

# Sexual Assault

Categories : [Legal and Protective Services](#)

## What is Sexual Assault?

Sexual assault is a general term that includes sexual harassment, unwanted sexual contact, child sexual abuse, incest and rape. Sexual contact becomes sexual assault when a person is unable to or does not consent to an activity. Rape, which is a form of sexual assault, is a crime of aggression, power and control in which one person forces, coerces or manipulates another person to have sexual intercourse without their consent. Rape includes vaginal, oral or anal penetration by any object including digital penetration, and also includes forced oral sex.

It is important for victims of sexual assault to know they are not alone and that they are not to blame. It is estimated that one in four girls and one in six boys will be sexually assaulted by the age of 18. According to the United States Department of Justice, a rape or attempted rape occurs every 5 minutes in the United States.

## How to Get Help:

In Connecticut, there is a statewide network of sexual assault programs that can be reached by calling or texting the statewide sexual assault hotline: 1-888-999-5545 (English) or 1-888-568-8332 (Spanish). Free and confidential sexual assault crisis services include: 24 hour hotline, text or chat with immediate access to trained, certified counselors; crisis intervention and short term counseling; accompaniment and advocacy through the medical and police systems; preparation, accompaniment and advocacy through the court system; information and referrals for other needs; support groups; TTY access during office hours; sign language interpreters available; male counselors; emergency transportation by arrangement; professional training, community education, and prevention programs.

## For More Information:

- Connecticut Alliance to End Sexual Violence: <https://endsexualviolencect.org/>
- National Sexual Violence Resource Center: <https://www.nsvrc.org>
- National Online Resource Center on Violence Against Women: <https://vawnet.org/>
- Rape, Abuse and Incest National Network: <https://www.rainn.org>

## To Find Providers in Connecticut's Community Resources Database:

Search by service names:

- [Sexual Assault Hotlines](#)
- [Sexual Assault Counseling](#)
- [Sexual Assault Prevention](#)
- [Sexual Assault/Incest Support Groups](#)
- [Crime Victim Support](#)

---

SOURCE: Connecticut Alliance to End Sexual Violence  
PREPARED BY: 211/mm  
CONTENT LAST REVIEWED: May2024