HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: Hyde County Hotline

Get Statistics

Sexual Assault in the United States

One in five women and one in 71 men will be raped at some point in their lives

In the U.S., one in three women and one in six men experienced some form of contact sexual violence in their lifetime

51.1% of female victims of rape reported being raped by an intimate partner and 40.8% by an acquaintance

52.4% of male victims report being raped by an acquaintance and 15.1% by a stranger

Almost half (49.5%) of multiracial women and over 45% of American Indian/Alaska Native women were subjected to some form of contact sexual violence in their lifetime

91% of victims of rape and sexual assault are female, and nine percent are male

In eight out of 10 cases of rape, the victim knew the perpetrator Eight percent of rapes occur while the victim is at work

Child Sexual Abuse

One in four girls and one in six boys will be sexually abused before they turn 18 years old

30% of women were between the ages of 11 and 17 at the time of their first completed rape

12.3% of women were age 10 or younger at the time of their first completed rape victimization.

27.8% of men were age 10 or younger at the time of their first completed rape victimization

More than one third of women who report being raped before age 18 also experience rape as an adult

MORE STATISTICS: CLICK

President Donald J. Trump Proclaims April 2018 as National Sexual Assault Awareness and Prevention Month

During National Sexual Assault Awareness and Prevention Month, we remain steadfast in our efforts to stop crimes of sexual violence, provide care for victims, enforce the law, prosecute offenders, and raise awareness about the many forms of sexual assault. We must continue our work to eliminate sexual assault from our society and promote safe relationships, homes, and communities.

Sexual assault crimes remain tragically common in our society, and offenders too often evade accountability. These heinous crimes are committed indiscriminately: in intimate relationships, in public spaces, and in the workplace.

We must respond to sexual assault by identifying and holding perpetrators accountable. Too often, however, the victims of assault remain silent. They may fear retribution from their offender, lack faith in the justice system, or have difficulty confronting the pain associated with the traumatic experience. My Administration is committed to raising awareness about sexual assault and to empowering victims to identify perpetrators so that they can be held accountable. We must make it as easy as possible for those who have suffered from sexual assault to alert the authorities and to speak about the experience with their family and friends.

When victims seek help, responses must be carefully tailored to the context in which the sexual assault occurred and the unique needs of each victim. To better assist victims, the Department of Justice's Office on Violence Against Women has developed the Sexual Assault Victim Intervention Services Technical Assistance Center (SAVIS TAC). This new resource will help community officials and organizations appropriately respond to sexual assault by expanding their understanding of the type of support likely to be effective in each unique circumstance. Participants in the SAVIS TAC initiative will use available funds to provide intensive training and resources to service providers. With these resources, service providers, including rape crisis centers and other sexual assault and domestic violence organizations can build organizational and staff capacity for providing comprehensive sexual assault victim intervention services.

Together, during Sexual Assault Awareness Month, we recommit ourselves to doing our part to help stop sexual violence. We must not be afraid to talk about sexual assault and sexual assault prevention with our loved ones, in our communities, and with those who have experienced these tragedies. We must encourage victims to report sexual assault and law enforcement to hold offenders accountable, and we must support victims and survivors unremittingly. Through a concerted effort to better educate ourselves, empower victims, and punish criminals, our Nation will move closer to ending the grief, fear, and suffering caused by sexual assault. The prevention of sexual violence is everyone's concern.

NOW, THEREFORE, I, DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim April 2018 as National Sexual Assault Awareness and Prevention Month. I urge all Americans, families, law enforcement, healthcare providers, community and faith-based organizations, and private organizations to support survivors of sexual assault and work together to prevent these crimes in their communities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of March, in the year of our Lord two thousand eighteen, and of the Independence of the United States of America the two hundred and forty-second.

DONALD J. TRUMP

WhiteHouse.org

What is sexual violence?

Sexual violence is any type of unwanted sexual contact. This can include words and actions of a sexual nature against a person's will and without their consent. Consent is voluntary, mutual, and can be withdrawn at any time. Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs. A person may use force, threats, manipulation, or coercion to commit sexual violence. Anyone can experience sexual violence, including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

Forms of sexual violence

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone in private acts without their knowledge or permission

Victims often know the person who sexually assaulted them.

People who sexually abuse usually target someone they know — a friend, classmate, neighbor, coworker, or relative.

