Your Name

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Sexual assault on college and college campus

**Introduction**

With an increase in the world population, problems and issues have been increased. There are a number of issues that may be considered as conflict and the triggering events for these are human-created. humans are most likely to get involved in these conflicts because of the power share and the authority which they want to gain. Authority and power are some factors responsible for conflicts among individuals, smaller and larger groups. to create an understanding of violence it is important to have knowledge about conflicts that are responsible for violence. This has become a serious issue that is existing in our society for centuries for which humans may be considered responsible. Violence has multiple layers that include sexual assaults, domestic violence, gender-based violence. Sexual assault is said to be a type of sexual violence that applies to sexual activity done by imposing force and unwanted desires for sex. This has rapidly increased in educational platforms such as college campuses which needs to be controlled on time otherwise a large population may become victims of sexual assault.

*Sexual assault*

Sexual assault is the activity that involves the forceful sexual activities by the powerful party consisting of one individual or sometimes maybe more than one, while this is the activity that is based on sex without the consent of one party (Krebs). In any type of violence, one party is always dominant, and the second party gets oppressed and suppressed by the powerful and dominant party. While offenders may want to make an individual as a victim of sexual assault anywhere, it can be a college, general public place or a home. One is never sure about what is going to happen for the next time because it is difficult to identify the offenders however this can be controlled with the help o state authorities and policymakers. While discussing this issue on a college level, administration and management may plan and make policies regarding sexual assaults. Sexual assault is another form of sexual abuse which may include rape, child molestation, non-consensual sexual contacts, and abuse. This is the criminal behavior who gets addicted to this for a longer-term when not treated, while the treatment may be regarded as medical or strict penalties so that this criminal behavior may be avoided by the criminal for the next time.

*Mental health and sexual assault*

Sexual assault can be related as the second twin of sexual abuse which leaves the victims in a devastating moment. Sexual assault is a serious issue existing in societies and it is a violent behavior by the criminals or by the offenders (Burnam et al.). While sex abusers do not consider this as abuse, this is only for their satisfaction and pleasure-seeking. Sexual assault is the result of mental illness which tends to force individuals to act defiantly and act against the rules and patterns in society. The mental health issues result in crimes by individuals who do not get treated on time, there is a number of people suffering from mental issues. All those, who are suffering from mental issues tend to find short-term or long-term solutions and this may be sexual assault because some of them get addicted to pleasure-seeking by wrong means (Littleton et al.). The brain of the criminal subject them to wrong activities like being involved in sexual assaults whether in the form of an individual or the groups.

It is said to be normal behavior of criminals involved in sexual abuse, but it has a lot to do with mental health. With the increase in age, human desires also increase, which are to be met and fulfilled. Human brain subjects' individuals to fulfill the demands whether they are physical or mental, while sexual assault may be linked to both mental and physical pleasure-seeking by an individual. Mental health when not being handled results in poor performances of students and it also results in unethical behaviors that may harm others. This behavior risks the security of other people and sometimes it results in violence and conflicts among individuals or groups

*Types of sexual assault*

There are sub-categories of sexual assault which may be considered as rape, child molestation, non-consensual sexual contacts, and abuse by the powerful group or opposition towards the less powerful individuals and groups. Activity which includes sexual assaults may not be limited to only one specific age, an individual of any age may become a victim and this may also not be limited to one gender. Women, men, girls, boys and the third sex gender may also become a victim of the sexual assault. This paper will be discussing the sub-types of sexual assault.

**Rape**

In every individual’s life, consent is important, if one does not allow, that means he/she is not willing to continue something which has been asked. In a sexual assault, the consent of an individual is violated, and this is an illegal act to violate someone’s consent and to disrespect the privacy of the other party or an individual. Rape us the forceful sexual contact with someone without asking for sexual contacts. Rape may not be limited to unmarried people, rape is also committed in marital life and having physical contact with a partner without asking for consent is considered as marital sex rape. There are long-lasting effects of sex on an individual’s life because it changes all the situations from normal to critical and unfavorable situations.

**Child molestation**

Children are exposed to sex by contacting them physically without seeking their consent. Some of the children who get molested do not realize what has been done to them, whether it is a right or wrong action. They do not realize the situations and incidents because of their age factor and lack of awareness about their personal space and privacy. This lack of awareness and lack of realizing ability, the cases against abusers may get evicted because of no evidence against the criminals and culprits.

**Incest**

This is the sexual contact of those people who are likely to get married in near future. Incest is considered to occur the most in the form of child abuse, however, this is not reported to anyone. This includes sexual contact between those family members who are in close relation with each other. An uncommon relationship may be an incestuous sexual activity that involves constant of adults. These types of sexual contacts between family members sometimes may result in genetic disorders in children whose parents are involved in incest relationships.

**Non-consensual**

This is the category that includes unwanted touching which is against the consent of individuals, while some of the examples may be pinching and groping and these are the actions with the intention of sex. For non-consensual sex, we may include attempted rape, transactional sex, forced sex, and cross-generational sex as subtypes. The relationships of non-consensual sex are very common among people, while there is no as such categorization of age which would be limited to it. These actions of sexual relations engage people for their comfort, pleasure-seeking, emotional support and sometimes people find marriage opportunities.

**Non-consensual**

This includes the comments by parents which are related to sexual contacts between them and they are often involved in having sex in front of their children. This results in inappropriate and unethical behaviors of children which may be the development of pornography websites, they may get involved in publishing of nude pictures in public without their consent. Pornography sites by these children are only for revenge and the wrong impacts of their parental private life.

