Part I:

Sexual Assault Affecting the Health of Victims

Working Thesis: As sexual assault is becoming more prevalent, more people are affected negatively emotionally and physically. During sexual encounters consent needs to be clear. The policy ‘yes means yes’ should be enforced. Women should not be held against their will to have sex because they can be physically abused and mentally scarred. It can damage their entire life.

The intersection between sexual assault and health care interested me. I want to know more in depth about how victims are affected by sexual assault. As it is a prevalent issue all over the world, I am interested in this topic. Because rape is also common on college campuses, I want to increase my knowledge in sexual assault. Consent to having sex is a huge controversy. People claim, if she did not say no it is okay; however, she may have been shoving him away, kicking, screaming, etc. Yes means yes. People blame women for getting raped, because they are dressed provocatively, too drunk, to high, etc. It is never the woman's fault. I also am intrigued how rape victims cope with such a dreadful memory in their life. I do know the victim is usually raped by someone in their life. Sadly, many victims are raped by one of their family members. I also know that victims are usually physically abused since they are resisting the perpetrator. My
research questions are: How does sexual assault affect victims both physically and mentally? How can we stop sexual assault from occurring? What policies should be enforced to help victims?

My research plan is to mainly use the online databases that the UIUC library has to offer. The library databases contain plenty of information for my research paper. To narrow down the amount of articles I will use these search terms: sexual assault and emotion, sexual assault and health, rapes on campus, rape victims and depression, post-traumatic stress disorder and rape victims, and more. Because I want to vary my resources, I will go to the library to get some books on my topic. I will speak to one of the librarians to help me search for the books on emotional and physical pain due to the outcome of rape. I will search for informative videos on this topic as well.

I do not know much about how sexual assault affects people. My main challenge will be to absorb an abundance amount of information on the topic as I can. I will have to do plenty of research to understand the topic. I will overcome the challenge by spending most of my time researching and taking notes about the effects due to rape. Another challenge will be to put all the pieces together. I am not sure in which order I should include the information. There is so much information on this topic I am not sure how to arrange it. I am also unsure of what to include and what to exclude in the research paper. In order to overcome this challenge, will go to the writer’s workshop.

**Part II:**

Web. 7 Oct. 2015.

This article recognizes the exponential growth of rape on college campuses. It discusses how men in fraternities drug women and take advantage of them at their weakest point. Women are not able to give consent when they are drugged. Even if they are under the influence if they do not say yes, they should not be violated. It states that rape on college campuses has increased and gained a lot of attention from the media. It explains that a member in a fraternity is more likely to sexually abuse a woman, than a non-fraternity member.

This source is credible because it is an academic journal. Because it was peer reviewed, it is a scholarly source. This source includes sources from other academic journals. Since it was published in April 2015, I will be able to use the statistics in my research paper. The author is credible because she is a doctoral candidate of Sociology at the University of Georgia. She sustained an outstanding education which is why she is a reliable author.


This article overviews the emotional changes victims have after being raped. They become a different person, even violent at times. Sometimes they can result to drugs, crime, and violence. It goes into great detail about the topic. Victims succeed in life because it is hard to overcome the traumatic experience in
their life. If they were abused as a child they are likely to fail at school or drop out of school. Many victims result with depression.

This article was published in 2015 making it time effective. It will be useful to use the statistics in my paper because the article was published recently. This is a scholarly source because it was peer reviewed. The authors have extensive knowledge about child sexual abuse victims because they work in the psychiatric outpatient treatment center.


This article focuses on cases of sexual abuse as a child. Many children face sexual abuse and then later in life suffer from severe depression and PTSD (post traumatic stress syndrome). It petrifies the children for the rest of their lives. They have to deal with the emotional pain and dreadful memories for the rest of their lives. Most victims attempt suicide because they no longer can deal with the pain.

The source is credible because it is a peer reviewed, online academic journal. It is a deep analysis of the topic. It was published in 2015 making it timely, so the statistics are very up to date, and will be in great use to my research paper. The author is very reliable because she graduated from Harvard Medical school and works at the center for Depression.

Nishith, Pallavi, Reginald D.V. Nixon, and Patricia A. Resick. "Resolution of

This article discusses the emotional affects sexual assault victims deal with. The authors did a study on posttraumatic stress disorder due to sexual assault. More than 50% of victims face depression as a result of rape. They are likely to have post traumatic stress disorder. It gives multiple statistics that relate to depression of victims. They also describe the cure to PTSD which is a long road of recovery through therapy. Therapy will allow the victims to express their feelings. Talking about a traumatic event may be difficult, but it will help in the end.

Considering this article is a peer reviewed report it is scholarly and very credible. Unfortunately, this article is outdated. I will not be able to use the statistics since it was published in 2005. However, the concepts and conclusions are useful. The authors work in the Center for Trauma Recovery and Department of Psychology at the University of Missouri in Saint Louis. With an huge background of knowledge of trauma recovery the article is very credible.


This article overviews the concerning health problems. Post traumatic stress
disorder is a huge problem that causes emotional stress and anxiety for the victims. The flashbacks of the horrific event replay in their mind over and over again. Rape is a traumatic experience for women because they have absolute no power. They question safety for the rest of their lives. They may also never want to be sexually active. Many women can not live their everyday life with the memory haunting them. The article discuss coping mechanisms.

It was published by Greg Thompson, who graduated from the University of Illinois at Chicago. This scholar is a credible author because he has great knowledge on the topic. It was published in 2014, so the information is fairly recent. It is an academic journal and has been peer reviewed which is why it is scholarly.


This is a long, detailed article discusses the injuries women get from being raped. 1.9 million women report physical assault. ⅟ of women who were sexually assaulted experienced violence. It is common for women to have PTSD after they were physically abused and raped by the perpetrator. Many serious injuries including: mild brain injury, spinal cord injury, burn injury, fractures, bruises, General lacerations internal organ damage, tooth injuries, vaginal lacerations, and more result from sexual assault. Many injuries result to body image distress. Women will no longer feel comfortable in their bodies.
This article is scholarly because it is an academic journal and is peer reviewed. It was published in 2014, so the information is recent. There are many great statistics in this article that I will include in my research paper. The authors sustained an outstanding education at Saint Louis University. They are credible authors because they have a lot of knowledge and work in the Department of Physiology.