

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.

Myths

Most rapes happen on the street late at night.

Most rapes occur indoors—over 1/3 of completed rapes occurred in the victim's own home.

Rape is not limited to after dark.

If a woman has been raped she 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 woman cannot be raped by her husband.

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 a woman leads a man on, allows him to spend a great deal of money on her, or changes her mind after having commenced foreplay, the man has a right to sex.

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 having an orgasm, there would not be semen present. There are also instances when the assailant uses a condom, simply does not have an orgasm, or performs other sexual acts in which semen would not be present.

A rapist is a man who cannot control his 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 she was dressed, by flirting, or by where she was 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 the sexual or other intimate parts of a person not married to the actor, done for the purpose of gratifying the sexual desire of either party.
- **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. In Alabama statute this is referred to as deviate sexual intercourse.
- **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. **Harasses** means 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 2 minutes in America someone is sexually assaulted. *RAINN*
- One in five women reported a completed or attempted rape sometime in their lifetime.
- One in 33 men reported a completed or attempted rape sometime in their lifetime. ⁴

In Alabama

- Throughout the state there were 1,248 rapes reported to law enforcement in 2010. ¹
- On average, there were 3.4 rapes reported each day. ¹
- 21.9 was the average age of the victim with a range from 1 to 89 years. ¹
- 85% of victims reported no other injuries from the rape and 39% submitted to a medical exam. ¹
- In 2011, Rape Response responded to 316 survivors at local hospitals and the SANE Facility. ²
- During 2011, Rape Response served over 4,000 people, including survivors of sexual victimization and their family and friends.
- In 2011, Rape Response answered 2,616 calls on the 24-hour crisis line, responded to 316 requests for medical advocacy (98% of which were seen at SANE), 17 requests for criminal justice advocacy, and provided 368 counseling sessions. Rape Response also provided 505 presentations reaching 5,139 individuals.

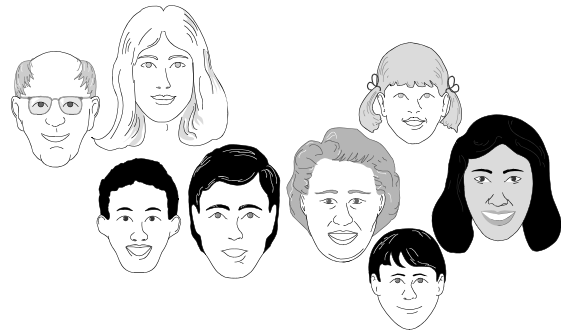
Overview of the Offenders

- 90% of rapes involved a male offender and a female victim. In 8.7% of cases both offender and victim were male, in 0.8% both were female, and in 0.2% the offender was female and the victim was male. ⁶
- Nine out of ten 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. ⁷
- In cases where there were multiple offenders, the majority of victims did not know the offenders. ⁷
- Perceived Age of Offenders: ⁷
 - 42.0% were 30 years of age or older
 - 27.9% were 21-29 years of age
 - 17.9% were 18-20 years of age
 - 6.1% were under 18 years of age
 - 6.1% age unknown

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: ⁴
 - 21.6% under 12 years
 - 32.4% 12-17 years
 - 29.4% 18-24 years
 - 16.6% over 25 years
- 18% of the women raped before the age of 18 said they were also raped after the age of 18 as compared with 9% of women not raped before the age of 18. ⁴
- Victims were equally distributed among all races and ethnicity. ³
- 88% of victim and offenders were of the same race. Offenders rarely cross racial lines. ³



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 six out of ten rapes occurred in the victim's home or at the home of a friend, relative, or neighbor. ⁷

- In over one-third of rape/sexual assaults, the offender was using alcohol/drugs at the time of the assault. ⁷
- 86% of rape/sexual assault cases did not involve a weapon, 2% involved a firearm and 5% involved other weapons. ³
- 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

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Profile of a Rapist

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

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



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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.

Convicted Rapists

Only 50% of all reported rapes result in arrest. Of those arrests only 5% result in a conviction. Therefore studies of convicted rapists only portray a slice of the entire picture.

- Of the rapes reported, 55%-60% are stranger rapes.¹¹
- One study of 348 convicted rapists (Groth) shows ¹¹
 - 50% raped children, men, or elderly women
 - 50% raped adult women
 - Of those that raped adult women
 - 55% were Power Rapes
 - 40% were Anger Rapes
 - 5% were Sadistic Rapes

Nicholas Groth, Ph.D., has done extensive work with sexual offenders. He has identified three dominant needs of the offender that are served in rape: anger, power, and sadism. A discussion of each follows:

Power Rapist

He is insecure, may fear impotence, or doubt his own masculinity. He often compensates for feelings of inadequacy by controlling another person.

Pattern:

- He thinks women like to be raped.
- He often dates the woman prior to the assault or may ask for a date after the rape.
- The rape doesn't fulfill his needs, so he plans another rape to compensate.
- He does not plan to physically injure the victim.

The assault is often preceded by what the offender experiences to be a challenge by a female or a threat from a man. It is an incident that he interprets to undermine his sense of competency and self-esteem, and activates unresolved underlying feelings of inadequacy, insecurity and vulnerability. He attempts to gain a sense of power, control, identity and worth through his sexual offense. He often fantasizes that the woman will be sexually aroused and receptive to embrace, after he overpowers her. This offender finds little sexual satisfaction in the rape.

The survivor of this particular type of rapist often has minimal physical trauma. Because she looks 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 her efforts to resist and may feel that she inadvertently invited or encouraged the assault. Her participation may be misinterpreted as provocation and her cooperation as consent.

