



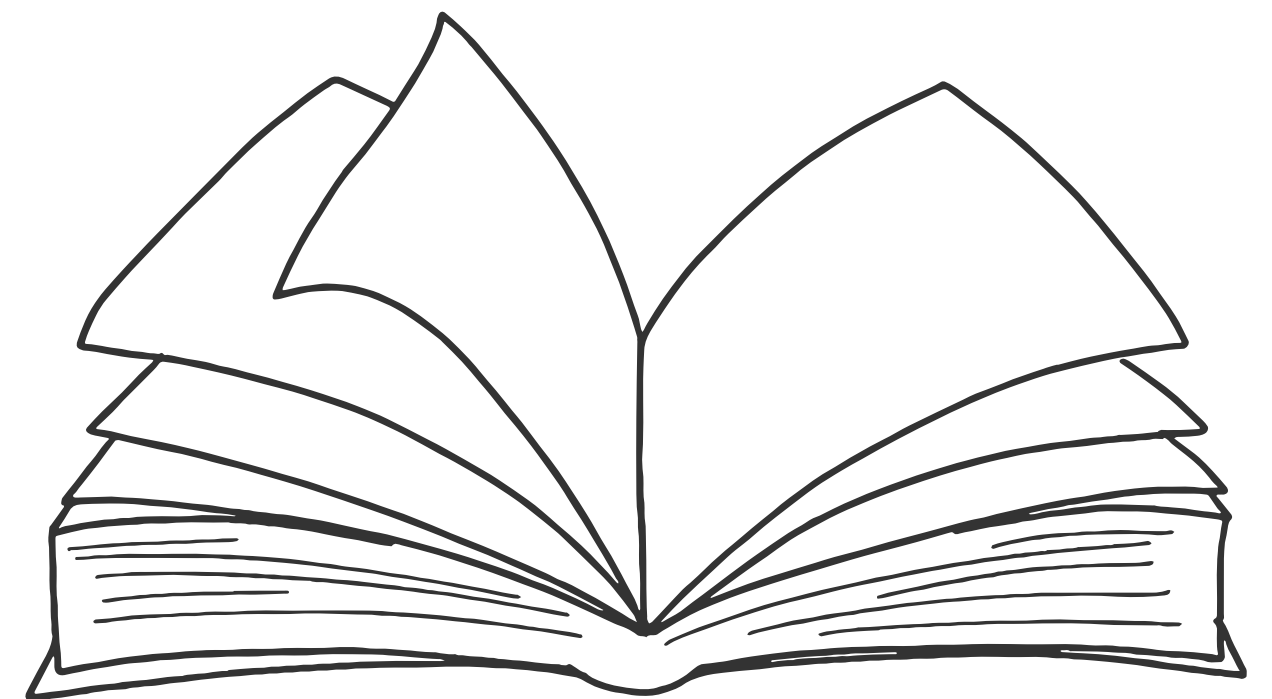
BREAKING BARRIERS

*Understanding and Empowering
Survivors of Sexual Assault*

C. Oktober 2025

IMPORTANT RULES

1. Let this space be a brave space
2. There is no such thing as a silly or stupid question
3. The correct legal and medical terms will be used
4. Take space as you need it



01. ARISE SERVICES

02. SEXUAL VIOLENCE STATISTICS

03. ADVOCACY

04. IDENTIFYING/WORKING WITH SURVIVORS

05. CONCLUSION



LEARNING OBJECTIVES

VIOLENCE TERMS

- Sexual Violence (SV)
- Sexual Assault (SA)
- Sexual Abuse
- Coercion
- Rape
- Penetration
- Drug Facilitated Sexual Assault (DFSA)



Arise Program Overview

We specialize in sexual assault, however, forensic exams and advocacy support a range of personal violence. Including domestic violence, child abuse, elder abuse, assault, and strangulation. We work with people who have caused harm towards recovery and repair. We believe in healing all of our communities, and without spending time with offenders, the cycle of violence will always continue.



Forensic Exams

Sexual Assault Nurse Examiners perform medical exams, collect DNA evidence, and take forensic photographs. They also can provide STI medication and ER contraception. If a survivor chooses to report, they can testify in court.



Counseling

Counseling services focus on healing from sexual trauma and are available to survivors no matter when the violence occurred. We offer support for both primary survivors and their loved ones impacted by the trauma.



Advocacy

Advocates ensure the helpline has 24 hr staffing and can provide survivors with resources, support, and medical and legal accompaniment. They listen without judgment and help navigate options.



Outreach & Prevention

Community agencies and families can work with our Outreach and Prevention Advocate to build tailored educational content about consent culture, healthy relationships, self-care, ending violence, and more! Available for all ages.

