



# Domestic & Sexual Violence

## MYTHS VERSUS FACTS

### MYTH

Battering is an "uncontrolled" behavior.

### FACT

Battering is a pattern of coercion and control that one person exerts over another. Battering is not just one physical attack. It includes the repeated use of a number of tactics, including intimidation, threats, economic deprivation, isolation and psychological and sexual abuse.

### MYTH

Men are not victims of sexual violence or assault.

### FACT

Statistics show that 6% of men have experienced sexual coercion in their lifetime. 4.8% reported that they were made to penetrate someone else during their lifetime and 1.4% in the United States have been raped at some time in their lives. Additionally, reporting numbers for males are low due to stigmas such as shame, embarrassment and guilt.

### MYTH

The violence cannot be that bad if the person is staying in the relationship.

### FACT

Leaving can be extremely difficult and unsafe for survivors. In fact, leaving is the most dangerous time and survivors are 7X more likely to become a victim of homicide. Additionally, economical barriers caused by financial abuse make it extremely difficult for survivors to leave.

### MYTH

Sexual assault survivors have to remember all the details of the attack as they were present

### FACT

PTSD memory is the voluntarily recall of the trauma narrative. These memories are not as emotionally intense and tend to be disorganized. There is an inability to put into words the most emotional part of a traumatic event, a period that could have lasted anywhere from several seconds to several hours.