

## 5 Facts About Alcohol Abuse and Sex

By: Kitt Wakeley

Drinking alcohol to kick back and have fun is seen as a universal social activity around the globe. In moderation, alcohol can even be beneficial to your health. However, there's only so much fun you can have while drinking sensibly; one drink too many and you're opening doors to alcohol intoxication which can lead to severe problems such as sexual abuse. You need to be aware of signs that indicate that you need help.

In this article, we discuss 5 facts on alcohol abuse and sex, which might really open your eyes to ditching excessive drinking for good, all in the pursuit of a normal and healthy life. If you're having these issues, seek help today.

### 1. Sexual Aggression

According to a study, it was found that women who were heavily intoxicated, had a nine times higher chance of becoming victims of sexual aggression than those who were not intoxicated.

This goes to show that excessive drinking can leave you vulnerable to physical attacks such as sexual abuse, which can lead to life-threatening STDs (sexually transmitted diseases) such as HIV.

### 2. Alcohol is a Precursor to Rape

A study suggests that 75% of men and 55% of women are involved in rape due to excessive drinking, either as a victim or a perpetrator.

An average of 97,000 students every year fall victim to "date rape" and the reason behind it is alcohol. Alcohol is now known as the number one date rape drug. More than three-quarters of the victims who experienced sexual abuse reported that their assailants were heavily intoxicated.

### 3. Sexual Assault in Social Environments

According to the National Research Center of Violence Against Women, social avenues where drinking is a part of the norm are the likeliest of places where sexual assault takes place. Namely, pubs, bars, and parties are where women experience sexual aggression by intoxicated perpetrators when they are heavily intoxicated as well.

### 4. Most Sexual Abuse Acts are Committed by Someone Closely Related

It was reported that 93% of the victims, mostly juvenile, were close to their perpetrator and 59% were sexually abused by one of their acquaintances. In addition, 37% of these perpetrators were family members and only 7% of them were actually strangers. This confirms that most instances of sexual abuse have taken place between close friends and acquaintances.

Sexual abuse is also reported to be common among family members and relatives who are heavily intoxicated, so much so that they lose the ability to draw the line between right and wrong.

### 5. Alcohol isn't Solely to Blame

According to USA Today, alcohol isn't the only factor that's to blame. One of the many reasons that people go through this harrowing experience is because someone close is looking to take advantage of them sexually.

This is why it is strongly recommended that you keep away from alcohol in situations where there's a high likelihood of people getting drunk and letting loose.

While moderate drinking may be okay on celebratory or social occasions and get-togethers, intoxication can leave you highly vulnerable to sexual assault - something that you'll have to live with for the rest of your life

### About The Author:

Kitt Wakeley is a partner at Vizown (<http://www.vizown.com/>), a women's treatment center in Oklahoma. I'm extremely passionate and determined to help women overcome their addictions and live a clean, wholesome, happy life. I love spending time outdoors, learning, being with my family, and growing my business. I love making a difference in somebody's life. My family was personally impacted by addiction, and I committed long ago that I will do whatever I can to help other's so that they don't go through what my family went through. I currently live in Oklahoma, and firmly believe it is the best place anybody could ever live. We love Oklahoma!

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