



IF YOU ARE INTERESTED
 in giving voice to this issue and supporting
 the movement to end sexual violence, please
 contact MCASA at 410-974-4507 or email
info@mcasa.org for more information.

*and still i rise
 and, still, i rise
 still i rise*

WHAT IS SEXUAL ASSAULT?

“My brother used to **COME INTO MY ROOM** at night and touch on me.”

“My teacher keeps messing with me. He does things that **MAKE ME FEEL UNCOMFORTABLE.**”

“Mommy’s boyfriend makes me rub his privates **WHEN I’M ALONE** with him.”

“I have a friend that made me have sex with him. **I TOLD HIM NO,** but he wouldn’t stop.”

THESE ARE ALL EXAMPLES OF SEXUAL ASSAULT. Most of us know that sexual assault includes rape, but did you know it also can be:

- Child Sexual Abuse
- Acquaintance/Date Rape
- Molestation (Fondling/Groping)
- Drug Facilitated Rape
- Sexual Exploitation
- Incest

Organizations

Maryland Coalition Against Sexual Assault (MCASA)
 410-974-4507 | www.mcasa.org | info@mcasa.org

Sexual Assault Legal Institute (SALI)
 301-565-2277 | toll-free 1-877-496-SALI (7254)
www.mcasa.org

Rape, Abuse and Incest National Network (RAINN)
 1-800-656-HOPE (4673) - 24 hours a day. 7 days a week.
www.rainn.org

Websites

INCITE! Women of Color Against Sexual Violence
www.incite-national.org

Institute on Domestic Violence in the African American Community
www.IDVAAC.org

Black Women’s Health Imperative
www.blackwomenshealth.org

Black Sexual Abuse Survivors
www.blacksurvivors.org



mcasa.org | 410-974-4507
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BLACK WOMEN CONFRONTING RAPE



a program of maryland coalition against sexual assault

Women of Color have a huge stake in ending sexual violence. When we consider the limited access to information, resources and services for those in our communities, it isn't surprising that we experience disproportionately high rates of sexual assault and are at an increased risk for sexual assault.



Our community needs to understand that sexual assault can happen to anyone, at any time, in any place. Sometimes it can be violent but often it is not. It can be done by a stranger, someone you know or even a family member. In fact:

- **1 in 4 black women** are raped after the age of 18 versus 1 in 5 white women.*
- For every black woman who reports her rape, at least **15 black women do not.***
- Family and acquaintances account for **93% of sexual assaults** against people under the age of 18.
- In a National Survey, nearly **20% of black women** had been raped in their lifetime.**

*Bureau of Justice Statistics, 2003 **Tjaden, P. & Thoennes, N., 2006

How Sexual Assault Affects Us

If you or someone you know has suffered through any form of sexual assault your life has been changed on a deep level. Victims have many different reactions to sexual assault. These reactions may include:

- Shock and numbness
- Confusion
- Low self-worth
- Shame
- Guilt or self-blame
- Fear
- Loneliness
- Denial
- Depression
- Anger
- Embarrassment
- Betrayal

These feelings can go on for years and often get worse over time without help. Many women turn to drugs and alcohol as a way to cope. Others may act out sexually (be promiscuous) or allow themselves to be in situations where they may be sexually assaulted again. It may take a while for you to realize the full impact of the assault. You may not be ready for help right away, but **the sooner you start to deal with your feelings, the sooner you will get stronger and feel better about your life.**

If You've Experienced a Sexual Assault

Get Support.

If you've been sexually assaulted, you can call the National Sexual Assault Hotline at 1-800-656-HOPE. They can direct you to a rape crisis and recovery center where you can make an appointment to talk to someone. Rape crisis and recovery centers offer private services to adult and child victims as well as their loved ones. These services are FREE.

No matter how long ago it happened, it is healthy to talk to someone who is trained to help you deal with a sexual assault.

Get Medical Help.

After a sexual assault it is important to get medical help as soon as possible. In Maryland, there are hospitals with special services for survivors of sexual assault. You can get your injuries treated, get tested for sexually transmitted infections and pregnancy, as well as have medical evidence collected for prosecution.



It is important to know that you can get medical help without reporting the rape to the police.

Report the Sexual Assault to Law Enforcement.

Telling the police about your sexual assault is difficult, but many survivors say that bringing their attacker to justice helped them to heal. You may worry about reporting someone you know because you want to protect them and/or your community. You may want to forget the horrible experience, forgive him and move on with your life, but sexual assault is a crime and the attacker needs to be held responsible for his actions. Even if you choose not to report the crime to the police, **seek help and support for yourself.**

Books

I Will Survive: The African American Guide to Healing from Sexual Assault and Abuse, Lori Robinson
No Secrets No Lies: How Black Families Can Heal from Sexual Abuse, Robin Stone
Violence in the Lives of Black Women: Battered, Black and Blue, Dr. Carolyn West
Surviving the Silence: Black Women's Stories of Rape, Charlotte Pierce-Baker
Wounds of the Spirit: Black Women, Violence, and Resistance Ethics, Traci C. West