

## IF DATE RAPE HAPPENS TO YOU

- Remember that rape is rape. You are not to blame. Know that action against the rapist can prevent others from becoming victims.
- Get help immediately. Phone the police, a friend, a rape crisis center, a relative. Don't isolate yourself, don't feel guilty or ashamed, and don't try to ignore it. It is a crime that should be reported.
- Get medical attention as soon as possible. Do not shower, wash, douche, or change your clothes. Valuable evidence could be destroyed.
- Get counseling to help you through the recovery process. Rape is a traumatic experience and trained counselors can make recovery easier and quicker.
- If you think you've been sexually assaulted under the influence of a date rape drug, get medical help immediately. Try not to urinate before providing any urine samples. If possible, collect any containers from which you drank.

## IF IT HAPPENS TO SOMEONE YOU KNOW

- Believe her. Ask her how you can help.
- Offer comfort and support. Go with her to the hospital, police station, or counseling center.
- Remind her that it is not her fault.

## TAKE ACTION

- Ask your student government or a parent group to sponsor a workshop on date rape and sexual stereotyping. Work with a hotline or crisis center to persuade rape victims to join the panel.
- Volunteer at a rape crisis center or hotline.

- Monitor the media for programs that reinforce sexual stereotypes. Write, call, or e-mail to protest. On the other side, publicly commend the media when they highlight the realities of date rape.

## WHAT ARE "DATE RAPE" DRUGS?

- Rohypnol (*roofies, roopies, circles, the forget pills*) works like a tranquilizer. It causes muscle weakness, fatigue, slurred speech, loss of motor coordination and judgment, and amnesia that lasts up to 94 hours. It looks like aspirin—small, white, and round.
- GHB (*liquid X, salt water, scoop*) causes quick sedation. Its effects are drowsiness, nausea, vomiting, headaches, dizziness, coma, and death. The most common form is a clear liquid, although it also can be a white, grainy powder.
- Rohypnol and GHB are called "date rape drugs" because when they are slipped into someone's drink, a sexual assault can occur without the victim being able to remember what happened.



### NATIONAL CRIME PREVENTION COUNCIL

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# Date Rape



## A Power Trip

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***Nothing—not even previous consensual sex—entitles anyone to force others to perform sexual acts.***

***Without consent, forcing sexual contact is a crime. Date rape is a betrayal of trust and causes long-lasting emotional injuries. Date rape or acquaintance rape is about power, control, and anger—not romance.***

#### **WHY DOES IT HAPPEN?**

Let's look at sexual stereotyping and how males and females talk to each other.

- Although things are changing, society still frequently encourages men to be competitive and aggressive and teaches women to be passive and avoid confrontation.
- Men say they misunderstand a woman's words and actions—the excuse, “She said no, but meant yes.”
- Some people—men and women alike—still believe that it's okay for a man to demand sex if he takes a woman out or buys her gifts, and that it's not rape if he forces sex on a woman who previously had sex with him or other men.
- Women also feel that if they've previously had sex with a boyfriend who later forces them to have sex against their will, it may not be considered rape.

#### **PREVENTING DATE RAPE**

##### ***As a woman, you can***

- be clear with men in your life about what, if any, sexual behavior you are comfortable with and keep talking as you get deeper into a relationship.
- not use alcohol or other drugs—they decrease your ability to take care of yourself and make sensible decisions.
- trust your gut feelings. If a place or the way your date acts makes you nervous or uneasy, leave. Always take enough money for a phone call for help.

- check out a first date or blind date with friends. Meet in and go to public places. Take public transportation or drive your own car.
- leave social events with friends not with someone you just met or don't know well.
- always watch your drink and never leave it unattended. Don't accept beverages from someone you don't know and trust.

*DATE RAPE CAN HAPPEN IN HOMOSEXUAL RELATIONSHIPS AS WELL AS HETEROSEXUAL ONES. ALTHOUGH IT IS LESS FREQUENT, MEN CAN ALSO BE THE VICTIM OF RAPE. IT IS STILL A CRIME AND THE VICTIM STILL NEEDS TO GET MEDICAL ATTENTION AND COUNSELING AS SOON AS POSSIBLE.*

##### ***As a man, you can***

- realize that forcing a woman to have sex against her will is rape, a violent crime with serious consequences.
- accept a woman's decision when she says “no.” Don't see it as a challenge.
- ask yourself how sexual stereotypes affect your attitudes and actions toward women.
- not use alcohol and other drugs—it clouds your judgment and understanding of what another person wants.
- get help if you see men involved in a gang rape.
- understand that if a woman is drunk and you have sex with her against her will, it's still rape.
- seek counseling or a support group to help you if you feel violent or aggressive toward women.