

WHAT IS MST?

Military Sexual Trauma

Military sexual trauma, or MST, is the term used by the Department of Veterans Affairs (VA) to refer to experiences of sexual assault or sexual harassment that a Veteran experienced during their military service.

MST includes any sexual activity during military service where a Veteran was involved against their will. They may have been:



01

PRESSURED INTO SEXUAL ACTIVITIES

For example, with threats of negative consequences for refusing to be sexually cooperative or with implied better treatment in exchange for sex

02

UNABLE TO CONSENT TO SEXUAL ACTIVITIES

For example, when intoxicated or asleep



03

PHYSICALLY FORCED INTO SEXUAL ACTIVITIES



04

UNWANTED SEXUAL TOUCHING OR GRABBING, INCLUDING DURING "HAZING" EXPERIENCES



05

OFFENSIVE REMARKS ABOUT A PERSON'S BODY OR SEXUAL ACTIVITIES THAT THEY FOUND THREATENING

06

UNWELCOME SEXUAL ADVANCES THAT FELT THREATENING



NEED HELP?

Visit www.mentalhealth.va.gov/msthome.asp to learn more about the MST-related recovery programs and services for women and men at VA.

REFERENCES

Infographic prepared by González & Waddington, Attorneys at Law, <https://ucmjdefense.com>, based, on <https://www.mentalhealth.va.gov>