

Myths v Facts



Myth #1

If you have been drinking or taking drugs, it's your fault if you're raped or sexually abused.

Fact:

No one is ever to blame for being raped or sexually assaulted – it doesn't matter what the circumstances were. 100% of the blame, shame and responsibility for that crime lies with the perpetrator.

Myth #2

If you didn't scream, shout no, fight back or have any injuries after being sexually assaulted, it doesn't count as rape.

Fact:

It's really common for people who experience sexual assault to find they can't move or speak. This is one of our bodies' automatic responses to fear. In some cases, you may even experience sexual gratification, this DOESN'T mean you wanted it.



**Rape and
Sexual Abuse
Support Centre**

for adults, children and young people
in Cheshire and Merseyside



Myth #3

People lie about being raped for revenge or attention - if or they regret it the next day.

Fact:

False allegations of rape are extremely rare. In fact, most people who are raped or experience another form of sexual violence never tell the police

Myth #4

Women who wear revealing clothes and act flirtatious are 'asking to get raped'.

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. It doesn't matter what you were wearing - it is always rape.

Myth #5

It's not rape if it's your partner, or you've had sex with that person before.

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 you've been with that person for one night, or a number of years, it's still illegal.



Myth #6

You won't be believed if you report the rape or sexual abuse months or even years later.

Fact:

For many people, experiencing rape or sexual violence can be a very difficult thing to talk about – and it might be a long time before you feel able to tell anyone let alone report it to the Police. This can be for lots of different reasons. This doesn't mean your experience is any less important, you can still get help, support or even justice.

Myth #7

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

Myth #8

You should act a certain way after being raped or sexually abused.

Fact:

Everyone responds differently, and there's no right or wrong way to be or to feel afterwards. Whatever you're feeling, we are here to support you and can offer specialist therapy, ISVA support or Wellbeing groups.

Contact us if you need any specialist help or support.



Source: Rape Crisis UK

