

Focus on Sexual Abuse

Sexual abuse is any sexual behavior that is forced, coerced, or manipulated, and includes sexual harassment. Sexual abuse overlaps with the other types of abuse, because it can be physical (such as unwanted touching), verbal (such as calling someone sexual names), or emotional (such as using sexual behavior to humiliate someone.)

Some examples of sexual abuse are listed below. Think about these in considering any relationships you're involved in now. Have you done these things, or have they been done to you?

- Threatening to break up with someone or spread rumors about them if they refuse sexual acts
- Threatening to hurt the other person or someone they care about if they refuse sexual acts
- Lying to or manipulating someone to get him/her to agree to sexual behavior
- Ripping or tearing at someone's clothes
- Unwanted grabbing or touching of someone's rear end, breasts, or genital areas
- Forcing someone to take off his/her clothes
- Physically forcing someone into any kind of sexual behavior – even when they have agreed to one form of sex but not to another
- Sex while one person is too drunk or high to make a sound decision about sex
- Forcing someone into sexual acts with a third person
- Forcing someone to watch sex between others
- Taking pictures or videos of someone undressing or involved in sexual behavior without his/her consent
- Any sexual activity between an adult and child or a child and a much younger child
- Rape with an object
- Sex that hurts
- Withholding sex as a way of manipulating someone into doing what you want
- Making a partner dress in a sexier way or in a less sexy way
- Sexual harassment

CHECKPOINT:

- Am I being sexually abused by my partner?
- Have I been sexually abused in the past?
- Am I being sexually abusive to my partner?
- Have I been sexually abusive in the past?

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Questions? Need to talk to someone about abuse?
Call RACS' Hotline: 1-800-303-0013.
It's available 24 hours/day, it's confidential, and it's free.