02.

STATISTICS

National and Local

Every 68 seconds,

an American is sexually assaulted.



National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.¹

NUMBER OF PEOPLE VICTIMIZED EACH YEAR



Inmates:
80,600 were sexually assaulted or rapedⁱ



Children:
60,000 were victims of "substantiated or indicated" sexual abuse.ⁱⁱ



General Public:
433,648 Americans 12 and older were sexually assaulted or raped.ⁱⁱⁱ



Military:
18,900 experienced unwanted sexual contact.^{iv}



National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/scope-problem for full citation.²

BREAKDOWN OF LOCATIONS WHERE SEXUAL ASSAULT OCCURS



55%
at or near the victim's home



15%
in an open public place.



12%
at or near a relative's home



10%
in an enclosed but public area, such as a parking lot or garage



8%
on school property



National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/scope-problem for full citation.⁷

Perpetrators of Sexual Abuse in Youth Detention

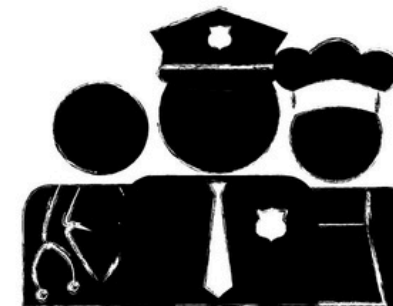
27%

of victimized youth were abused by other YOUTH



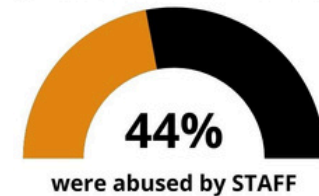
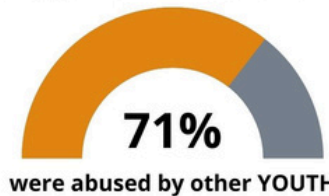
82%

of victimized youth were abused by STAFF

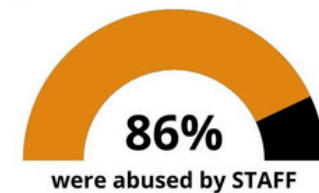
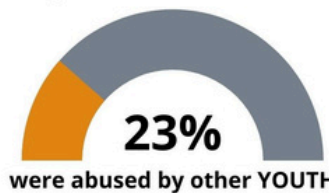


Source: Bureau of Justice Statistics, *Victim, Perpetrator, and Incident Characteristics of Sexual Victimization of Youth in Juvenile Facilities, 2018 - Statistical Tables, 2018* (November 2020). © Just Detention International

Among Youth Who Were Sexually Abused in *Girls* Facilities

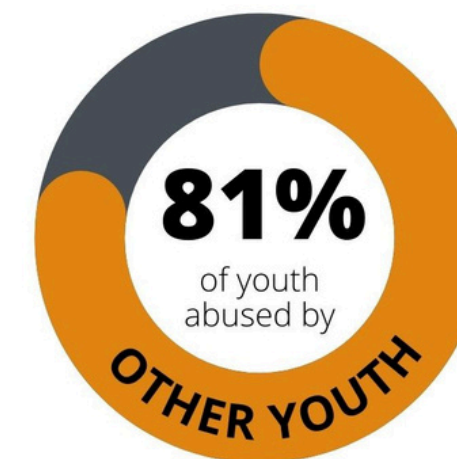


Among Youth Who Were Sexually Abused in *Boys* Facilities



Source: Bureau of Justice Statistics, *Victim, Perpetrator, and Incident Characteristics of Sexual Victimization of Youth in Juvenile Facilities, 2018 - Statistical Tables, 2018* (November 2020). © Just Detention International

In Youth Detention, Survivors Are Targeted Again and Again



were sexually abused more than once

Source: Bureau of Justice Statistics, *Victim, Perpetrator, and Incident Characteristics of Sexual Victimization of Youth in Juvenile Facilities, 2018 - Statistical Tables, 2018* (November 2020). © Just Detention International

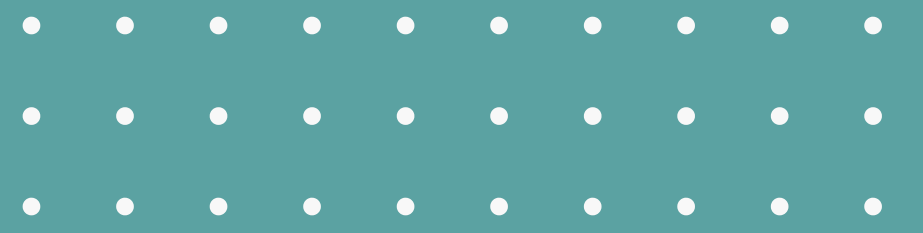
MEN

- **43%** report experiencing SV in their lifetime
- **1 in 6** will experience an attempted or completed rape
- **1 in 4** were between **11-17** years when first attempt/completed
- Men report stranger rape more often than women with **15%** unknown offender

