

SPEAK UP! Toolkit – STATISTICS that Frame the Problem

Sexual Assault

- 18% of girls and 3% of boys say that by age 17 they have been victims of a sexual assault or abuse at the hands of another adolescent, many of them acquaintance peers.
- 66% of adolescent victims did not tell a parent or any other adult about the assault. Only 19% reported the assault to the police.

Source: Journal of Adolescent Health (2014)

- The majority of sexual assault victims are under 30
- Ages 12-34 are the highest risk years for rape and sexual assault: 15% are ages 12-17; 54% are ages 18-34
- Females ages 16-19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault
- The likelihood that a person suffers suicidal or depressive thoughts increases after sexual violence:
 - 94% of women who are raped experience symptoms of post-traumatic stress disorder (PTSD) during the two weeks following the rape.
 - 30% of women report symptoms of PTSD nine months after the rape.
 - 33% of women who are raped contemplate suicide.
 - 13% of women who are raped attempt suicide.
 - Approximately 70% of rape or sexual assault victims experience moderate to severe distress, a larger percentage than for any other violent crime.
- Transgender students are at higher risk for sexual violence
 - 21% of TGQN (transgender, genderqueer, nonconforming) college students have been sexually assaulted

Source: RAINN.org (Rape, Abuse & Incest National Network) and Department of Justice

Cyberbullying

- 59% of U.S. teens have been bullied or harassed online; they say bullying is a major problem for people their age
- Teens think that 58% of teachers, 66% of social media companies, and 79% of politicians are failing at addressing this issue.

Source: Pew Research Center, 2018

Suicide

- Suicide is the second leading cause of death in youth and young adults ages 10-24 and 25-34
- The rise in the overall teenage suicide rate between 1999 and 2014 was driven by the 56% increase in the suicide rate among teen girls.
- LGBTQ youth are four times more likely than their straight peers to attempt suicide
- **Four out of Five teens who attempt suicide have given clear warning signs**
- Nearly 1 in 5 high school students said they considered suicide in the previous year.
 - 4.6% made a plan
 - 8.6% tried to kill themselves
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.

Source: National Center for Health Statistics, Centers for Disease Control (CDC), 2015-16

“Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: Reduce factors that increase risk (i.e. risk factors) and increase factors that promote resilience (i.e. protective factors). Ideally, prevention addresses all levels of influence: individual, relationship, community, and societal. Effective prevention strategies are needed to promote awareness of suicide and encourage a commitment to social change.”

Source: Centers for Disease Control (CDC), 2015-16

Talking to teens about suicide **does not** increase the risk of suicide - in fact, decreases it.

What's important to remember is that teens attempt or commit suicide not because of a desire to die, but, rather, in an attempt to escape a bad situation and/or painful feelings. It's rare that only a single event leads to suicide. This means that **by helping a teen turn around a bad situation or by teaching her or him how better to deal with painful feelings, we can defeat the causes of teen suicide**. Most times, this requires professional help by a doctor or a psychotherapist and may also involve the teen's school, such as in cases of teen bullying.

Source: CDC and American Association of Suicidology (AAS)

STATISTICS highlighted in SPEAK UP!

One in six women in America has been a victim of attempted or completed rape. ONE IN SIX

One in three adolescents in America is a victim of physical, sexual, emotional or verbal abuse from a dating partner. ONE IN THREE.

Only one in five people that witness bullying actually report it. ONE IN FIVE.

One in three suicide attempts that result in death are due to a crisis in sexual identity or orientation. ONE IN THREE