

MILITARY SEXUAL TRAUMA

Military Sexual Trauma (MST) refers to sexual assault or harassment that occurs while a service member is in the military. It is pervasive with both male and female victims and perpetrators.

During times of war,
**SEXUAL ASSAULT RATES IN
THE MILITARY INCREASE.**

MST CAUSES UNIQUE PROBLEMS.

While **no less traumatic**, victims of MST face different challenges than civilian victims. They may:

- ✦ **Have to** continue to live or work with the perpetrator.
- ✦ **Feel Betrayed** by other service members.
- ✦ **Be Unwilling** to report the assault so as to protect their mission.
- ✦ **Fear** that their career will be jeopardized if they report the incident.

On average, there are over **3,000** reports of sexual assault in the military every year.

IF YOU'RE SEXUALLY ASSAULTED:

- ✦ Get to a **Safe Place** away from the perpetrator.
- ✦ **Preserve Evidence** of the attack—Don't bathe or change your clothes.
- ✦ **Write Down** everything you can remember about the attack.
- ✦ Call 9-1-1. Seek medical care as quickly as possible.
- ✦ Contact a **Sexual Assault Response Coordinator (SARC)** to get information about your options.
- ✦ Remember that this was not your fault.

Call DoD Safe Helpline: 877-995-5247
Chat: online.safehelpline.org

DON'T ASSUME. GET CONSENT.

- ✦ **Always get verbal consent** before engaging in sexual activity.
- ✦ **Stop immediately** if your partner says "Stop" or "No."
- ✦ **Don't engage** in sexual activity with anyone who is excessively intoxicated.

REDUCE THE RISK OF SEXUAL ASSAULT.

- ✦ **Stay with Friends** – Never leave with strangers.
- ✦ **Avoid Isolated Areas** and stay aware of your surroundings.
- ✦ **Don't Drink to Excess** and keep your drink in hand.
- ✦ **Trust Your Instincts** – Leave if you feel uncomfortable.

WHILE DEPLOYED:

- ✦ **Familiarize Yourself** with new areas.
- ✦ **Always Travel** in a group.
- ✦ **Report Suspicious** activities or unauthorized people.
- ✦ **Be Informed** about cultural differences in the treatment of women.

MST IS PREVALENT AND UNDERREPORTED

DoD estimates 8.4% of active duty women and 1.5% of active duty men have experienced unwanted sexual contact per year.

**71% of female and
90% of male MST victims
never report being attacked.**

FOLLOW THE ABCs OF ACTIVE BYSTANDER INTERVENTION.

A

Assess the safety of the situation.

If intervening will put you in danger, call the authorities.

B

Be with others.

Groups that intervene are more likely to deter a potential attacker.

C

Care for the victim.

Ask the victim if the sexual actions are consensual, or if they need medical assistance.

**STAY ALERT – BE VIGILANT
PROTECT YOUR FELLOW WARRIORS**