- Nearly 3 out of 4 adolescents (74%) who have been sexually assaulted were victimized by someone they knew well. One-fifth (21.1%) were committed by a family member (Kilpatrick, Saunders, & Smith, 2003).
- In 2005-10, about 55% of rape or sexual assault victimizations occurred at or near the victim's home, and another 12% occurred at or near the home of a friend, relative, or acquaintance (Planty, Langton, Krebs, Berzofsky, & Smiley-McDonald, 2013).

Victims are never at fault.

It doesn't matter what someone is wearing or how they are acting, victims are never to blame. A person may use force, threats, manipulation, or coercion to commit sexual violence. An absence of injuries to the victim does not indicate consent.

Ways to Help with Sexual Assault Awareness and Prevention

1. Educate Yourself about Sexual Assault

Sexual assault impacts the lives of both men and women, and the resulting trauma often goes far beyond the event itself. People who experience sexual assault are more likely to experience posttraumatic stress, depression, anxiety, suicidal thoughts, drug and alcohol addictions, problems with intimate relationships, and difficulty at school and/or work.

2. Volunteer

There are many ways you can personally get involved in the fight to raise awareness and prevent sexual violence in your local community.

You can volunteer at Hyde County Hotline or our thrift store, participate in fundraising events, advocate for survivors.

Contact Hyde County Hotline at 252-925-2502.

3. Learn How to Help Those Who Experience Sexual Assault

It can be difficult to know how to reach out to a loved one who has experienced sexual assault. Below are some tips to help if you are unsure of what to do:

Lend a compassionate, nonjudgmental ear. Many people just want to be heard. They do not necessarily need advice or comments.

Be patient and considerate. Don't try to force your friend or loved one into seeking support or taking action if he or she is not yet ready for it.

- If the person plans to seek support or medical attention, offer to be there. As simple as it may seem, your presence alone can make a significant difference.

If someone you know is sexually assaulted, your reaction can have an impact on his or her recovery from the trauma. Do not question what he or she was wearing or why he or she was not able to stop the assault. One of the most important things you can say to a sex abuse survivor is, "I believe you." source: Good Therapy .org

You Can Stop Apologizing Now

What it means when you can't stop saying ‘I’m sorry’ after escaping abuse

Heartfelt apologies can go a long way. *“I’m sorry what I said hurt your feelings.”*

Polite apologies make us decent human beings. *“I’m sorry I was late to our meeting!”*

But repetitive, nearly constant apologies for every little thing—or, what Psychologist Paige Carambio, PsyD calls, “apologizing for existing”—can actually be an after-effect of trauma, a self-preservation technique survivors may think they still need to utilize in order to protect themselves.

“It goes back to the first stage of being with an abuser, when the abuser is doing everything he or she can to tear the person down and make them feel completely worthless,” says Carambio, who works with survivors of domestic abuse in Beverly, Mass. She says that hearing verbal derogation day-in and day-out can cause you to internalize those messages. What carries over, even after leaving the abuser, is this feeling that you need to apologize for every little thing, especially with a new partner, says Carambio.

Using Sorry as Your Shield

Saying, “I’m sorry” at the drop of a hat can mean you have more healing to do, suggests Carambio. “Survivors may have used this as a protective behavior to avoid negative responses from a partner in the past. It can be an automatic thing, to try and avoid triggering a harmful response [from an abuser].”

In women specifically, Carambio says she sees a need to over-apologize even when they weren’t abused. She says there’s a cultural notion that women shouldn’t speak up and say what they’re feeling, so they apologize for sharing their thoughts after they speak.

“There are different expectations for women. Women are encouraged to always be aware of other people’s feelings and to try to manage others’ responses. This [over-apologizing] comes from a more submissive and lower-power kind of place. Things are very much changing for the better, but there are hundreds of years of cultural notions to diffuse.” **Read More**

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

Hyde
County
Hotline

Serving victims of Domestic Abuse
and Sexual Victimization

24 Hour Crisis Line

252-925-2500

PO Box 335, Engelhard, NC 27824
Advocacy Office 252-925-2502

We love volunteers!
Please help and call
Hyde County Hotline
252-925-2502.

Nothing Compares

FVPSA
Family Violence Prevention and Services Program

Thank you to the family Violence Prevention Services Program US DHHS, and NC Council for Women for financial support.