

No Expectations: Understanding Responses to Sexual Violence

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Overview

- Language Overview
- Keep in Mind
- The Neurobiology of Sexual Assault
- Understanding Survivor Responses
- Reporting Realities

Language



Survivor: Anyone impacted by any form of sexual violence

VS.

Victim: Anyone directly impacted by the perpetration of a crime

Language

Rape: *Sexual intercourse* with another person by means of forcible compulsion or with a person incapable of consent by reason of age, mental, or physical incapacity.

Sexual Assault: *Nonconsensual touching in a sexual manner* or forcing another to take part in a sexual activity without consent.

Sexual Violence: All-encompassing, non-legal term that refers to experiences like *sexual assault, rape, incest, sexual abuse, sexual harassment, and coercion*.

Keep in Mind

- **Sexual violence is more prevalent among college students than some other groups**
 - 2 sexual assaults for every 1 robbery of college women
- **Sexual violence on campuses is pervasive**
 - 13% of all students experience rape or sexual assault through physical force, violence, or incapacitation
- **College-age victims of sexual violence often do not report**
 - Only 20% of female student victims, age 18-24, report to law enforcement
 - Only 32% of nonstudent female victims, age 18-24, report to law enforcement

A close-up, slightly angled view of a roll of yellow crime scene tape. The word "EVIDENCE" is printed in large, bold, black, sans-serif capital letters on the tape. The tape is partially unrolled, and the background is dark and out of focus, suggesting an indoor setting.

Where is the Crime
Scene?

Understanding Survivor Neurobiology

[Rebecca Campbell -- The
World's Messiest Desk - YouTube](#)

Survivor Responses

Survivor Responses

Fight



Flight



Freeze



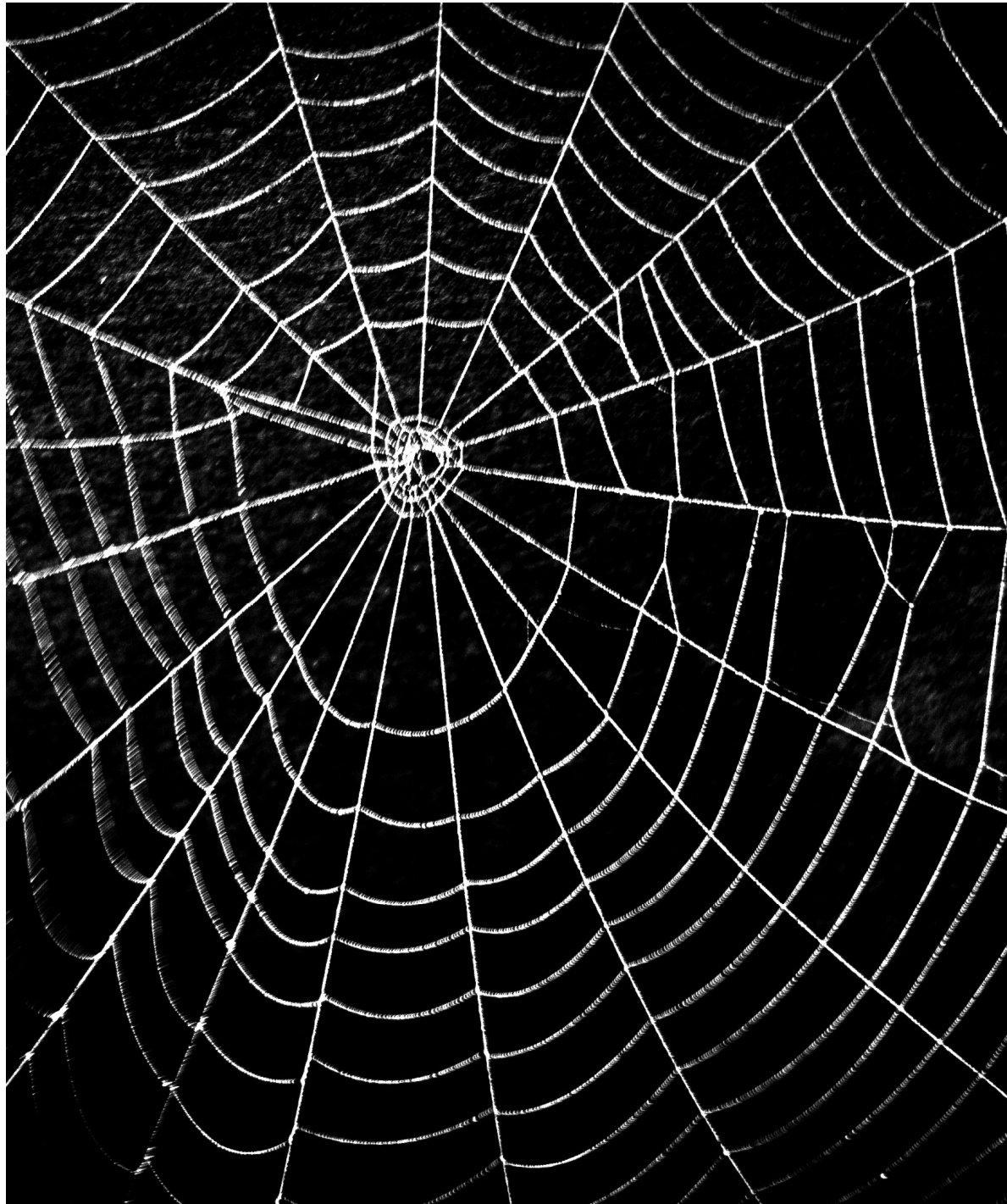
Fawn



Survivor Responses

Factors:

- Relationship to the Offender
- Level of Violence
- Survivor's History
- Assault Location





Believability

How to Be Believ able

- Be Sober
- Fight Back
- Report Immediately
- Maintain & Turn Over Evidence
- Tell a Consistent, Cohesive Story
- Cut Off Contact
- Participate Fully in the Investigation

Realities of Sexual Violence

- Intoxication
- Varied or Illogical Reactions
- Delayed Reporting
- Destruction of Evidence
- Memory Loss
- Offender Contact
- Minimal Investigation Participation

What
Happens
When
Survivors
Report?

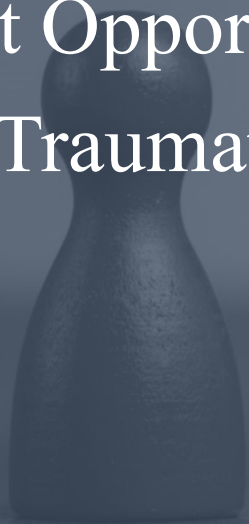


Reporting

- Recounting the experience repeatedly
- Can Include:
 - Hospital Personnel
 - Law Enforcement
 - Advocates
 - University Personnel
 - Friends or Family
 - Employer
 - Prosecutor
 - Judge & Jury
 - Therapist

Reporting Effects

- Unsatisfactory Results
- Public Notoriety
- Social Isolation or Ridicule
- Lost Opportunities
- Re-Traumatization



Re-Traumatization Symptoms

Mental

- Flashbacks
- Nightmares
- Emotional Outbursts
- Hypervigilance
- Difficulty Focusing

Re-Traumatization Symptoms

- Physical
 - Insomnia
 - Shakiness or Sweating
 - Difficulty Breathing
 - Elevated Heartrate
 - Ringing in the ears

Re-Traumatization Symptoms

- Behavioral
 - Withdrawal from Normal Life
 - Emotional Numbness
 - Avoidance
 - Frequent Appearance Changes
 - Lapse in Self Care



Hope Harbor: A Sexual Trauma Recovery Center

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