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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,

\$EXUAL ASSAULT RATES IN

THE MILITARY INCREASE.



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- 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

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- 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.

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- 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.

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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.

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- 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.

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

of female and

of male MST victims

never report being attacked.

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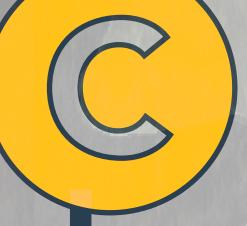
#### Assess the safety of the situation.

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

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#### Be with others.

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



#### Care for the victim.

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