



# MYTH BUSTING SEXUAL VIOLENCE MYTHS VS FACTS

**MYTH #1** - *People who drink or take drugs deserve it if they get raped*

**FACT** - You are NEVER to blame for being raped or sexually assaulted, it doesn't matter what the circumstances were.

1

**MYTH #2** - *People lie about being raped because they regret having had sex or want attention or revenge*

**FACT** - False allegations of rape are very rare, actually most people who are raped or sexually assaulted never report.

2

**MYTH #3** - *If they didn't scream, try to run away or fight back then its not rape*

**FACT** - A common response to fear is not moving or speaking in a moment of danger; these hardwired responses happen automatically to try to keep us safe.

3

**MYTH #4** - *If they 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.

4

**MYTH #5** - *It's not rape if it's your wife, girlfriend or partner*

**FACT** - Rape is always rape. If someone wants to take part in any sexual activity they must get their partners consent. Every. Single. Time. If the other person doesn't consent, it's rape. And it's illegal.

5

**MYTH #6** - *People are 'asking for it' if they wear revealing clothes or flirt*

**FACT** - People have the right to wear whatever they want and behave however they want without being sexually assaulted. There is never any excuse for rape or sexual assault.

6

**MYTH #7** - *Once a man gets turned on he can't help himself, he has to have sex*

**FACT** - There is no scientific basis in this. Men can control themselves, just like women. Rape in any circumstances is a serious crime and there is never any excuse for it.

7

**MYTH #8** - *Women often play 'hard to get' and say 'no' when they really mean 'yes'*

**FACT** - Everyone should be listened to and believed when it comes to sex and everyone has the right to change their mind at any point during sexual activity. If someone says 'no', respect their wishes.

8

**MYTH #9** - *Victims and survivors should act a certain way after being raped*

**FACT** - Everyone responds differently to rape and other types of sexual violence and there's no right or wrong way to be or to feel afterwards.

9



**KINGSTON FRONTENAC**  
**Anti-Violence Coordinating Committee**

*working together to decrease domestic and sexual violence*

# **KFACC MEMBERS**

## **Protocol Signatories**

- **Crown Attorney's Office of Kingston & Frontenac County**
- **Family and Children's Services, Frontenac, Lennox & Addington**
- **Kingston Health Sciences Centre Sexual Assault/Domestic Violence Unit**
- **Kingston Interval House**
- **Kingston Police Force**
- **Kingston Probation & Parole Services**
- **Land O' Lakes Community Services**
- **Military Police, Canadian Forces Base Kingston**
- **Ontario Provincial Police, Frontenac Detachment**
- **Ontario Works, City of Kingston**
- **Queens University Human Rights and Equity Office**
- **Resolve Counselling Services Kingston**
- **Sexual Assault Centre Kingston**
- **The Salvation Army Supervised Access Program**
- **Victim Services of Kingston & Frontenac**
- **Victim/Witness Assistance Program**

## **KFACC Affiliated Agencies & Groups**

- **Addiction & Mental Health Services KFL&A (AMHS-KFLA)**
- **Centre for Abuse and Trauma Therapy**
- **CFB Kingston Health Services Centre**
- **City of Kingston, Social Services & Housing**
- **Elizabeth Fry Society of Kingston**
- **Integrated Care Hub (Trellis)**
- **John Howard Society of Canada**
- **Kingston Anti-Violence Advisory Council (KAVAC)**
- **Kingston Community Health Centres | Immigrant Services Kingston & Area**
- **Kingston & Frontenac Housing Corporation**
- **Kingston Military Family Resource Centre**
- **Lennox & Addington Interval House**
- **Lennox & Addington Resources for Children**
- **Limestone District School Board**
- **Maltby Centre**
- **Purple Posse**
- **Quinte United Immigrant Services**
- **Sexual Health Resource Centre (SHRC)**
- **St. Lawrence College**
- **Trellis (Formerly HARS HIV/AIDS Regional Services)**
- **Youth Diversion**

**KINGSTON FRONTENAC ANTI-VIOLENCE COORDINATING COMMITTEE**

*working together to decrease sexual and domestic violence*