

## Activity - Myth Cards: True or False.

Complete the table below by ticking whether Agree, Disagree or Not Sure & complete the table below. You can use the card activity version in conjunction with this.

Myth Card	Agree	Not Sure	Disagree
Some women cry rape when they regret sex.			
Someone you know usually commits rape.			
Those who rape are sick & not normal.			
Rape is the product of uncontrollable & overwhelming sex drive.			
You are more likely to be raped, if you are drunk.			
Women ask for it by wearing short skirts & low cut tops.			
If someone does not want to be raped, they will not be.			
Only young attractive women are at risk of being raped.			
Some people fantasise about being raped.			
Everybody gives into pressured sex at some point.			
Forced oral sex is not rape.			
Some sexual assaults are worse than others.			
In some religions, sex cannot be denied.			
Boys & girls are both equally at risk if being raped.			
You can't be raped in a same sex relationship.			
Boys are more likely to be sexually assaulted, than be falsely accused.			
You cannot be groomed over the age of 18.			
If a report does not go to court that means it did not happen.			

Discuss this with the group or Course Leader & look at the Answer Sheet. Did you get them right? Mark your table above & put the correct answers in a different coloured pen.

This Myth Activity is important; it shows that myths have a huge impact & effect on real victims who are trying to deal with the abuse they have experienced. – Victim Blaming.

## Activity – Myth Cards: True or False.

**TRUE**

Tick if you think it is true or false.

**FALSE**

Some women cry rape when they regret sex.

Someone you know usually commits rape.

Those who rape are sick and not normal.

Rape is the product of an uncontrollable & overwhelming sex drive.

You are more likely to be raped if you are drunk.

Women ask for it by wearing short skirts & low cut tops.

In some religions, sex cannot be denied.

Boys & girls are both equally at risk of being raped.

Boys are more likely to be sexually assaulted than be falsely accused.

You cannot be groomed over the age of 18.

**TRUE**

Tick if you think it is true or false.

**FALSE**

You can't be raped in a same sex relationship.

If a report does not go to court that means it did not happen.

If someone does not want to be raped, they will not be.

Only young attractive women are at risk of being raped.

Some people fantasize about being raped.

Some sexual assaults are worse than others.

Everybody gives into pressured sex at some point.

Forced oral sex is not real rape.

TRUE

FALSE

## **Activity - Myth Card Answers.**

### **You cannot be groomed over the age of 18.**

*False (grooming can happen at any age and happens to adults as well as children).*

### **Everybody gives into pressured sex at some point.**

*False (many young people think you that it is ok to give into pressure at some point e.g. in a relationship, however giving into pressure would mean that you have not actually consented. Talking about sex with your partner and what you want, and do not want is a healthy part of relationships).*

### **If a report does not go to court that means it did not happen.**

*False (reporting a sexual violence case to the police is very complicated; there are many different things that need investigating. On estimate less than 6% of cases that go to court end in the defendant being convicted for the crime, this is not because the rest were 'lying' it is more to do with the complicated way courts and police investigations run. Many sexual violence cases involve two people and no other evidence, which means many times it is only one person's word against the other and this is not enough in court).*

### **You can't be raped when in a same sex relationship.**

*False (rape and sexual abuse can happen in any relationships; legally rape is defined by penetration by a penis meaning legally rape can only be perpetrated by a person with a penis. However, there is a legal offence called assault by penetration, which applies to both males and females, which holds the same sentence legally. Legally males perpetrate the definition of rape, but rape can happen in any relationships regardless of gender identity).*

### **In some religions, sex cannot be denied.**

*False (some of the largest religions (Christianity, Islam, Hinduism, Sikhism, Judaism) do not allow partners to force each other to have sex. Saying yes or no to sex is a basic right under most religions and in the UK, regardless if the people are married or not. Many of the beliefs people have about being able to get sex whenever they like without the others consent, based on cultural and societal practices that human beings have created within the patriarchal world we live in. An example of this is many of the holy books are written in a different language and many followers rely on others interpretations rather than studying the books/religions themselves).*

### **Forced oral sex is not real rape.**

*False (rape is penetration to the vagina; anus or mouth, oral sex that has been forced / not consented to because of pressure is rape. Forced oral sex by a woman is sexual assault under law).*

### **Only young attractive women are at risk of being raped.**

*False (People of all ages, classes, racial groups and lifestyles have been raped. Research has shown that there is no such thing as a 'typical' rape victim, and that a woman is probably as likely to be raped, as she is to fall victim to any other sort of violent crime, regardless of her attractiveness, clothes or sexual availability. Young children, men, pregnant mothers and elderly women can be raped. There are individuals who are particularly vulnerable, e.g. those with physical/learning disabilities/those who have experienced childhood sexual abuse, sex workers, and care leavers. People aged 16-24 are at a higher risk because they are more likely to be meeting new people and to take greater risks).*