WOMEN

- **97%** report experiencing SV in their lifetime
- **1 in 4** will experience an attempted or completed rape
- **1 in 3** were between **11-17** years when first attempt/completed
- **1 in 4** undergrads will experience an attempted or completed rape over 5 year degree
- **92%** of women knew their offenders

93% Of all Juveniles knew their offender



MEN ARE THE LEAST LIKELY TO REPORT



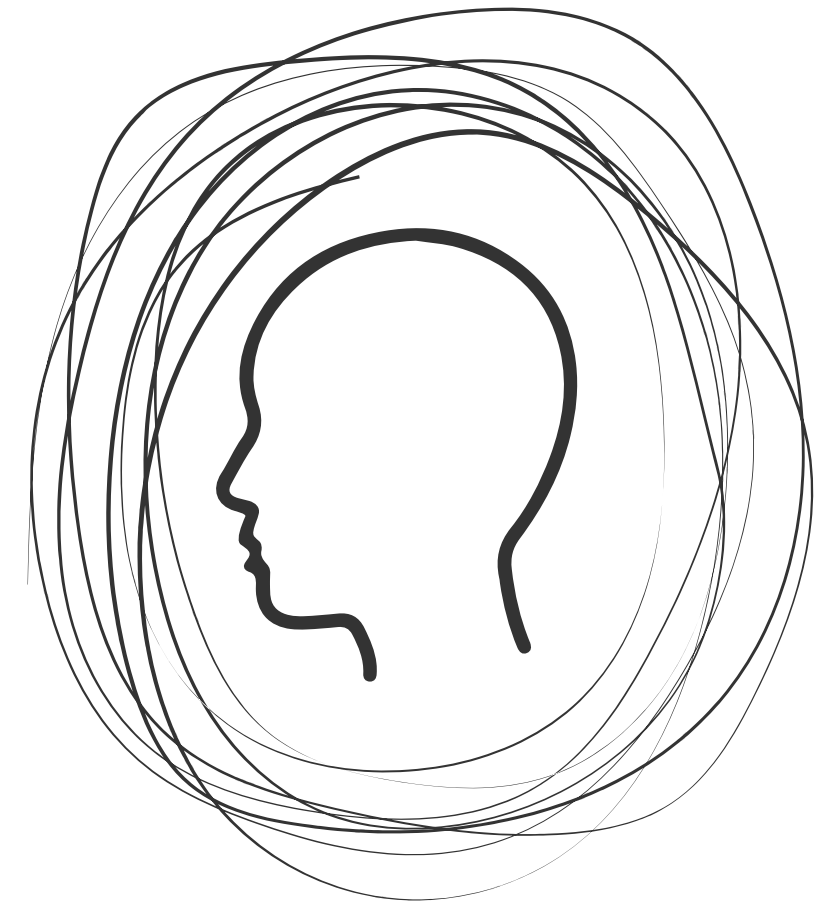
Mental Health and Survivors

PTSD: It's estimated that **94%** of SA survivors experience symptoms of PTSD.

Depression and Anxiety: Survivors of violence are significantly more likely to experience symptoms versus the general population.

Substance Use: Many survivors cope with trauma through substance use; studies have shown that survivors can be up to **13 times** more likely to abuse alcohol and **26 times** more likely to abuse drugs.

Self-Harm/Suicidality: Approximately **14%** of all survivors are at risk of SI, while **1 in 3** who have PTSD report attempting suicide.

