

Acknowledgements

The Free from Harm brochure was produced by Physical Assault Prevention & Recovery Advocates (PAPRA).

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Further Resources



PREVENTING VIOLENCE

Centers for Disease Control and Prevention. (2017, May 8). Data and statistics: Key injury and violence data. Retrieved from https://www.cdc.gov/injury/wisqars/overview/key_data.html

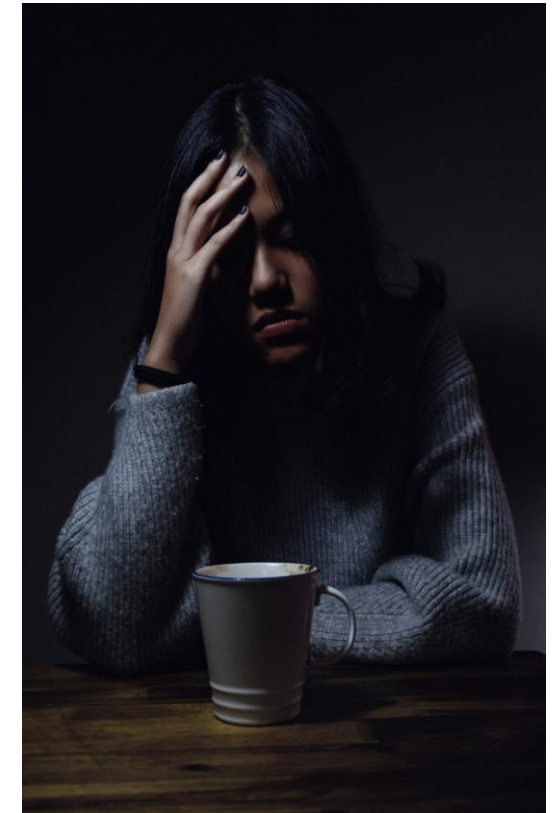
David-Ferdon, C., Haileyesus, T., Liu, Y., Simon, T., & Kresnow M. (2018). Nonfatal assaults among persons aged 10-24-United States, 2001–2015. *MMWR Morbidity and Mortality Weekly Report*, 67, 141–145. Doi: <http://dx.doi.org/10.15585/mmwr.mm6705a1>

Fuller, 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

Free from Harm

PHYSICAL ASSAULT IS MORE THAN JUST HITTING*



*The brochure provides information specific to physical assault only. Sexual assault information is not included.



UNDERSTANDING PHYSICAL ASSAULT

Do you know what it is?

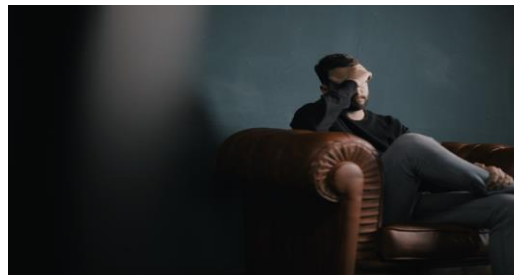
Many people have an idea in mind when they think of physical assault. Physical assault is defined as an act of inflicting physical harm or unwanted physical contact upon a person. This assault can be fatal or non-fatal and can result in criminal and/or civil liability.

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.

Who'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 VICTIM

Who'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

Why 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.