



# **Battle Scars: The War Against Abuse in the Armed Forces**

*Amarin Vorachak*

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Military sexual violence affects many women. Rape, sexual assault, and sexual harassment are strongly associated with a wide range of mental health conditions for both men and women veterans, they are the leading causes of post-traumatic stress disorder (PTSD) among women veterans, while combat trauma is still the leading cause of PTSD among men. Sexual violence is often a risk factor for homelessness among women veterans. Stress, depression, and other mental health issues associated with surviving military sexual violence make it more likely that survivors will experience high rates of substance abuse and will have difficulty finding work after discharge from the military. Author Amarin Vorachak details the life of a Soldier that has endured the experiences of fighting a war within her own military.

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