

# Mindful Continuing Education

## Rape and Sexual Assault

### Executive Summary-The Impact of Rape and Sexual Assault

**1. Rape and sexual assault survivors often suffer from a wide range of physical and mental health problems that can follow them for life including depression, chronic pain, diabetes, anxiety, eating disorders, and post-traumatic stress disorder.**

- A. True
  - B. False
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**2. Each of the following is an accurate statement about the criminal justice response to rape and sexual assault EXCEPT:**

- A. Despite the prevalence of rape and sexual assault, many offenders are neither arrested nor prosecuted, which may be attributed to police biases and some officer's unwillingness to make an arrest
  - B. The trauma that often accompanies a sexual assault can leave a victim's memory and verbal skills impaired, making a woman's initial account sometimes seem fragmented
  - C. Many law enforcement officials have not been trained in "mobilizing-encouraging" techniques, which are necessary when interviewing victims
  - D. Even when arrests are made, prosecutors are often reluctant to take on rape and sexual assault cases, and in some jurisdictions, the backlog of untested rape kits can also be a factor in low prosecution rates
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### Breaking the Cycle of Violence

**3. Under the direction of President Obama, current Administration has developed a localized community-based protocol for conducting sexual assault forensic examinations, and has developed a ten-year strategic plan to address the tragedy of human trafficking.**

- A. True
  - B. False
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### A Renewed Call for Action

**4. Sexual assault victims and survivors must have access to services they need including crisis intervention, counseling, legal advocacy, medical help, social services, and job and housing assistance, and a special eye must be focused on:**

- A. Consistency and follow-through
  - B. Helping particularly vulnerable populations
  - C. Accurately defining and measuring sexual assault
  - D. Ensuring that appropriate funding for services be available
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## **Introduction**

**5. In recent years, a new generation of anti-rape activists, both women and men, are having a national conversation about rape and sexual assault, about attitudes toward victims and the role of the criminal justice system in holding offenders accountable.**

- A. True
  - B. False
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## **An Overview of the Problem**

**6. Certain populations are more at risk than others for sexual assault or rape, as demonstrated by the following:**

- A. Women and girls are the vast majority of victims, and nearly 1 in 7 women have been raped in her lifetime
  - B. Women of all races are targeted, but black women are the most victimized, followed by American Indian and Alaska Native women
  - C. People with physical or mental disabilities are at increased risk, and may be two to three times more likely to be assaulted than individuals without a disability
  - D. The majority of rape and sexual assault victims are between the ages of 16 and 24
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## **The Impacts of Rape and Sexual Assault**

**7. Women who are raped or stalked by any perpetrator or physically assaulted by an intimate partner are more likely than non-victims to have asthma, irritable bowel syndrome, diabetes, chronic pain, frequent headaches, and difficulty sleeping.**

- A. True
  - B. False
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## **Campus Sexual Assault: A Particular Problem**

**8. Sexual assault reporting rates are particularly low on campus campuses; on average only 25-30% of student victims report the assault to law enforcement.**

- A. True
  - B. False
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## **The Economic Costs**

**9. Although hard to quantify, several studies have calculated the significant economic costs of rape, and such costs ranged from \$87,000 to \$240,776 per rape.**

- A. True
  - B. False
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## **Taking Action to Break the Cycle of Violence**

**10. Which of the following is NOT one of the focuses of the 2013 reauthorization of the Violence Against Women Act?**

- A. The creation of the Sexual Assault Services Program (SASP), the first funding stream to focus specifically on direct services and advocacy for victims of rape and sexual assault
  - B. Funding and new purpose areas for multidisciplinary sexual assault response teams, sexual assault nurse examiner programs (SANE), specialized law enforcement units, and training for criminal justice professionals
  - C. New protections for LGBT victims and a landmark provision recognizing the authority of tribes to prosecute domestic violence crimes committed on tribal lands regardless of the race of the perpetrator
  - D. Current protections for sexual assault survivors in public and other subsidized housing, and funds to serve victims of sex trafficking
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## **Reaching Teens and Young Adults**

**11. When college students across the nation were asked to present ideas on how to prevent violence on campus, an overwhelming number of responders said one thing: use social media and technology.**

- A. True
  - B. False
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**12. The authors recommend working with men to change social norms by:**

- A. Teaching men to speak out against abuse, so that other men will be likely to step in to neutralize a risky situation and prevent an assault
  - B. Providing bystander intervention training to engage men and boys as allies rather than would be perpetrators
  - C. Working specifically with coaches, boys, and men to develop innovative prevention strategies
  - D. All of the above
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## **Leading by Example in the Workplace**

**13. For some survivors, the effects of sexual assault can follow them to their jobs, either directly or indirectly, so employers can help by developing policies that address safety, use of leave, and other assistance that survivors may need to get their lives back on track.**

- A. True
  - B. False
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## **Reducing Rape in Prisons**

**14. The Prison Rape Elimination Act of 2003 (PREA) requires correctional facilities to ensure that at-risk populations are protected, and mandates that facilities maintain:**

- A. Ongoing prevention and awareness campaigns for staff and detainees
  - B. Zero tolerance policies for sexual abuse
  - C. Updated procedures, resources, and interventions
  - D. Safe and positive options for detainees to report abuse of others
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## **Conclusion**

**15. Across all demographics, rapists and sexual offenders too often remain free to assault again, so new and promising interviewing, investigative, and prosecution protocols must continue to be developed to help the victims and survivors of sexual assault and rape.**

- A. True
  - B. False
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## **Rape and Sexual Assault Victimization Among College-Age Females, 1995–2013-HIGHLIGHTS**

**16. According to the National Crime Victimization Survey (NCVS), during the period 1995-2013, for both college students and non-students, the majority of rape and sexual assault victimizations occurred while the victim was pursuing leisure activities away from home.**

- A. True
  - B. False
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## **Rates of Other Violence Among College-Age Females/Sexual Assault Among Male Students**

**17. Which of the following is a correct statement about sexual assault among male students and/or other violence among college-age females?**

- A. Across all types of violent crime, female students had a similar overall victimization rate as female nonstudents (ages 18-24)
  - B. For both female students and nonstudents, the rate of rape and sexual assault was lower than the rate of assault and robbery
  - C. From 1995-2013, college-age male victims accounted for 17% of rape and sexual assault victimizations against students and 4% against nonstudents
  - D. All of the above
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## **Methodology**

**18. One goal of the U.S. Department of Justice, when presenting the results of the NCVS and striving to determine best practices, is to recognize that information reported by victims is sensitive to how items are worded, which definitions are used, the data collection mode, and the interviewing process.**

- A. True
  - B. False
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