

Myth vs. Fact about sex, consent and sexual assault.

1. **Myth:** If you have an STI, you will know it. **Fact:** STIs don't always cause symptoms. It is possible to spread the infection without knowing it.
2. **Myth:** Only highly active people with many partners get STIs. **Fact:** STIs don't discriminate. It doesn't matter whether you had sex once or thousands of times.
3. **Myth:** Oral contraceptives will protect against STIs. **Fact:** Oral contraceptives are only effective for preventing pregnancy.
4. **Myth:** A STI screen includes testing for all infections. **Fact:** Most tests for common bacterial STIs do not include HPV or HIV, as those are caused by viruses.
5. **Myth:** Only young, "attractive" women and girls, who are flirtatious and wear tight cloths are raped. **Fact:** People of all ages, appearances, cultures, genders, races and religions, etc. are raped. Rape is an act of violence and control. Attractiveness has nothing to do with it.
6. **Myth:** When it comes to sex, women and girls play hard to get and say no when they mean yes. **Fact:** Everyone has the legal right to say no to sex and even change their mind at any point during sexual contact.
7. **Myth:** Douching after sex prevents pregnancy and STIs. **Fact:** Douching is ineffective at preventing pregnancies and STIs. In fact, douching can disrupt the natural vaginal flora and increase infection risk.
8. **Myth:** You can't get an STI from oral sex. **Fact:** STIs can be transmitted through oral sex.
9. **Myth:** HPV (Human Papilloma Virus) only effects women. **Fact:** HPV affects both men and women. It can cause genital warts and lead to cancers such as cervical, penile, and head and neck cancers.
10. **Myth:** Pulling out is a reliable method of birth control. **Fact:** It's less effective because pre-ejaculate fluid can contain sperm.
11. **Myth:** Men can't get yeast infections. **Fact:** Men can get yeast infections, typically affecting the genital area.
12. **Myth:** Condoms are 100% effective at preventing STIs. **Fact:** Condoms can reduce STI risk but aren't completely effective to prevent infections like Herpes and HPV.
13. **Myth:** Domestic violence only happens to women. **Fact:** 1 in 3 women and 1 in 4 men have been victims of physical violence by an intimate partner

within their lifetime. 30-50% of transgender people will experience domestic violence in their lifetime.

14. **Myth:** Drugs, alcohol, stress and mental illness are the causes of domestic violence. **Fact:** While drugs, alcohol, stress and mental illness can be factors in an abusers life and make an abusive situation more complicated. However, these things do not cause domestic violence.
15. **Myth:** Abusers are just out of control and need anger management. **Fact:** Abusers use many deliberate tactics to maintain power and control in a relationship. Sometimes these tactics can include physical violence, and aggression, but there are many other ways that control is established.
16. **Myth:** Domestic violence is always physical abuse. **Fact:** Other forms of abuse include; emotional, financial, sexual abuse as well as threats and intimidation.
17. **Myth:** If a victim doesn't leave, it must not be that bad or they're ok with how they are being treated. **Fact:** Leaving an abusive relationship is extremely difficult. On average, a victim will try to leave an abusive relationship at least 8 times before leaving successfully. Some of the ways that abusers make leaving hard include: creating financial dependence, using children as a coercion tool, making threats of violence or legal retaliation, or the court system to keep control of a victim even after they leave.
18. **Myth:** Women who drink or take drugs deserve it if they get raped. **Facts:** No one is ever to blame for being raped or sexually assaulted. It is ALWAYS a crime, and 100% of the blame and responsibility for that crime lies with the perpetrator(s).
19. **Myth:** Women lie about being raped because they want attention or revenge, or regret having had sex with someone. **Fact:** False allegations of rape are extremely rare. Most people who are raped or experience another form of sexual violence never tell police.
20. **Myth:** If she didn't scream, try to run away or fight back, then it wasn't rape. **Fact:** It's really common for people who experience rape, sexual assault, sexual abuse or other types of sexual violence to find they can't move or speak. This is one of our bodies' automatic responses to fear and is designed to keep us safe. It is also the reason why lots of people don't have visible injuries after experiencing sexual violence.
21. **Myth:** If she didn't say no, then it wasn't rape. **Fact:** Not saying 'no' is not the same as someone giving their consent. If someone seems unsure, stays

quiet or, moves away or doesn't respond, they are not agreeing to sexual activity.

