 2100 individuals. ³

Overview of the Offenders

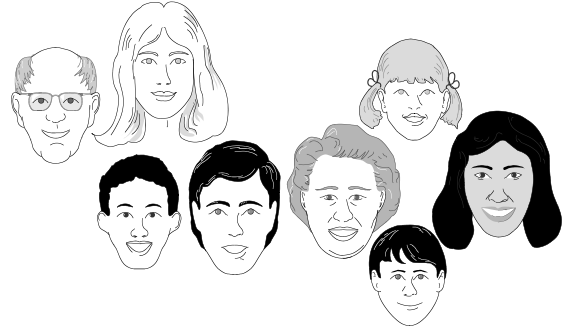
- In 2015 in Alabama, 77% of rapes involved a male offender and a female victim. In 8.9% of cases both offender and victim were male, in 1.5% both were female, and in 1.1% the offender was female and the victim was male. ²

- At this facility, 89% of assaults involved a single offender and in the majority of those cases the victim knew the offender as a family member, spouse, intimate, or acquaintance. ⁴

The Victims

Anyone can be a victim of sexual assault. Rapists do not discriminate on the basis of age, race, gender, etc.

- Among women, age at time of first rape: ⁵
 - 12.3% under 10 years
 - 29.9% 11-17 years
 - 37.4% 18-24 years
 - 20.4% over 25 years
- More than 1/3 of the women raped before the age of 18 said they were also raped after the age of 18 as compared with 14% of women not raped before the age of 18. ⁵
- Victims were equally distributed among all races and ethnicity. ¹
- Over 3/4 of victims and offenders were of the same race. Offenders rarely cross racial lines. ²



Characteristics of the Assault

- Time rapes occurred ⁷
 - 6:00pm-midnight 41.8%
 - Midnight-6:00am 22.2%
 - 6:00am-6:00pm 30.6%
- Nearly 75% occurred in the victim's home or at the home of a friend, relative, or neighbor. ²
- 81% of rape/sexual assault cases did not involve a weapon, 3% involved a firearm, 3% involved a knife. ²
- 62% of completed rape victims reported no physical injury, 5% sustained serious injury, while 33% had minor physical injuries. Of attempted rape victims, 66% suffered minor injuries and 3% suffered serious injuries. ¹²
- 32% of female victims received some form of medical treatment. ¹²

How Survivors React

- Most survivors experience a range of trauma symptoms. Many survivors feel they would have rather died than have survived the assault. ⁸
- 30% contemplated suicide after the incident ⁸
- 31% sought psychotherapy ⁸

- 22% took self-defense courses ⁸
- 82% said the experience had permanently changed them ⁸
- Based on the US Census estimates of the number of adult women in the United States, approximately 1.3 million women currently have rape related post traumatic stress disorder (RR-PTSD) and over 200,000 women will develop RR-PTSD each year. ⁹

The Cost of Sexual Violence



•The tangible costs of each rape/sexual assault are estimated at \$5,100 and the intangible costs are estimated at \$81,400. When the victim is a child, the estimates of tangible costs rise to \$9,500 and intangible costs rise to \$89,800. These intangible costs are seven times the estimated cost of robbery with injury. ¹⁰

•The annual losses due to rape and sexual assault are the

highest at \$127 billion as compared to the annual loss due to fatal crimes at \$93 billion (based on 1993 dollars). ¹⁰

Profile of a Rapist

When talking about the motivation of rapists rape is emphasized as an act of violence and power and not sex. It may be helpful to clarify and acknowledge rapist does use sex, sexual organs, and sexual overtones in perpetrate the crime. So, when we say that rape is a crime of and power that in no way implies that the weapon is not

If rape is an act of aggression and dominance why the perpetrators just beat up and mug their victims?

Because...

- Rapists have learned, as have we all, that rape is worse than assault.
- Rape is the second most feared crime. Murder is the first.
- Those who choose to rape want to add long term emotional injury, shame, humiliation, and degradation to physical injury.



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Power Rapist

There are two types of power rapists: Power Reassurance and Power Assertive. Their goal is to humiliate and their attacks are often premeditated. ^{15, 16}

The **Power Reassurance** rapist may also be known as the “gentleman rapist”, an opportunity rapist, or a compensatory rapist. They are insecure, has much self-doubt, and may feel inadequate with women. They use rape to boost their self-confidence. They think that a victim may enjoy the rape. They are often socially awkward and may even be apologetic during the assault. Typically, they want the victim to be involved in the assault and may even attempt foreplay. They are usually less aggressive than other rapists, and may even try to contact the victim after the assault for another “date”. A “peeping tom” may be on their way to becoming a power reassurance rapist.

The **Power Assertive** rapist may also be known as an entitlement rapist or an exploitative rapist. A “date rapist” would usually fall into this category. This person may be insecure, but tries to show that they have no self-doubt. Their goal is to control and/or humiliate the victim, and rapes because they believes they are entitled to it. They are often socially competent, and may even be well liked in the community. They are generally aggressive and a survivor of this type of rape may have more physical injuries than a survivor of the power reassurance type of rapist.

