

## Help prevent sexual assault

**F**rom coworkers to friends and family to the individual across from you in the coffee shop, sexual assault affects more of those around us than we know.

In the United States, a sexual assault is committed every 68 seconds. One out of every 6 women in the US has been the victim of an attempted or completed rape, and 1 in 33 men in the US has been a victim of an attempted or completed rape.<sup>1</sup> Only 25 out of every 1000 perpetrators go to prison, according to the Rape, Abuse & Incest National Network.<sup>1</sup>

Sexual assault can happen anywhere, with 55% of sexual assaults occurring at or near the victim's home, 15% in an open public place, 12% at or near a relative's home, 10% in an enclosed public area (eg, parking garage/lot), and 8% on school property.<sup>1</sup>

April is Sexual Assault Awareness and Prevention Month, an excellent time to educate and equip ourselves and our patients with strategies to help prevent and protect victims of sexual assault.

Sometimes an individual may be a bystander to

sexual assault. Common reasons for bystanders not intervening in situations include not wanting to cause a scene, wanting to mind their own business, or thinking someone else will step in.

However, there are ways to lend a hand in preventing sexual assault from happening in the first place by implementing active bystander intervention strategies.

Whether it's stepping in when an individual acts aggressively or giving a friend a ride home when they've had too much to drink, active bystander intervention is integral to helping prevent sexual assault.<sup>2</sup>

By being a more proactive bystander, we can help prevent sexual assault and thus create a safer environment for ourselves and those around us. ■

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#### REFERENCES

1. Statistics. RAINN. Accessed February 23, 2022. <https://www.rainn.org/statistics>
2. Practicing active bystander intervention. RAINN. Accessed February 23, 2022. [https://rainn.org/articles/practicing-active-bystander-intervention?\\_ga=2.126991567.39737792.1645629250-193895623.1645629250](https://rainn.org/articles/practicing-active-bystander-intervention?_ga=2.126991567.39737792.1645629250-193895623.1645629250)

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*Contemporary OB/GYN*® sits down with Matthew Siedhoff, MD, vice chair of gynecology and associate professor of obstetrics and gynecology at Cedars-Sinai Medical Center in Los Angeles, California, for this Medical World News Wellbeing Checkup segment discussing physician wellbeing and tips for prioritizing wellness.



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