

## Myths and Facts

**Myth: Men sexually assault women because they cannot control their sexual urges**

**Fact:** Sexual assault is a violent crime committed by people who want to dominate and degrade another person – it is about power and control.

**Myth: Women secretly want to be sexually assaulted**

**Fact:** Women do NOT want to be assaulted. Sexual assault is a traumatic, painful, and fearful experience

**Myth: "Nice" girls DO NOT usually get sexually assaulted.**

**Fact:** Women (and men) of all ages, cultural backgrounds, social classes, and of all sexual lifestyles are vulnerable to become victims of sexual assault.

**Myth: Women who are sexually assaulted "asked for it" by the way they dress or act.**

**Fact:** The idea that women "ask for it" is a classic way to place the blame away from the offender and onto the victim. If a woman is sexually assaulted, it is NOT her fault. Nobody "asks" or deserves to be sexually assaulted regardless of how they dress or act.

**Myth: Women are sexually assaulted by sex-crazed strangers while they are alone in a dark alley or deserted places.**

**Fact:** The majority of sexual assaults happen in the home and many occur in broad daylight. Most sexual assaults are committed by someone the victim knows and trusts, for example a family member, friend or casual acquaintance.

**Myth: Men CANNOT be sexually assaulted.**

**Fact:** Men CAN be sexually assaulted regardless of age, size, strength, appearance or sexual orientation.

**Myth: Only homosexual men are sexually assaulted.**

**Fact:** Heterosexual, homosexual, bisexual, or transgender men are vulnerable to become sexually assaulted. Being sexually assaulted does not have anything to do with your sexual orientation.

**Myth: Only homosexuals sexually assault other men.**

**Fact:** Most men who sexually assault other men are heterosexual. The act of sexual assault is about violence, anger and control over another person and NOT about lust or sexual attraction.

**Myth: Erection or ejaculation during sexual assault means "you really wanted it" or "enjoyed it" or consented to it.**

**Fact:** Erection and ejaculation are normal physiological responses that may result from mere physical contact or even extreme stress. These responses do not mean that you wanted or enjoyed the assault. It does not mean anything about your sexual orientation. Some rapists are aware how erection and ejaculation can confuse a victim of sexual assault; this motivates them to manipulate their victims to the point of erection or ejaculation to increase their feelings of control and to discourage reporting of the crime.

**Myth: Men are always in control of their sexual experiences.**

**Fact:** This is not true, either for young boys or for adult males. Men can be victims of rape/sexual assault.

**Myth: Men do NOT experience the same degree of emotional pain associated with sexual assault like women do. If a man experiences emotional pain, he should be able to deal with it.**

**Fact:** Men are just as likely as women to experience emotional trauma from sexual assault.

DRAFT

#### **Reference**

Taken from: Fraser Health Authority. (2014). *Female aftercare and follow-up*. Retrieved from: [http://www.fraserhealth.ca/your\\_care/abuse-assault-and-neglect/%20Sexual-Assault-and-Violence/general-resources/myths-and-facts](http://www.fraserhealth.ca/your_care/abuse-assault-and-neglect/%20Sexual-Assault-and-Violence/general-resources/myths-and-facts) . (with permissions)