With both types of power rapists, the assault is often preceded by what the offender experiences to be a challenge or threat. It is an incident that they interpret to undermine their sense of competency and self-esteem, and activates unresolved underlying feelings of inadequacy, insecurity and vulnerability. They attempt to gain a sense of power, control, identity and worth through sexual offense. They often fantasizes that the victim will be sexually aroused and receptive to embrace, after they overpowers them. This offender finds little sexual satisfaction in the rape.

The survivor of this particular type of rapist often has minimal physical trauma. Because they look physically uninjured, the response of others may be somewhat unsupportive. Hospital personnel, police, family and friends may be more accusatory in their questioning. They often wonder about the victim’s efforts to resist and may feel that they inadvertently invited or encouraged the assault. The victim’s participation may be misinterpreted as provocation and their cooperation as consent.

One of this survivor’s main issues is helplessness. They feel powerless and their objective is to regain a sense of personal control and self-determination. It is important that this person is given the opportunity to make choices and decisions as soon as possible after the assault.

Another issue for this survivor is anger and self-blame for being victimized—for not being able to escape. It is important to them to realize that there was no one “correct” reaction to the rapist

that could be predicted to allow escape. What deters one offender may encourage another. They did what was necessary to survive the assault.

Anger Rapist

There are two types of Anger rapists: Anger Retaliatory and Anger Excitation. Their goal is to torture and punish their victims. ^{15, 16}

The **Anger Retaliatory** rapist often has rage toward one person and a goal to punish the victim. The specific person they choose for a victim may not be the actual target of their anger. They use a ‘blitz’ approach to brutally and violently rape the victim. They may choose to use a weapon, and the survivor of this type of attack may have serious injuries. The perpetrator tends to blame the victim for the assault. This assault is generally unplanned and of short duration.

Generally one of two styles of attack is used; either the blitz or the confidence style. In the blitz attack the assault will be a surprise, “seem to come out of nowhere.” With the confidence style the offender gains access to the victim by gaining their trust. The perpetrator may pretend to need help (i.e. ask for the use of a phone, etc.) or offer the victim assistance. After they have engaged the victim in this type of activity they will suddenly attack. Whichever style they use, the attack is usually an impulsive act as compared to a premeditated one. It is usually of short duration.

The attack is often preceded by some precipitating event. The person who survives such an assault often shows obvious signs of physical trauma. Because of the injuries, suspicions are usually not aroused as to the possibility of consenting to the act. They may receive good support from police, hospital, etc. The survivor probably will have major concerns about safety and may fear a repeat attack.

The **Anger Excitation**, or **Sadistic Rapist**, often gets sexual gratification from the victim’s suffering. They tend to have sexually aggressive fantasies. This type of rapist usually plans the assault carefully and deliberately, and may use bizarre or ritualistic violence to control the victim. The perpetrator seeks revenge and punishment of another person by intentional violence and cruelty. The victim may be symbolic of the source of the anger.

There is a transformation of anger and power where aggression itself becomes eroticized. The perpetrator’s arousal is a function of aggression. The more aggressive they are, the more powerful they feel; and, in turn, the more powerful they feel, the more excited they become. The intent of the sadistic rapist is to abuse and torture their victims. The instrument is sex, and the motive is punishment and destruction. In contrast to the anger rapist, the sadistic rapist’s assaults are fully premeditated. They will stalk, abduct, abuse and sometimes murder the victim.

The assault usually involves bondage, torture and often has a bizarre or ritualistic quality to it. Sexual areas of the victim (breasts, genitals, buttocks) become a specific focus of injury and abuse. In some cases the rape may not involve the offender's sexual organs. Instead they may use some type of instrument or foreign object, such as a stick or bottle, to penetrate the victim. The victim may be bitten and/or burned.

Many do not survive this type of assault. The ones who do survive usually need psychiatric care. The survivor may experience severe depression and there could be risk of suicide. During the assault some may have wished to die rather than endure the terror and horror any longer. Some survivors may exhibit ritualistic behavior in an attempt to undo the trauma.

Supportive counseling will not be enough for this survivor. It is important to be at the hospital with them and to keep in touch with them on their progress but a referral will need to be made for professional therapy.

Gang Rape

Those who participate in gang rape experience a special bonding with the other participants. They might never have committed the crime on their own. They get "a unity of purpose that comes from the pride they feel in reducing their victim to nothing more than a collective vessel for their 'masculinity'".⁹

Pattern:

- 78% of perpetrators involved in gang rapes are under 20 years old⁶
- Participants want to prove their sexual ability.⁹
- Group leader is often the first to rape.⁹
- Humiliation continues after the assault as participants brag about their involvement.⁹
- Amount of aggression and degradation increase as each one takes their turn.⁹
- 16% of male students who committed rape and 10% of those who attempted a rape took part in episodes involving more than one attacker.⁹

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