**College children and sexual orientation in terms of sexual assaults**

Getting involved in sexual assaults is not limited to any specific age or gender because when it comes to mental health imbalances, then anyone may get involved in sexual assault or abuse. While starting a discussion about sexual assault on colleges, it is important to talk about the age group which is part of this system. College going students may be considered as the age group of teens more likely. Teenage is the phase of age in which teenagers have to go through many physical and psychological changes (Peterson). While relating it to sexual assault, it can be portrayed as this age group may be because of their physical changes and their psychological needs that have to be fulfilled anyway. The on-going psychological demands have to be fulfilled, if these demands are suppressed for a long time then, it results in the involvement of wrong actions, lack of motivation, negative thoughts, depression, and anxiety.

**UK and college sexual assaults**

In the United States, college sexual assault is a pervasive problem in colleges and universities while sexual assaults are rising in recent years and have gathered national consideration (McMahon). Forced rape, unwanted sex, and sexual assaults are a serious public health problem that has been increasing predominantly in college and university campuses. Studies have shown that assaults and sexual harassment in colleges are growing rapidly. Mental stress, psychological problems, and depression among college girls are also rising with incidents of sexual assaults. The health results in the form of psychological problems and depression disorders have increased the burden of stress-related disorders among communities.

Various studies have shown that sexual assaults and harassment cases have generated mentally and psychologically impaired behaviors among young girls and females of universities (Kitzrow). These girls are predominantly observed to be involved in psychologically ill behaviors in societies and colleges. The ratios and statistics have shown that greater risk of psychological and risky behaviors is on the rise among colleges. Academic results and poor grades have been observed in these girls and therefore they develop a sense of insignificance and injustice. To get the attention of the public they acquire impaired behaviors and modify themselves by engaging in bad behaviors.

Sexual assaults are not only increasing in communities but also increasing mental harassment and depression among girls. As a result, girls and females have been observed to be less involved in studies because girls are scared to join colleges and universities. Various colleges have organized public health education awareness programs to stop the environment of sexual assaults but it is required to be organized at a broader level to stop the epidemic. Alcohol drinking and use of drugs have been observed to be associated with the rise in sexual assaults as boys use girls for their sexual satisfaction and cannot control their anger and aggression (Koss and Gaines).

College and university environments are too open for young boys and girls and open availability of alcohol and use of drugs is another significant factor that has been associated with the rise in sexual assaults and forced rape. Rape and sexual harassment among college girls have been reported to be increasing in recent years and therefore, girls and females are often observed to leave education because of threats and pressures. Low socioeconomic status is significantly associated with acquiring impaired behaviors among boys.

Societies and communities need to work on self-awareness and to control intolerance among boys so that they would be able to control their anger. Colleges and universities are observed to have stick policies regarding academics however, the pressure of academics and studies has increased depression and anxiety among communities. Studies have shown that young girls victims of sexual harassment remain psychologically ill throughout their life. Education and health issues are rising among communities because of sexual assaults. Results from different studies have reported that young girls are also involved in attempting sexual assaults. Girls victimized by sexual assaults and forced rape usually acquire impaired behaviors and involved themselves in bad gangs of the colleges and universities and therefore, girls become more prone to sexual assaults after joining their crews.

Studies have shown that threats and forced rape and oral sex have been caused by serious mental health issues among college going girls. Various studies have shown that combined depression and sexual assaults have become a rising issue in colleges and universities and prevalence is increasing significantly. Higher rates of sexual assaults and attempted rape cases have caused a rise in suicidal attempts among young girls. College and university administrators need to pay attention to activities performed on college campuses and take serious actions against these boys and girls involved in vicious acts to prevent girls and boys from the victimization of sexual assaults.

**Consequences of sexual assaults in college-going children**

The number of sexual assaults has increased while one-in-four women are sexually assaulted in their colleges (Schwarz et al. 45). Women are more likely to be sexually assaulted in their college years while other genders are also sexually victimized. Sometimes it is portrayed that victims are not aware of this sexual contacts without consent. According to a study, it is studied that 45 percent of victims did not realize and they were not aware of the crime which has been committed (Schwarz et al.). There is a number of consequences of sexual abuse or assault. College students who have been sexually assaulted have been performing poorly in their academics (Krebs). Students lack motivation, freedom of speech, they do not show openness to others and they do not participate in community and societal activities. Victims tend to not show in public gatherings, sometimes they even stop going to colleges and they stop interacting with their friends. Students who have been sexually assaulted may end up their lives because such incidents leave them in traumas for a lifetime. Sexual assault may result on poor health and mental conditions which hinders the growth of students whether it is personal growth or it is related to their academic growth.

**Conclusion**

Sexual assaults have been increased in colleges because of involvement of students because of many factors involved, they may be their parental relations, alcohol consumption, and human needs. The most important factor is a human need which has to be filled by right means otherwise it will tend and subject humans towards wrong actions. It is important to take care of mental health and human well-being because any imbalance in mental state may harm other individuals. Colleges have to make sure that they are providing a safe environment for every student and they are helping students for their academic as well as personal grooming. This will result in better and positive outcomes of academics and overall participation in community tasks and their college tasks. Furthermore, parents and teachers may play a vital role in the development of their children and they may help to know their privacy.

**Recommendations**

* College management should involve students in healthy activities, which may include students week, sports week and study tours.
* Teachers should help their students for their personal development
* Parents have to keep their matters in private because it impacts on the psychological states of their children
* Government has to propose strict policies against criminals of sexual assault
* Colleges may arrange awareness sessions about sexual abuses and harassment so that they may become able to identify and differentiate between unethical behaviors

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