

The Cost of Sexual Assault

FINANCIAL, PHYSICAL and EMOTIONAL
COST of SEXUAL ASSAULT



THE FINANCIAL BURDEN

Sexual Assault Is a Larger Financial Burden On Society Than any Other Crime.

A recent study conducted by Centers for Disease Control and Prevention, Atlanta, Georgia*, found the estimated lifetime cost of rape was:

- »»» \$122,461 lifetime cost per victim.
- »»» An economic burden of nearly \$3.1 trillion (2014 U.S.) over victims' lifetimes, based on data indicating over 25 million adults in the U.S. have been raped.
 - » This estimate included \$1.2 trillion in medical costs (39% of total).
 - » \$1.6 trillion in lost work productivity among victims and perpetrators (52%).
 - » \$234 billion in criminal justice activities (8%)
 - » \$36 billion in other costs, including victim property loss or damage (1%).
 - » Government sources pay an estimated \$1 trillion of the lifetime economic burden (32%)

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COMMON EFFECTS ON SURVIVORS

The effects of sexual assault are long-lasting and affect both physical and mental health.

Survivors are more likely to experience on-going health challenges like **diabetes**, **weight gain**, **fibromyalgia**, **COPD**, **heart disease**, **cancer**, and **high blood pressure**.

Survivors Frequently Struggle with...

- »»» Lack of **self confidence**, often feeling **guilty**, or **powerless**
- »»» Difficulty **trusting** and/or have feelings of **betrayal**?
- »»» **Feeling anger, frustration, shame and blame.**
- »»» Struggling with **relationships** or avoiding them.
- »»» Difficulty **nurturing themselves** or even basic **self-care**.
- »»» Feeling **unseen and unheard** or feel they have no voice.

DID YOU KNOW?

Sexual violence affects hundreds of thousands of Americans each year.

In the United States, **every 98 seconds** another person experiences sexual assault.



Every 8 minutes, a victim is a child. That's **over 180 kids sexually assaulted every day**. That's **65,000 every year!**



7/10

Seven out of 10 sexual assaults are committed by someone who knows the victim.

Of every 1,000 sexual assaults, **only 310** are reported to the police.

310
of every
1000

6
of every
1000

Only 6 out of every 1,000 perpetrators will end up in prison.

Survivors are:

- **4 times more likely** to experience **drug abuse**.
- **4 times more likely** to experience **PTSD** as adults.
- **3 times more likely** to experience a major **depressive episode** as adults.
- **90%** of sexually abused children **develop Post Traumatic Stress Disorder (PTSD)**.

You Can Make a Difference

Easy Ways to ADVOCATE for Survivors



AN OUNCE OF PREVENTION

Prevention efforts often include changing cultural attitudes and harmful norms about gender roles and aggression that allow sexual violence to occur.

We can all be a part of prevention efforts.

- »»» If someone you know is being abusive or disrespectful **don't ignore it. Reach out** to someone you trust or contact your local Rape Crisis Center for support.
- »»» **For direct impact, recognize and speak out** against oppressive attitudes and beliefs.
- »»» **Communicate your sexual expectations and respect your partner's boundaries.** The responsibility for getting consent falls on the person initiating sexual activity.
- »»» Support outreach efforts such as *The Empowered VOICE* movement, a traveling art exhibit empowering and supporting the voices of survivors. **Learn more about The Empowered VOICE** movement at ClaireOLEary.com

If you're in crisis...

If you or someone you know is in **immediate danger** and needs medical attention, **call 911.**

Advocate Safehouse Hotline: 970.285.0209

Response Hotline: 970.925.7233

**Colorado Crisis Support:
844.493.TALK (8255)**

**Text TALK to 38255
4 pm – 12 am 7 days a week**

CCASA Hotline: 800.799.SAFE (7233)

**RAINN Hotline: 800.656.HOPE (4673)
Live Chat 24/7**

**For Peer Support
Claire O'Leary 303.525.6893**

WHAT IS SEXUAL ASSAULT

Sexual assault is **ANY UNWANTED** sexual experience.*

It is most often inflicted upon victims through the use of force, threats, manipulation or coercion.

There are many forms of sexual violence, including:

- »»» Unwelcome sexual advances; requests for sexual favors that directly affect your job, school performance or other parts of your life, if rejected; and other verbal or physical conduct of a sexual nature.
- »»» Unwanted sexual intercourse or sexual acts with a friend, partner, spouse, or another person when you did not give consent.
- »»» Sexual contact of any kind by a helping professional (teacher, coach, doctor, therapist, priest, police officer, or other) toward a client.
- »»» Sexual contact inflicted on someone who is legally unable to grant consent.

INCEST is Child Sexual Assault (CSA) perpetrated by a person in a position of trust or responsible for the child's care, such as a family member, teacher, clergy member, or coach. *

*This is a broad definition. Legal definitions may vary.

HELP for a Loved One?

**Claire O'leary, Survivor's Healing Alchemist
Empowering the Authentic Voice of Survivors**

from
Wounds
to
Wisdom

Claire creates a safe haven for survivors of CSA who have been through traditional therapy yet are still feeling the effects.

Her program *From Wounds to Wisdom* will take you step by step using her EMPOWER™ Technique to your own deep wisdom so you can **experience the Confidence & Inner Power to Live Your Soul's Desire.**

303.525.6893

Claire@ClaireOLEary.com