One of this survivor's main issues is helplessness. She feels powerless and her objective is to regain a sense of personal control and self-determination. It is important that this woman is given the opportunity to make choices and decisions for herself as soon as possible after the assault.

Another issue for this survivor is her anger at herself and her self blame for being victimized—for not being able to escape. It is important to her to realize that there was no one "correct" reaction to the rapist that could be predicted to allow her to escape. What deters one offender may encourage another. She did what was necessary to survive the assault.

Anger Rapist

He needs retaliation for an imagined wrong or loss and usually feels conflict with someone other than the victim.

Pattern:

- His assaults are often unplanned, explosive outbursts directed toward random, vulnerable women.
- He considers sex revolting.
- He vents rage, may beat the victim, force her into degrading acts or use abusive language during the assault.
- He may have a history of aggressive violent crimes.

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 her trust. He may pretend to need help (i.e.

ask for the use of a phone, etc.) or offer her assistance. After he has engaged her in this type of activity he will suddenly attack. Whichever style he uses, 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. She may receive good support from police, hospital, etc. The survivor probably will have major concerns about safety and may fear a repeat attack.

Sadistic Rapist

He seeks revenge and punishment of another person by intentional violence and cruelty. The victim may be symbolic of the source of his anger.

Pattern:

- He plans the assault carefully and deliberately.
- He uses bizarre, ritualistic violence with indignities accompanied by explicit abusive acts.
- Serial murder/rapes are usually of the sadistic type.

There is a transformation of anger and power where aggression itself becomes eroticized. His arousal is a function of aggression. The more aggressive he is, the more powerful he feels; and, in turn, the more powerful he feels, the more excited he becomes. The intent of the sadistic rapist is to abuse and torture his victims. His instrument is sex, and his motive is punishment and destruction. In contrast to the anger rapist, the sadistic rapist's assaults are fully premeditated. He will stalk, abduct, abuse and sometimes murder his 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 he may use some type of instrument or foreign object, such as a stick or bottle, to penetrate his victim. The victim may be bitten and/or burned.

Many women 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 women 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 her and to keep in touch with her on her progress but a referral will need to be made for professional therapy.

Gang Rape

Men 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 his 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

Marital Rape

- In 1982, Diane Russell found that 12% of women reported their husbands had committed acts against them, which would qualify under the legal definition of rape.
- In 2000 there were only 42 marital rapes reported to law enforcement in Alabama.

The growing awareness and understanding of marital rape have revealed three primary types of relationships within which this crime occurs (Finkelhor & Yllo, 1985).

- **Battering Rapes** is when the sexual assault occurs in combination with physical beatings and psychological abuse. The primary emotional motivation for the marital rapist in this case is that of anger.
- **Sex-Specific** is when the sexual assault is not accompanied by physical assault, but rather the sexual assault is the primary means by which the spouse is victimized. In these instances, the amount of physical violence used is only as much force as is necessary to coerce the victim into sexual relations, and appears to be motivated primarily by a desire to be powerful over the woman.
- **Deviant Sexual Arousal** typically involves obsessive types of forced sex. These victims may be required to have an inordinately high number of sexual encounters, or to have sex that is associated with sadistic, brutal or perverse behavior.

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Glossary of Sex Related Terms

- **Acid Phosphates:** an enzyme secreted by the prostate gland at the moment of ejaculation to increase the activity of sperm cells. It is present in females in very small amounts, but a large amount in the vagina usually indicates sexual intercourse has occurred. Due to vasectomies, sperm is not always present, but Acid Phosphates tests will show if semen is present. This test can be used as corroborative evidence in court.
- **Bi-sexual:** a person who is sexually attracted to both genders
- **Cunnilingus:** the act of using one's mouth on the vagina
- **Exhibitionism:** exposing one's genitalia (this is primarily a male crime)
- **Fellatio:** the act of using the mouth on the penis
- **Fetish:** abnormal sexual interest in some artificial object or non-sexual part of the body; a symbol providing gratification and no other person being needed
- **Masochism:** abnormal sexual pleasure or gratification derived by being dominated, mistreated, or even physically tortured.
- **Masturbation:** the causing of sexual excitement, arousal, or orgasm by self manipulation of the genitalia
- **Pedophilia:** sexual perversion in which children are the preferred sexual object
- **Recidivism:** habitual or chronic relapses especially in relation to crime
- **Sadism:** sex drive in which the subject derives pleasure from dominating, humiliating or torturing another subject
- **Sado-Masochism:** inflicting or enduring pain for sexual gratification
- **Transsexual:** a person who has had a sex change operation and becomes the opposite sex
- **Transvestitism:** males who dress as women or wear articles of women's apparel. These men are usually married and heterosexual. (Transvestites should not be confused with "drag queens" who are often homosexual. Drag Queens derive no sexual pleasure from wearing women's clothing and are usually motivated by economic reasons or desire to gain intimate access to other males.
- **Voyeurism:** a sexual drive in which the subject achieves his/her excitement and gratification by watching other people, spying on them unseen, and particularly watching sex acts or nudity

Test Your Knowledge

1. Define forcible compulsion.
2. What percentage of offenders is female?
3. What percentage of offenders assaults someone of a different race?
4. What percentage of assaults involves a weapon?
5. Which type of offender thinks women like to be raped and does not plan to physically injure the victim?
6. Which type of offender plans the assault carefully and deliberately?
7. Which type of offender needs retaliation for an imagined wrong or loss and considers sex revolting?
8. What percentage of rapes is committed by a stranger?
9. Can a husband rape his wife?