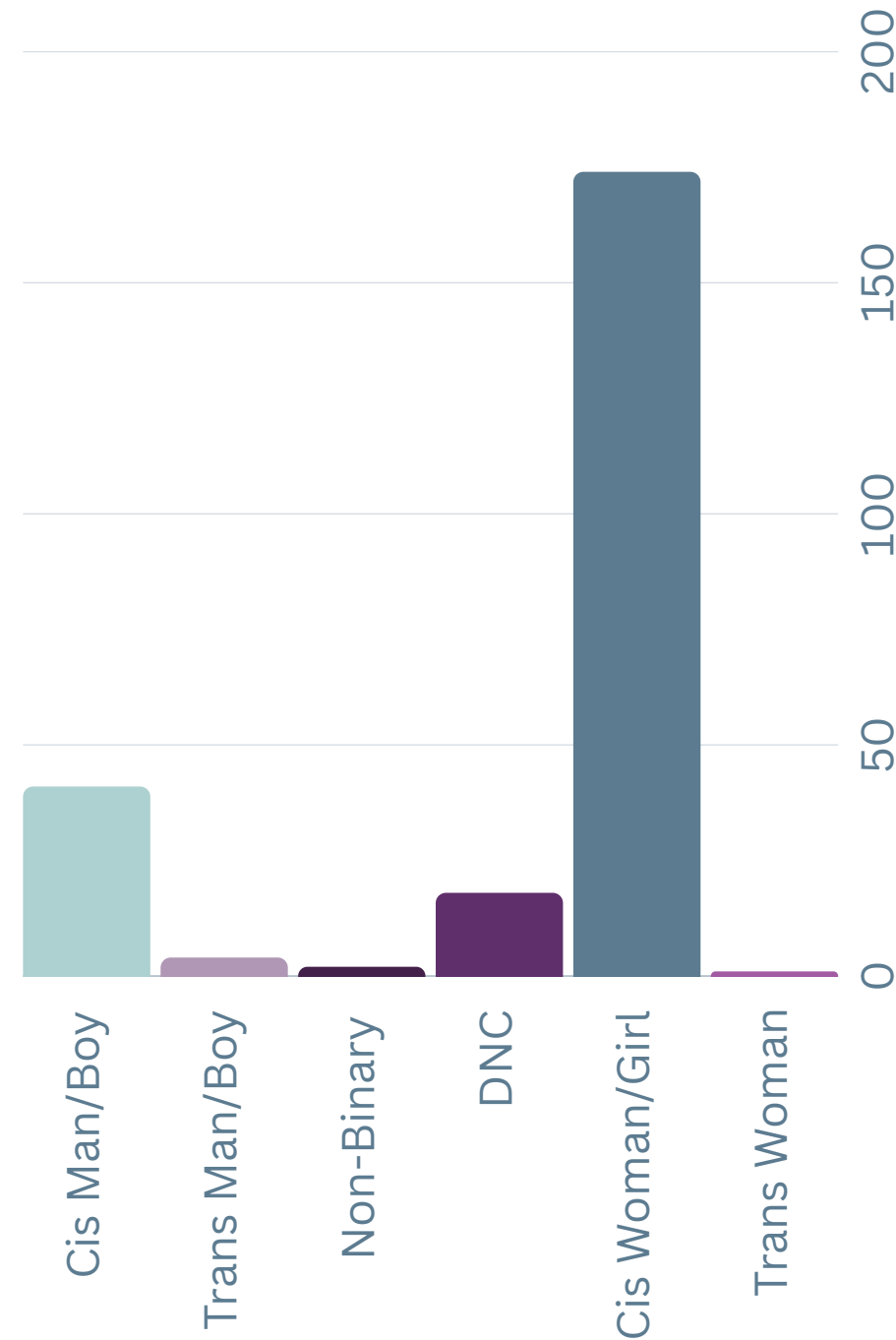


ARISE 2024 STATISTICS

240
Survivors
reached

21%
Under 17
(50)

79%
Over 18
(190)



1096
Helpline calls
in 2024

990
Individual
advo contacts

80%
Survivors
reported

03.

ADVOCACY

Everyone should do it

Advocacy & Advocates

Definition taken from Websters dictionary

advocacy

ad·vo·ca·cy 'ad-və-kə-sē

1

: the profession or work of an advocate

2

: the action of advocating, pleading for, or supporting a cause or proposal

advocate

ad·vo·cate 'ad-və-kət -kāt

1

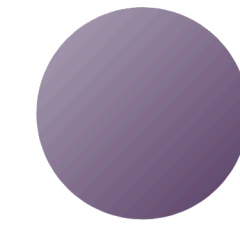
: one who defends or maintains a cause or proposal