- 22. Myth:** It's not rape if it's your wife or girlfriend. **Fact:** Rape is always rape. If someone wants to take part in any kind of sexual activity with another person then they must get their consent. Every. Single. Time. It doesn't matter if they've been married to the other person for 50 years – if the other person doesn't consent, it's rape. And it's illegal.
- 23. Myth:** Women are asking for it if they wear revealing clothing or flirt. **Fact:** women and girls have the right to wear whatever they want and behave however they want without being raped or sexually assaulted. As does everyone. There is never any excuse for rape or sexual assault.
- 24. Myth:** Once a man gets turned on, he can't help himself, he has to have sex. **Fact:** There is absolutely no scientific basis in this myth. Men can control themselves, just like women. Rape in any circumstances is a serious crime and there is never any excuse for it.
- 25. Myth:** Victims and survivors should act a certain way if they are raped. **Fact:** Everyone responds differently to rape and other types of sexual violence, and there's no right or wrong way to be or to feel afterwards. It's common for people to feel numb after a traumatic event like rape or sexual assault. And some people don't feel the effects of trauma until a long time after a traumatic event has happened.
- 26. Myth:** Women shouldn't go out at night, alone, if they don't want to get raped. **Fact:** In 86% of rape cases against women, the victim or survivor is raped by someone she knows – and, in 45% of cases, she is raped by a partner or ex-partner. So, if we're following the 'shouldn't go out alone at night' logic, should we also tell women to stop having relationships with men? Or to never talk to a man again? Of course not. It's rapists who need to change their behavior, not women.
- 27. Myth:** Sex workers can't be raped. **Fact:** What makes it rape is whether or not someone gave their consent – not what the victim or survivor does for a living. So, if a sex worker didn't give their consent then it was rape.
- 28. Myth:** Men of certain backgrounds are more likely to commit sexual violence or abuse than others. **Fact:** There is no typical rapist. People who commit sexual violence and abuse come from every economic, ethnic, racial, age and social group.

- 29. Myth:** Men don't get raped. **Fact:** Men and boys are raped and sexually assaulted every day, in fact, one in 20 men have experienced rape or sexual assault as an adult. Sexual violence and abuse can have a lasting and serious impact on the lives and wellbeing of men and boys, just as it can for women and girls.
- 30. Myth:** Women don't commit sexual offenses. **Fact:** The majority of rapes and sexual assaults are committed by men against women and children. However, women do carry out sexual violence – against other women, as well as men and children. All victims and survivors should be listened to and believed. And 100% of the blame, shame and responsibility always lies with the perpetrator, no matter who they are.

What isn't consent?

1. If the yes was given after someone begged: Not consent.
2. If the yes was given out of fear or pressure. Not consent.
3. If substances were used to receive a yes. Not consent.
4. If something is promised in exchange for a yes. Not consent.
5. If one person is a minor and the other an adult. Not consent.
6. If someone cannot verbally communicate. Not consent.
7. If someone is frozen in fear. Not consent.
8. If someone is not conscious or are intoxicated. Not consent.

Facts about Rape:

1. 26% of undergraduate women have been sexually assaulted during college.
2. 25% of undergraduate transgender students have been sexually assaulted during collage.
3. 7% of undergraduate men have been sexually assaulted during college.
4. 90% of college students do not report campus sexual assault.
5. 8/10 rapes are committed by someone known to the victim.
6. 19.5% of rapes are committed by a stranger.
7. 39% of rapes are committed by an acquaintance.
8. 33% of rapes are committed by a former spouse, boyfriend or girlfriend.
9. 6% of rapes are committed by more than one person or the victim cannot remember.
10. 2.5% of rapes are committed by a non-spouse relative.