



# and still RISE

IF YOU ARE INTERESTED  
in giving voice to this issue and supporting  
the movement to end sexual violence, please  
contact MCASA at 301-328-7023 or email  
info@mcasa.org for more information.

## 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
- Sex Trafficking

## Organizations

Maryland Coalition Against Sexual Assault (MCASA)  
301-328-7023 | [www.mcasa.org](http://www.mcasa.org) | [info@mcasa.org](mailto:info@mcasa.org)

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

Call 211 to connect to your local  
rape crisis center

## Websites

Women of Color Network  
<http://www.wocninc.org/>

National Organization of Sisters of Color  
Ending Sexual Assault  
<http://sisterslead.org/>

Black Women’s Health Imperative  
<https://www.bwhi.org/>

Black Sexual Abuse Survivors  
[www.blacksurvivors.org](http://www.blacksurvivors.org)



Maryland Coalition Against Sexual Assault  
[mcasa.org](http://mcasa.org) | 301-328-7023  
[info@mcasa.org](mailto:info@mcasa.org)

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## BLACK WOMEN CONFRONTING RAPE



Women of Color Network  
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 5 African American women will be raped or experience attempted rape in their lifetime.
- 90% knew their perpetrator (e.g., friend/acquaintance, family member, intimate partner).
- 11.2% African American students that identified as female reported experiencing a completed rape.
- 8% contracted a sexual transmitted disease (STD).

1. National Violence Resource Center, *Sexual Violence Victimization and Association with Health in a Community Sample of African American Women*. 2016.

2. National Center for Injury Prevention and Control: *Division of Violence Prevention*. (2010). *National intimate partner and sexual violence survey*.

## 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
- Loneliness
- Confusion
- Denial
- Low self-worth
- Depression
- Shame
- Anger
- Guilt or self-blame
- Embarrassment
- Fear
- 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 211, or 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.



## Consider Reporting 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 criminal justice system can help hold offenders accountable. Even if you choose not to report the crime to the police, seek help and support for yourself.

### Get Legal Help.

Survivors have the right to be treated with dignity, respect and sensitivity during the criminal justice process. The Sexual Assault Legal Institute helps protect those rights by providing comprehensive legal services, including issues ranging from employment, housing, education and financial support to criminal justice advocacy, immigration and family law.

## 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