



# SEXUAL ASSAULT AWARENESS MONTH



Every 68 seconds another American is sexually assaulted.

Every 9 minutes that victim is a child.

1 out of every 6 American women have been the victim of an attempted or completed sexual assault in their lifetime.

1 out of every 33 American men have been the victim of an attempted or completed sexual assault in their lifetime.

Based on the latest and most extensive surveys, around 47% of individuals who identify as transgender or gender non-conforming, per the survey data, have experienced sexual assault during their lifetime.

In 2021, a survey conducted by the Department of Defense indicated that across all services, 8.4% of women and 1.5% of men had experienced some form of sexual assault during their service.

Sexual assault transcends gender, race, age, profession, disability and geographical boundaries. Its impact is far-reaching, affecting individuals from all walks of life.



Sexual Assault Awareness Month (SAAM) is an annual campaign observed in April to raise public awareness about sexual assault, harassment, and abuse, and to promote and increase prevention efforts. The goal of SAAM is to educate communities and individuals on the prevalence of sexual violence, its impact on survivors, and the ways to prevent and respond to these incidents.

## IMPACT ON SURVIVORS

Physical, emotional, and psychological effects such as depression, PTSD, self-harm, STIs, pregnancy, substance abuse, suicide, sleep disorders, panic attacks, flashbacks, dissociation and much more.

## PREVENTION METHODS

Playing an active role in increasing your safety or the safety of those around you. While there is no way to eliminate the chance of something happening, there are strategies to employ that reduce risk. Explore prevention methods [here](#).

## RESOURCES & HELPLINES

NJ State Coalition Against Sexual Assault 24-hour Hotline  
1-800-601-7200  
<https://njcasa.org>

Womanspace  
Sexual Assault & Domestic Violence Services  
609-394-9000  
[womanspace.org](https://womanspace.org)

RAINN (Rape, Abuse, Incest, National Network) National Sexual Assault Hotline  
1-800-656-HOPE (4673)  
<https://www.rainn.org>

Sexual Assault Awareness Month (SAAM) is crucial in challenging societal norms, advocating for preventative policies, and addressing sexual violence. In New Jersey, dedicated efforts combat the rising prevalence of sexual assault, employing a comprehensive strategy of support services, advocacy groups, help hotlines, education, and policy enhancements. Simultaneously, the U.S. military has made significant strides, with improved training, reporting mechanisms, and a focus on fostering a culture of respect and accountability. These measures aim to significantly reduce instances of sexual assault across communities, fostering collective efforts for safer environments universally. This month underscores the impact awareness and collaborative action have in moving towards a world free from the oppression, devastation, and trauma that come from sexual violence. Discover additional avenues to show your support and raise awareness by visiting SAAM and the U.S. Department of Veteran Affairs.