

Salute Her UK

MILITARY SEXUAL TRAUMA MYTHS

There are numerous myths surrounding Military Sexual Trauma. Salute Her UK works to eliminate these myths and provide victims and survivors with the help they need and deserve.



MYTH:

Women incite men to rape them by being in an all male military environment.

REALITY:

No one asks to be abused, injured or humiliated. No one can cause an offender to commit a crime against them.

MYTH:

Women who say that they have been raped agreed to have sex then regretted it.

REALITY:

False rape allegations are extremely rare. In fact, most victims of rape or other forms of sexual violence never report it.



MYTH:

Military Sexual Trauma is violent & often committed by a stranger.

REALITY:

Military Sexual Trauma is usually committed by someone the victim lives and works with. Often a trusted colleague.

MYTH:

If a woman doesn't fight back, they weren't really raped.

REALITY:

There are many reasons why a woman might not physically fight their attacker including shock, fear, threats or the size and strength of the attacker. Women will often do whatever it takes to survive.



MYTH:

Military Sexual Trauma is a women's issue.

REALITY:

The silence regarding military sexual trauma is profound. Ending rape & sexual assault in the military is everyone's responsibility.

MYTH:

All women respond to Military Sexual Trauma in the same way.

REALITY:

Women are diverse and their responses to MST are too. Responses are often driven by fear & shock. It is often beyond our conscious control.



MYTH:

If a woman has been drinking when she is raped then she should accept some responsibility.

REALITY:

No one is ever to blame for being raped or sexually assaulted, regardless of the circumstances. Raping or sexually assaulting another person is always a crime.



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