



Sexual Assault Response Services

of Southern Maine

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Sexual Assault: What You Should Know

Sexual Assault

Is a term used to describe any type of sexual activity committed by one person without the consent of the other. It involves the use of threats, force, or violence, or any other form of coercion or intimidation. Sexual contact with a person who is unable to give consent is also considered sexual assault. This includes, but is not limited to a person who is asleep, under the influence of drugs or alcohol or otherwise impaired. Sexual assault violates a person's feeling of trust and safety.

Sexual Act

Direct physical contact between the genitals of one person and the mouth, anus or genitals of the other person. Also include direct physical contact between the genitals or anus of one person and an instrument or device.

Sexual Contact

Touching of the genitals or anus directly or through clothing is sexual contact.

Types of Sexual Assault

There is no one type of sexual assault that is "worse" than another type. Each incident of sexual assault will impact an individual on many levels, and may cause long term physical or mental health problems.

Types of sexual assault include:

- **Rape** is the non-consensual penetration orally, anally, or vaginally by foreign objects, genitals or other body parts.
- **Acquaintance (date) Rape** is non-consensual sexual activity where the victim knows the perpetrator. In some instances these victims also feel a sense of betrayal.
- **Child Sexual Abuse** is any sexual activity perpetrated against a child by threat, force, intimidation or manipulation.
- **Incest** is child sexual abuse by a person the child perceives as a member of the family.
- **Sexual Harassment** is unwanted sexual attention that interferes with a person's life; sexually harassing behavior in the workplace or in school is a violation of state and federal civil rights laws.

Survivors

Sexual assault survivors can be female or male, children, adolescents or adults. Offenders perpetrate both against individuals of the same gender and of the opposite gender. There is no "profile" for a victim/survivor of sexual assault. Victims/survivors can be anyone, including you and me.

Help, Hope, and Healing