

Celebrity News: Larry Nassar Sentenced to 175 Years In Prison in Sexual Abuse Case



By [Jessica Gomez](#)

In [latest celebrity news](#), Larry Nassar, former USA Gymnastics doctor, has been sentenced to 175 years in prison in his sexual abuse case, according to [UsMagazine.com.com](#). Nassar appeared in court on Wednesday, January 25 for this sentencing hearing. More than 150 victims came forward to describe the abuse and manipulation they endured from him. Nassar said the following before his sentencing: “Your words these past several days have had a significant emotional effect on myself,” he said, speaking to his victims. “I recognize that what I’m feeling pales in comparison to the pain, trauma and emotional destruction that all of you have felt. There are no words to describe the depth and breadth of how sorry I am for what has occurred. I will carry your words with me for the rest of my days.” However, last week he said that the painful recalls of the women he abused are harmful to his health. The judge dismissed his statement, saying, “You may find it harsh that you are here listening. But nothing is as harsh as what your victims endured for thousands of hours at your hands.”

This celebrity news has our hearts heavy that so many women were abused. What are some ways to take action if you feel you’ve been

abused?

Cupid's Advice:

Every 98 seconds, an American is sexually assaulted. Nine out of 10 victims are female, and one out of every six American women has been the victim of an attempted or completed rape in her lifetime – every eight minutes, that victim is a child. Meanwhile, only six out of every 1,000 perpetrators will end up in prison. These statistics are from [RAINN](#), and they only include cases in United States. Sexual violence is a horrific issue all over the globe. Cupid has some advice on how to fight all sorts of sexual violence including sexual abuse, sexual assault, and rape:

1. Do not blame yourself: Many women believe that they could have done something differently to avoid what happened to them. Blaming yourself only perpetuates rape culture. It is not okay for anyone to touch anyone that doesn't want to be touched. Women have harmed themselves emotionally and physically after facing sexual violence. Victims must brave through their trauma and know that the only person to blame is the abuser.

Related Link: [Harvey Weinstein Lied About Having Intimate Relations with Gwyneth Paltrow](#)

2. Don't be afraid, speak up: If you stay quiet, your abuser will get away with their vicious act. Some women just want to forget that it happened, and so they stay silent and carry on with their lives. This approach does not work for many, and it for sure will not stop your abuser from doing it to someone else. Reach out to authority figures if you've experiences sexual violence. It's time that all victims come forward with their stories in order to fight these heinous crimes that have been occurring globally, since the dawn of time.

Related Link: [Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

3. Ask for help: There is no shame in reaching out for help. Therapy and support groups are there to help victims. Having friends and family as support is also important. Having trouble coping with your experience is normal. Sometimes having a support system is crucial in a time of need, so get the help you neccessary without any embarrassment or shame.

What are some ways you or a loved one has coped with the traumatic experience of sexual violence? Share below.