## **Boys are more likely to be sexually assaulted, than be falsely accused.**

*True (1 in 6 boys will be victims of sexual abuse in their lifetime, false accusations of people are incredibly rare and is less than 2% out of the hundreds and thousands of victims. As a male, you are much more likely to be a victim of sexual abuse than to be falsely accused. It is incredibly important that you know what consent is and what it entails before engaging in any sexual act).*

## **Rape is the product of an uncontrollable and overwhelming sex drive.**

*False (Men can, and do, control their sexual urges. (If they could not people would be having sex everywhere!) This statement is misleading as it implies that rape is about sex when the reality is that rape is an act of violence. It is about power and control. There is no scientific evidence to suggest that men have 'stronger' sexual drives than women do. This myth is just an excuse. Same with the 'drink' excuse - most people are capable of having a drink without attacking another human being. This is a dangerous myth because it leads people to additional feelings of guilt and shame because it is associated with a sexual act).*

## **Some people fantasise about being raped.**

*True (whatever you may believe as the truth, it is important to know the difference between reality and fantasy. In any fantasy, the person is in control of their thoughts and of the situation, they are in. The reality of rape and sexual assault is quite different; the attacker is the person in control and his main aim is to take power over the victim).*

## **Women ask for it by wearing short skirts and low cut tops.**

*False (No woman ever deserves to be raped, abused or assaulted, no matter what the circumstances, most rapes are planned and rapists target vulnerable women. What the woman is wearing makes no difference. A woman being provocative is not a defence and women blamed for the sexual violence they have experienced. Perpetrators of these crimes must be held responsible – not the victim).*

## **Someone you know usually commits rape.**

*True (Approximately 90% of those who are raped know the perpetrator before the offence, (RCEW, 2013), most rapes are committed by partners or ex-partners, family members, friends, and other people you may know).*

## **If someone does not want to be raped, they will not be.**

*False (Studies show that when a person is in life threatening or fearful situation their body can respond in 5 ways. Friend – being nice and co-operating so they do not get hurt. Fight – trying to fight back to stop the attack. Flight – trying to move away or get away from that situation. Flop – body takes control and physically relaxes to try and stop being hurt (very common). Freeze – body takes over and becomes a statue where you cannot move even if you wanted to (very common). It is very difficult to know how you would respond in a traumatic situation as your body usually takes over and you are unable to take control of your responses).*

## **Those who rape are sick and not normal.**

*False (Whatever your view is, it is important to remember that rapists are not outside of society. It is in fact rare for rapists to be diagnosed with a mental illness. There are stereotypes of rapists as strangers lurking in bushes ready to pounce on lone women, as loners, incapable of forming relationships or leading normal lives. The reality is that rapists are 'normal' men -husbands, partners, neighbours work colleagues etc. This myth makes it difficult for people to call someone a rapist because they will feel disbelief about what happened and feel others will not believe them).*

### **Some sexual assaults are worse than others.**

*False (whether something is bad or not is based completely on opinion. The impacts of the sexual assault are what is important to remember, each person feels things differently and have different impacts. Rape by someone you know or in your home can take away the feeling of being safe and rape in a public place or by a stranger can leave a person with the fear of going out or trusting other people. Many people believe that rape without 'hitting' is not violent however; rape itself is a very violent and invasive act. E.g. rape has been used a weapon during war as an act of violence and power and control. The key thing to remember is how it will affect the person and that completely depends on that person's experience).*

### **Some women cry rape when they regret sex.**

*True (BUT it is an extremely small percentage that may lie about rape. Approximately 2% of reports are false reports for rape, which is an incredibly small percentage. The examinations and questioning after reporting rape are extremely invasive and personal, which makes it highly unlikely that any woman would use this as an 'excuse'. Many people believe if a woman has sex whilst drunk and wakes up in the morning to call it rape she uses that as an excuse because she regrets sex. It is important to remember sex whilst drunk, is not consensual in the eyes of the law and therefore is rape, waking up and realising what has happened is not the same as 'regretting sex' or 'crying rape' realising what has happened is recognising a sexual assault has occurred and consent had not been given).*

### **You are more likely to be raped if you are drunk.**

*False (NHS statistics state that '1 in 3 rape reports are drunk – this must mean 2 in 3 are sober. **Be very clear that it is never a person's fault if they had been drinking and then raped; the fault of rape always lies with the rapist.** It is also important to know that rapists do tend to target the most vulnerable as they can take more control over them. It is important to risk assess when you're out as drinking increases your vulnerability, however going out and drinking are rights you are entitled to and being drunk or vulnerable does not mean you have consented).*

### **Boys and girls are both equally at risk of being raped.**

*False (1 in 4 girls and 1 in 6 boys will experience sexual abuse. Rape and sexual abuse is primarily committed on females and mainly perpetrated by males. Rape is a gender-based crime, this does not mean that men cannot be victims, men can be victims of rape, however women are much more likely to be as rape is an act of power and control and society has programmed us to believe that men are superior to women).*