2

: one who supports or promotes the interests of a cause or group

3

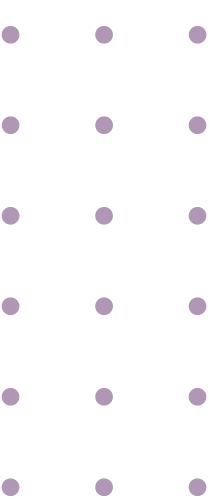
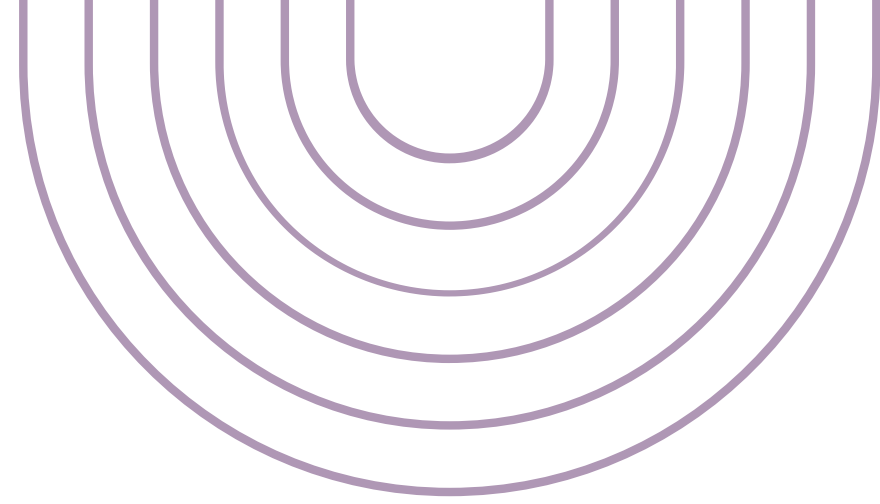
: one who pleads the cause of another



Why Advocates?

Advocates can be a huge benefit to survivors.

- Law enforcement may take the case more seriously.
- Survivors feel empowered to report.
- They receive more information about STI's and are more likely to get treatment.
- It can decrease their 'negative' feelings.
- More likely to seek ongoing help.





ADVOCACY IN PRACTICE

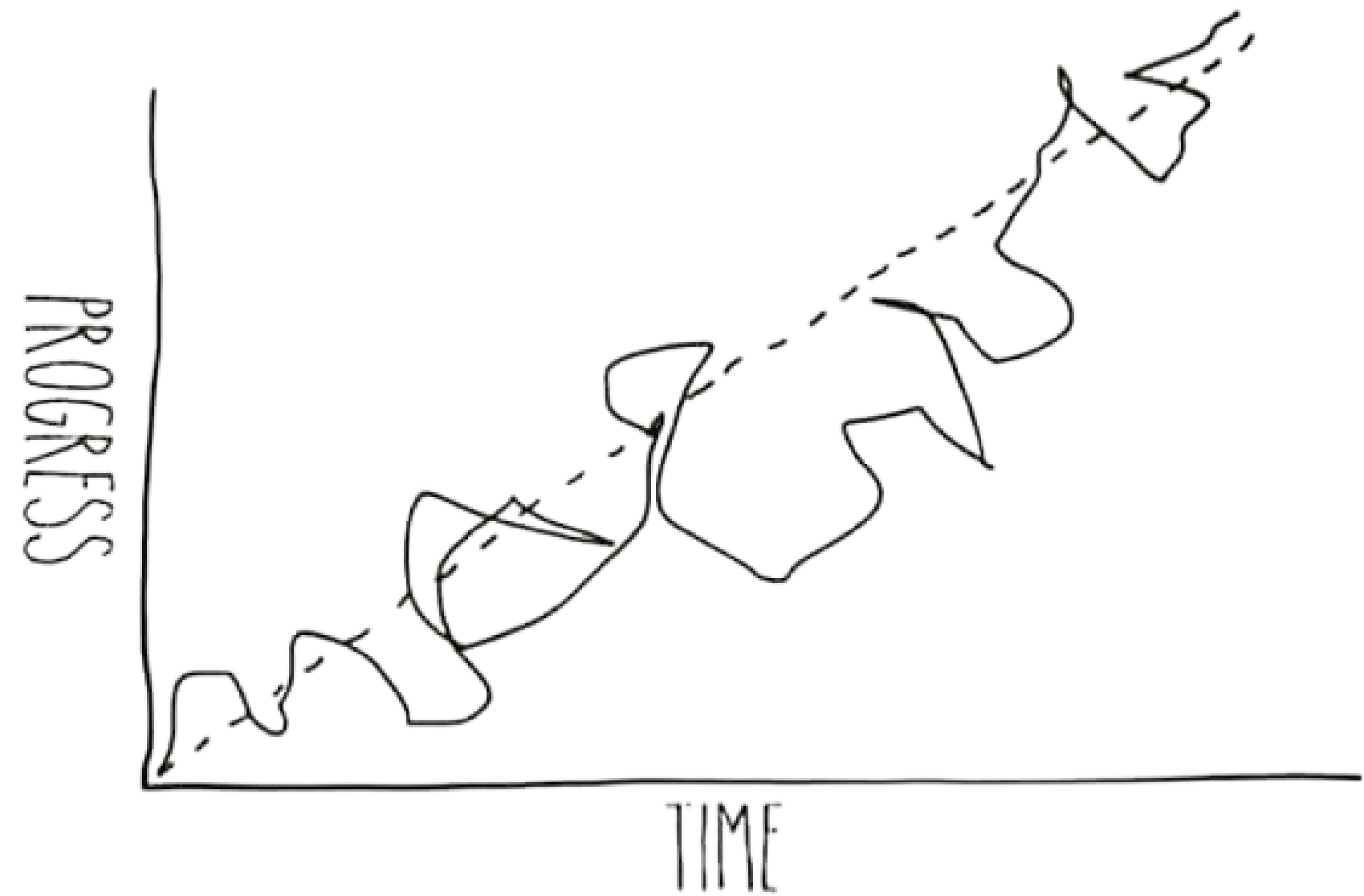
Advocates provide **support** to survivors on their healing journey.

