

SENIORS & SEXUAL VIOLENCE

WHAT IS IT?

Sexual Assault is any form of sexual activity done to one person by another without his/her consent. This may include forced kissing, sexual touching, sexual intercourse, grabbing. Sexual assault is a criminal offense.

Signs and Symptoms may include...

- Physical • Bruising, genital bleeding, muscle soreness, infections, changes in sleeping and eating habits.
- Emotional • Denial, fear, guilt, anxiety, humiliation, shame, isolation, anger, depression, flashbacks

Safety Tips...

Based on information from seniors who have reported a sexual assault to the police:

- Senior women are often robbed and sexually assaulted at the same time. Do not keep large sums of money at home and do not allow strangers to see how much money you have with you.
- Seniors are more likely to be sexually assaulted in their own homes during the daylight hours. Make sure that all repairmen show identification and if you are in doubt, call the company before allowing anyone into your home.
- Seniors are often sexually assaulted by someone they don't know, such as a stranger who breaks into their home. Make sure all locks in your home are secure, and broken windows are repaired.

Making a choice to talk about a past or recent sexual assault is making a choice for health... and you are worth it!

HEALTH CONSIDERATIONS FOR SENIORS

- Seniors are more likely to be physically injured during a sexual assault.
- Bones may be more brittle.
- Muscles are not as strong and your joints are vulnerable to physical injury.
- Urinary tract or genital infection can develop following a sexual assault. Your body is not able to fight off infections as easily as it did when you were younger.

For these reasons, you should see a doctor if you have been sexually assaulted. You and your health are worth it!