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When allegations against Harvey Weinstein of rape and sexual misconduct first surfaced, they provoked a tidal wave of women finding strength in each other's words, and finally feeling able to make their experiences heard. In the wake of this, the #MeToo movement has garnered widespread attention, and is now providing an accessible platform for survivors of abuse to share their story and initiate their pathway to recovery. Though #MeToo was founded over ten years ago, in a peak of social media usage, Tarana Burke's movement is now enabling a global community of women working together to fight the alarming prevalence of sexual violence.

Though people are affected regardless of gender, women are much more likely to be sexually violated than men. In 2014, 83% of reported Australian victims were female (Australian Bureau of Statistics, 2016). In a 2016 survey, 53% of women and 25% of men responded that they had been sexually harassed in their lifetime (Hermant & Hanrahan, 2017). These numbers are exceedingly and horrifically high across the board, however the issue predominantly concerns women. Sexual misconduct is far more than a current concern for Hollywood and its constituents; it is a devastating epidemic. Hence, it is vital to highlight how sexual assault can impact the mental health of its victims, and how we can create resolutions lessening this worldwide.

During the attack, victims often say they dissociated or felt disorientated; this is sometimes exacerbated due to intoxication or being under the influence of a drug. Immediately after, they may have intrusive and unexpected flashbacks to the assault due to a trigger, or a wish to re-enact the event in order to 'change its ending'. One survivor shares her story through 'The Voices and Faces

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However, the effects of sexual violence are highly variable. First and foremost, every person's life experience leading up to an attack is different, and, as such, the impact and management of the attack can be handled in a myriad of ways. Furthermore, the way a victim reacts physically, emotional and mentally after sexual trauma is dependent on several factors, most notably: their relationship to the perpetrator, the severity of the abuse and the reactions of those in her life to the assault, such as family, friends, and the police (Boyd, 2011).

Cultural and economic background, too, are factors that must be considered when discussing the ramifications of sexual violence on its victim. Though rape culture is rife throughout the world today, it is more prevalent and far more visible in developing countries. This is seen through the style in