We **empower** them to make their own decisions.

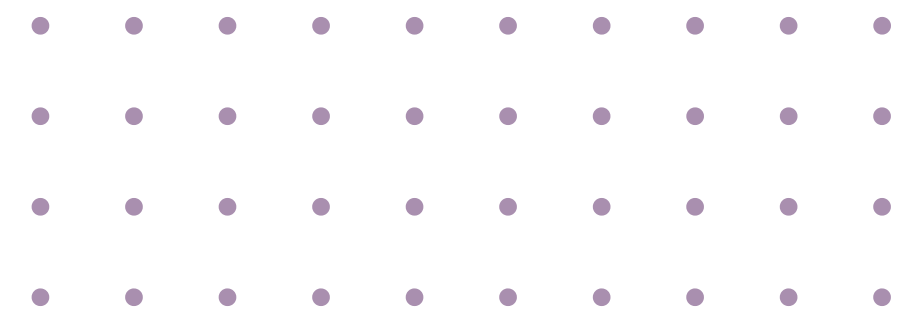
Advocates can offer education about the unique situations impacting survivors.

We do this by spending time building rapport and understating who a survivor is, what the situation is, and what their needs are.

HEALING



--- EXPECTATIONS
— REALITY



04.

IDENTIFYING & WORKING

with survivors

IDENTIFY

Spectrum

Survivors exist on a spectrum of behaviors and the pendulum can swing hard from one extreme to the other. This happens not only on case-by-case but even during an individual's healing process.

Neurobiology

Sexual violence is an impactful trauma. Our brain will do whatever it needs to do to survive. **F/F/F/F** are all valid responses that are out of a survivor's control. When retelling their story, survivors can remember every detail or have huge gaps in memory.

Revictimization

Individuals with an ACE score of 4-7 are **2.6** times more likely to experience SA—an ACE score over 8 increases that risk to **4.9**. Someone who has experienced CSA is **3.2** times more likely to experience SA in adulthood.

NM Most At-Risk

In 2021 NM DOH identified adults **18-44** years as the group most disproportionately impacted by SV. Adults who belong to marginalized communities (**disabled, LGBTQ, Trans, and gender non-conforming, female, or non-Hispanic, and households under 25K**) were at the most risk.



01 Physical Symptoms

Survivors may show signs of chronic pain, unexplained injuries, or gastrointestinal issues without a clear medical cause. They might also have sleep disturbances or extreme fatigue.



02 Emotional & Behavioral

Look for shifts in mood or behavior, such as anxiety, depression, withdrawal, or heightened irritability. Some may exhibit anger, sudden crying, or difficulty focusing.



03 Avoidance Behaviors

Survivors might avoid certain people, places, or situations that remind them of the trauma. This can include withdrawing from social interactions or becoming overly cautious in particular environments.



04 Trust Issues

Survivors may exhibit difficulties trusting others, especially authority figures. They might be hesitant to engage or form close relationships, and may seem overly defensive.



05 Excessive Need for Control

Some survivors attempt to regain a sense of control by being very precise about their personal space, decisions, or routines. They may resist help or advice because they fear losing control again.



Hypervigilance 06

Survivors might seem overly alert to their surroundings, frequently scanning rooms or avoiding certain types of touch. They may also startle easily or react strongly to sudden noises or movements.



Self-Harm/Substance Use 07

Survivors may turn to coping mechanisms such as self-harm, substance abuse, or risky behaviors. This is often an attempt to manage emotional pain or dissociation.



Disrupted Milestones 08

For younger survivors, trauma may cause developmental delays, regression (such as bedwetting), or difficulty keeping up with peers socially and academically.



