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| protecting human safetyAcknowledgementsThe Free from Harm brochure was produced by Physical Assault Prevention & Recovery Advocates (PAPRA).**Mariah Strock** is a Bachelor of Social Work candidate, with an expected graduation in May 2019 from Longwood University in Farmville, VA. Originally from Virginia Beach, VA, Ms. Strock plans to pursue a career in school social work after graduation. Her hobbies include exercising, spending time with family and friends, cooking, and volunteering.**Alizaih Suarez** is a Bachelor of Anthropology candidate, with an expected graduation in May 2019 from Longwood University in Farmville, VA. Ms. Suarez is originally from Puerto Rico. She plans to pursue a career as a Forensic Anthropologist. Her hobbies include watching movies, playing the clarinet, and spending time with family and friends.**Charlotte Potts** is a Bachelor of English candidate, with an expected graduation in May 2019. Ms. Potts is currently working as an intern a film company and plans to go overseas to teach English after graduation. In her free time, Ms. Potts enjoys film writing and spending time with friends and family, including her twin sister.  | Protecting human safetyFurther Resourcespreventing violenceCenters for Disease Control and Prevention.  (2017, May 8). Data and statistics: Key injury  and violence data. Retrieved from https://www. <https://www.cdc.gov/injury/wisqars/>overview /key\_data.htmlDavid-Ferdon, C., Haileyesus, T., Liu, Y.,  Simon, T., & Kresnow M. (2018). Nonfatal assaults among persons aged 10-24-United States, 2001–2015. *MMWR Morbidity and* *Mortality Weekly Report*, 67, 141–145. Doi: http://dx.doi.org/10.15585/mmwr.mm6705a1Fuller, G. (2015). The serious impact and  consequences of physical assault. *Trends and*  *Issues in Crime and Criminal Justice*  (electronic resource), 496, 1-8. Katz, J. Rich, H. (2015). Partner co- victimization and post-breakup stalking,  pursuit, and violence: A retrospective  study of college women. *Journal of Family*  *Violence*, 30, 189-199. Doi:  10.1007/s10896-014-9665-7 | Protecting human safety**Free from Harm** physical assault is more than just hitting  |
| protecting human safetyunderstanding physical assaultDo you know what it is?Many people have an idea in mind when they think of physical assault. Physical assault is defined as an act of inflicting physical harm or unwanted physical contact upon a person. This assault can be fatal or non-fatal and can result in criminal and/or civil liability. Physical Assault Prevention & Recovery Advocates (PAPRA) supports a definition of assault that includes **a threat or attempt** to commit physical harm, even if the victim is not actually physically harmed. How would you feel if you or someone you care about is physically harmed or is fearful because of threats of harm? It doesn’t seem fair, does it? No one has the right to threaten, attempt, or cause physical harm to someone else. No one should have to live in fear of assault. Threats or attempts to harm still causes harm to victims and others. | protecting human safetyWho’s at risk?**YOU**. Did you know that as a young adult, you are at greater risk of being a victim? While people of all ages, races, and genders can be physical assault victims, young adults ages 20–24 years old are at greater risk.Don’t be a victimWho’s to blame?**Perpetrators.** Victims may try to downplay assault by describing it as an incident, confrontation, or argument and may say things like, “it was ***just*** a push,” “it was my fault,” or “I should not have provoked him.” Physical assault is ***never*** the victim’s fault. Perpetrators are responsible for their own behaviors. it’s not your fault | protecting human safetyWhy should you care?Physical assault is a serious public health problem that can have negative effects on victims, families, communities, and society. Victims can be impacted physically, socially, and psychologically, with immediate and long-term consequences. Victims typically experience one or more of the following symptoms: anxiety, post-traumatic stress disorder (PTSD), depression, fear, low self- esteem, sleep disruption, difficulty trusting others, and relationship problems. Physical assault can negatively change peoples’ lives.How can YOU be part of the change?**YOU** can facilitate change by:* Including **threats or attempt** to harm in your personal definition of physical assault, and advocating for this expanded definition;
* Understanding the impact of assault, and raising awareness of the issue;
* Not blaming the victim;
* Withdrawing yourself or others from dangerous situations when possible; and
* Reporting assault to the appropriate authorities.

**For victims, assault is more than *just* hitting or pushing. Assault can leave physical and emotional scars. Protect yourself and others. Understand assault. Be a part of the change.** |