

“Me Too”

By: Kait Zeigler

There's been a movement in regards to rape and sexual assault culture that has become a dominant factor in our society. Many victims and survivors are coming forward about their experience and people seem to have a lot to say about it. More and more controversy surrounding this issue has been become topics of interest in media and politics. “Me Too” is the phrase women and men who have been sexually assaulted are saying in raising awareness on this cause and to show other survivors that they are not alone. In an article by HuffPost a statement was found that said, “Every 98 seconds someone in the U.S. is sexually assaulted. That means *every single day* more than 570 people experience sexual violence in this country” (2017). Rape culture is growing more and more and there doesn't seem to be much stopping it.

In order to understand the movement, we have to understand why it was started. There has always been a struggle for power between the two different genders and it has become something that is tangible through direct force. For some reason, there is an impression that men are the superior gender but women endure much more. Women go through childbirth, lower pay, judgement for their looks, and have a certain look box have to fit into, and if they don't fit, they are ridiculed and forced into believing they aren't good enough. Some men took it upon themselves to show their dominance by sexually assaulting women or vice versa; in more cases though, it is women who have a higher sexual assault rate. It made women feel weak, insignificant, and dirty. This was simply an ego stroke for these men. They wanted to feel powerful, so they took someone else's.

Part of the issue, I feel, with sexual violence and assault is knowing what actually fell into this category. This could be the reasoning behind so many people now coming out to what has happened to them. With celebrities for example, many are getting into trouble because the victims were unaware of what was actually taking place. A no means no and taking things by force is not the way to go. Once survivors started to come out and share their stories, it created a ripple effect. Soon people were realizing they weren't alone in this struggle and they finally were able to understand what it all meant.

“Me Too” signifies strength, love, and compassion. You are not alone in this fight and you are so much more than what your attacker did to you. Stand tall and know that you are capable of anything.

Reference

Vagianos, A. (2017, April 06). 30 Alarming Statistics That Show The Reality Of Sexual Violence. In America. Retrieved February 06, 2018, from https://www.huffingtonpost.com/entry/sexual-assaultstatistics_us_58e24c14e4b0c777f788d24f