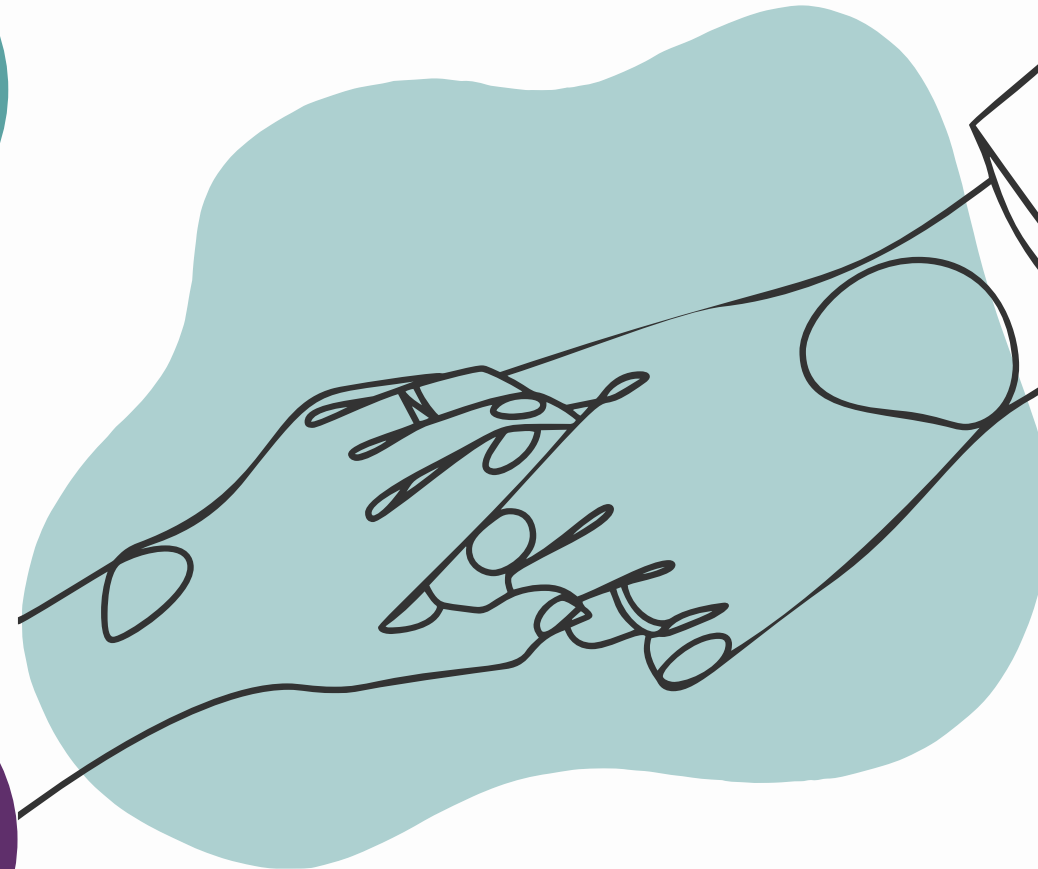
Inconsistent Storytelling 09

Due to trauma's impact on memory, a survivor's story might change or contain gaps. This inconsistency is often due to dissociation or fragmented recall, not dishonesty.



Disclosures in Safe Spaces 10

Survivors often seek a safe, non-judgmental environment before disclosing abuse. They might test boundaries to see if they can trust the social worker before revealing their experiences.



SUPPORTING SURVIVORS



Unlearn Victim-Blaming

Learned or normalized victim blaming occurs when society teaches individuals to hold survivors responsible for their abuse, reinforcing harmful stereotypes and discouraging disclosure.



Empowering

Empowerment helps survivors reclaim control over their decisions while ***rescuing*** assumes control for them, often reinforcing dependence and disempowerment.



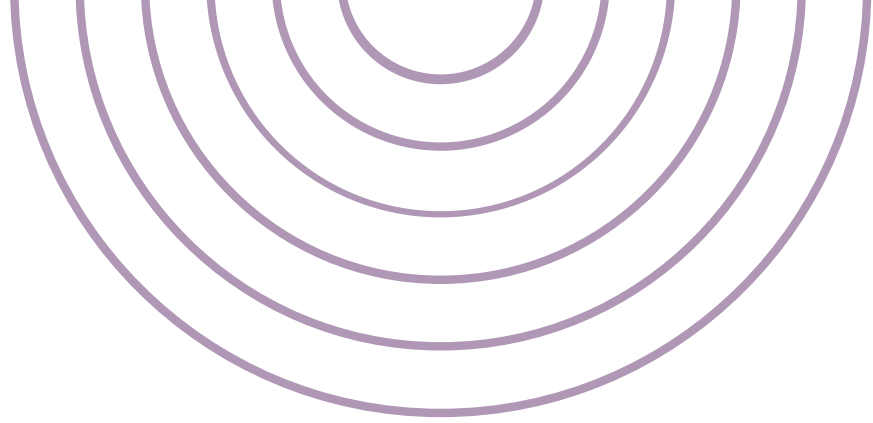
**WE HEAL IN
COMMUNITY.**



05.

