

The Impact of Victim Blaming

- Removes responsibility from the perpetrator
- Leads to feelings of shame, guilt, and self-blame
- Convinces a person they will not be believed
- Creates barriers to accessing support
- Removes responsibility from the perpetrator

The Prevalence of Rape and Sexual Abuse

- Globally, 1 in 3 women have experienced sexual abuse and 1 in 6 men.
- Most abuse is perpetrated by a trusted person
- Rape and sexual abuse is an under-reported crime meaning that these figures are likely to be much higher

To create a culture where victims feel confident to speak out, let's work together to stop victim blaming.

If someone you know has disclosed abuse to you, remember that is not their fault and reassure them of this. Be patient and allow them space and time to tell you and to access support. If someone has confided in you, they are demonstrating that they trust you. Tell them that you are glad that they have trusted you.

Challenging Victim Blaming

Want to know how you can help?

- Believe people
- Know the facts
- Speak out
- Educate
- Hold perpetrators accountable
- Share this leaflet
- Visit our website for further information

NEED SUPPORT?

Contact us at www.rasamerseyside.org
or call 0151 558 1801



Victims of rape and sexual abuse are guilty of no crime.

jayne jackson
PHOTOGRAPHY



Rape and Sexual Abuse (RASA) Centre Limited is a registered charity
Charity Reg. No: 1094462



Supporting Survivors of Rape and Sexual Abuse



Crime: Running wearing headphones

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#IT'S NOT ME, IT'S YOU!

#Stop victim blaming and stand up against sexual abuse.

KNOW THE FACTS

Victim Blaming:

A victim is held responsible for a crime they have been subjected to.

Rape Myth:

A false belief about rape and sexual abuse which perpetuates victim blaming culture.

Perpetrator:

A person who **CHOOSES** to commit a crime.

If you have been a victim of rape and sexual abuse, it was not your fault. Perpetrators are ALWAYS to blame.

What is Consent?

Consent happens when all people involved in a sexual activity agree to take part by choice. They also need to have the freedom and capacity to make that choice. Consent is:

- **CLEAR**
- **ONGOING**
- **COHERENT**
- **VOLUNTARY**

Sexual activity without consent, is abuse.

For more information on consent visit our website.

MYTH BUSTING

MYTH: If someone gets really drunk, it's their own fault if they end up getting raped. They should have kept themselves safe.

Fact: People have the right to drink alcohol without getting assaulted. Having sex with someone who is very drunk, drugged or unconscious, and who are unable to consent, is rape – and it is always the rapist's fault.

MYTH: If someone didn't scream or try to fight their attacker off, then it wasn't rape.

Fact: There are many reasons why someone might not scream or struggle. In fact, many people find that they cannot move or speak at all – this is a very common reaction. Some rapists also use manipulation or threats to intimidate or control the other person. No matter whether or not someone 'fights back', if they didn't freely consent to sex then it is rape.

MYTH: If you are in a relationship with someone, it's always OK to have sex with them.

Fact: Everyone has the right to say 'no' to any type of sexual activity at any time – including with their partner. Consent must be given and received freely every time. Rape and sexual violence in a relationship is illegal.

MYTH: Women provoke men to rape them by wearing revealing clothes or flirting.

Fact: It doesn't matter what a woman is wearing, or how she is behaving – if she doesn't consent to sex, that is rape. Only the rapist is ever responsible for rape.

MYTH: Men and boys don't get raped.

Fact: Males are also raped and sexually assaulted.

MYTH: Women don't commit sexual offences.

Fact: Women do perpetrate sexual violence against other women, men and children. Often people who've been sexually assaulted or abused by a woman worry they won't be believed or their experiences won't be considered 'as bad'. This can make it difficult for these survivors to access services or justice.

MYTH: When it comes to sex, women and girls give out mixed signals.

Fact: Everyone has the legal right to say 'no' to sex and to change their mind at any point of sexual contact. If the other person doesn't stop, they are committing sexual assault or rape. When it comes to sex, we must check in with our partners, respect their wishes, and believe what they tell us about what they do and don't want.