CONCLUSION

Final Thoughts



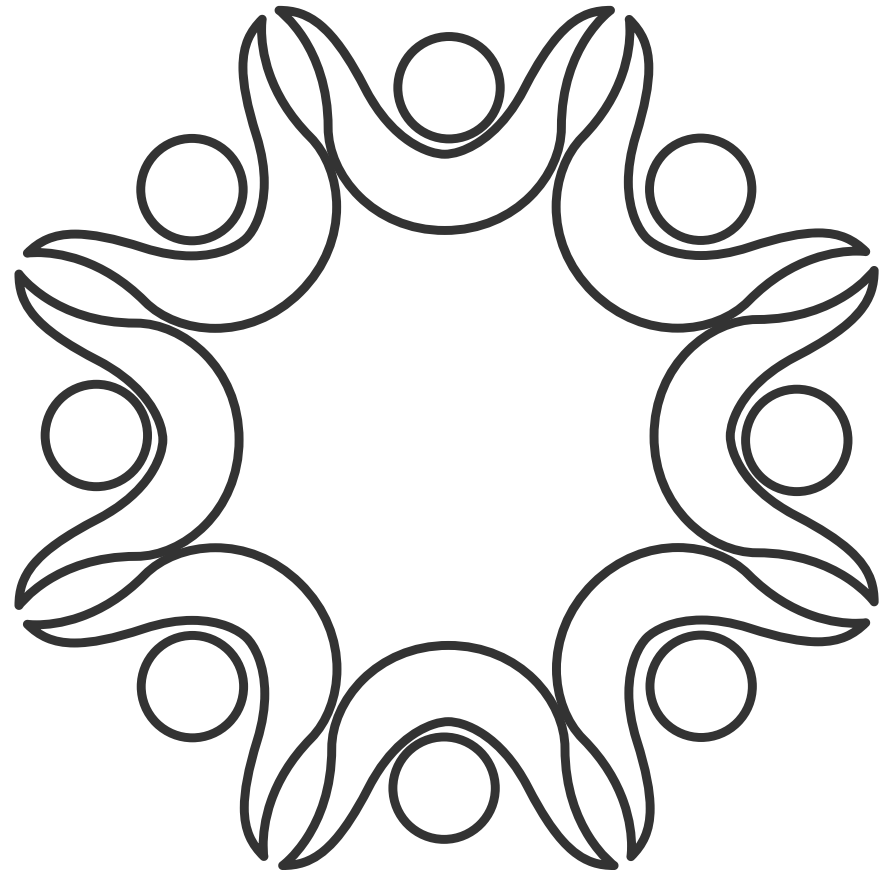
DISCLOSURES

If a survivor feels safe enough to disclose to you, don't panic. Believe them, even if the story feels "unbelievable". Support them in accessing resources they may need.

HEALING

Remember that survivors are complete people with diverse needs. They are and have always been whole, unbroken, a full circle; no person, place, or trauma can change that.

68 SECONDS



During the time we have spent together today,

At least **65** assaults will have occurred across the nation.

8 will have been children.

For every **1,000 cases**, only **25** offenders will face prison time (*typically less than 3 years*).

SOURCES

ChatGPT

OpenAI. (2024). "ChatGPT: A conversational AI for various queries and informational support." Retrieved from <https://openai.com>

National Sexual Violence Resource Center (NSVRC)

NSVRC. (2024). *Statistics on sexual violence*. National Sexual Violence Resource Center. Retrieved from <https://www.nsvrc.org/statistics>

New Mexico Coalition of Sexual Assault Programs (NMCSAP)

New Mexico Coalition of Sexual Assault Programs. (2024). *Resources and data on sexual violence in New Mexico*. NMCSAP. Retrieved from <https://nmcsap.org>

Centers for Disease Control and Prevention (CDC)

Centers for Disease Control and Prevention. (2024). *Sexual violence prevention and data*. CDC. Retrieved from <https://www.cdc.gov>

New Mexico Department of Health (NM DOH) - New Mexico Behavioral Risk Factor Surveillance System (BRFSS)

New Mexico Department of Health. (2021). *New Mexico Behavioral Risk Factor Surveillance System (BRFSS) 2020-2021*. Retrieved from <https://nmhealth.org/data/view/behavior>

Arise Sexual Assault Services

Arise Sexual Assault Services. (2024). *Annual data and reporting on advocacy, SANE, and counseling services*. Arise Sexual Assault Services internal data.

THANK YOU



Do you have any questions?

575-226-7263

Clairence@arisenm.org

www.arisenm.org