

RAPE:
Get the Facts

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CREDITS

EXECUTIVE PRODUCER

Anson W. Schloat

PRODUCER

John G. Young

CONSULTANT

Susan Xanarios
Director, Crime Victims Treatment Center
Saint Luke-Roosevelt Hospital

TEACHER'S RESOURCE BOOK

Bonnie Denmark

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RAPE: GET THE FACTS

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According to the Department of Justice National Crime Victimization Survey, more than 248,000 rapes or sexual assaults occurred in 2002. This translates into an act of rape or sexual assault almost every two minutes. The lives of rape victims are forever changed by this devastating and all-too-frequent crime. Rape is a unique crime: because it violates a person's trust and feeling of safety, the victim often suffers as profoundly during the aftermath as during the crime itself. Long after the attack, rape victims suffer from physical, psychological, social and emotional problems stemming from the assault. Although this violent and traumatic experience can happen to anyone—male or female, young or old—women are much more likely than men to experience a sexual assault, and females between the ages of 12 and 24 are the group at greatest risk.

Despite the common teenage mindset that “It will never happen to me,” teens between the ages of 16 and 19 are three-and-a-half times more likely than the general population to be victims of rape, attempted rape or sexual assault. In fact, almost half of all rape victims are under age 18. When we consider that the U.S. Department of Education reports that in one year over 4000 incidents of rape and sexual assault occurred in public schools across the country, it becomes clear how important it is for teens to grasp the seriousness of this issue.

The word “rape” often conjures up images of dangerous strangers lurking in dark alleys. However, according to the 2003 Crime Victimization Survey (U.S. Department of Justice), 70 percent of all victims are raped by someone they know—and 93 percent of juvenile sexual assault victims knew their attacker (Bureau of Justice Statistics, 2000). Acquaintance rape is extremely traumatic because a profound betrayal of trust is involved. Paradoxically, often the perpetrators do not feel they have done anything wrong, but the effects on a victim are long-term and can leave a young person's life ripped apart. Young people need to be aware that acquaintance rape, also known as “date rape,” is just as much of a crime as a sexual assault committed by a stranger.

Almost half a million rapes and sexual assaults are reported each year. This number, however, only tells a fragment of the real story. Rape is called “the most underreported violent crime in America” because most rapes are never brought to the attention of local authorities. Only one-third of rapes are reported to police (Bureau of Justice Statistics, 2002). When it comes to date rape, the official numbers are even more skewed: only an estimated five percent of date rapes are ever reported.

Certainly, feelings of shame and guilt often accompany a victim's reaction to being raped. Victims are reluctant to talk about it for fear of not being believed, being thought responsible, or reliving the experience. Greater awareness of this horrific crime will increase reporting and prosecution rates and help free victims hindered by shame and misplaced guilt. Only a shift in society's attitudes toward sex roles and gender stereotyping will lower the incidence of rape—and this shift must begin with our youth.

The video *Rape: Get the Facts* lets young viewers hear the truth about rape and correct their misconceptions. Although many rapes cannot be prevented, there are certain safety precautions that young people can take to avoid becoming a statistic. Young people of both sexes need to learn what constitutes rape, how to implement safety measures, and what they can do if they or a friend has been raped.

Further, teens need to learn about the dangers of increasingly common date rape drugs like Rohypnol and GHB. They also must recognize that having sex with someone who is drugged, intoxicated, or incapable of saying “no” constitutes rape. Young women must be educated to know their boundaries and state them clearly; young men must be taught to listen to what a woman says and not to interpret affection or sexy behavior as an invitation to sex.

It is hoped that the information provided in the video and the accompanying Teacher’s Resource Book will help our young people avoid experiencing this life-changing trauma and will motivate them to take a more active role in challenging the attitudes and behaviors that contribute to rape in our society.

After viewing the video *Rape: Get the Facts* and participating in the class activities provided in this Teacher's Resource Book, your students will be able to:

- identify and correct myths and misconceptions about rape
- understand the latest statistics about rape
- identify the emotional, physical, and social effects of rape
- understand the importance of knowing their personal boundaries and stating them clearly
- accept that no means no and that sexy dress or behavior are not to be interpreted as invitations to sex
- identify gender-role stereotypes and harmful attitudes that contribute to rape in our society
- speak up when confronted with attitudes that promote or condone sexual violence
- recognize the dangers of common date rape drugs
- understand that having sex with someone who is drugged, intoxicated, incapable of saying no, or in some manner unaware of what is happening constitutes rape
- learn stay-safe tactics and be prepared to implement them at all times
- appreciate that it is okay not to have sex
- implement refusal skills and assertion techniques
- recognize that they always have the right to say no to people who are pressuring them
- realize the importance of saying no clearly and unambiguously
- learn how to clarify mixed messages
- know how to help a friend who has been raped

The video opens with the following statistic: *Every two minutes, somewhere in America, someone is sexually assaulted.* Three young women begin their stories of having been raped. Then social worker Louise Kindrey offers this statistic: One in five women will be sexually assaulted in their lifetime. Most people are assaulted before age 18. And unfortunately, the highest percentage of sexual assaults occurs before age 11. On-screen text indicates that *78 - 90 percent of survivors know their assailant.* Furthermore, *14 percent of all victims are male.* “Rape is really a crime about power and control. It is not about sex,” claims Kindrey.

The title of the video, ***Rape: Get the Facts***, appears. Forensic physician Lorraine Giordano says, “This is a crime that cuts across all races and all classes. Most of the people that we see are young: teens, 20s, 30s.” Detective Chris Montgomery echoes the remark: “Victims of sexual assault come in all colors, all races, all ages, and certainly both sexes. Offenders don’t discriminate.”

Social worker Edwina Key states that the majority of people who are victimized in a sexual assault are women, but many men are also victims. And generally males are victimized by other men. The following statistic appears on screen: *98 percent of males who rape boys say they are heterosexual.* Ms. Key continues, “Rape is an underreported crime as it is, particularly for teenagers, so for a teenage boy to report that he has been sexually assaulted really takes a lot.”

Next we meet Don McPherson, former NFL quarterback and violence prevention educator, who asserts, “Rape and sexual assault are called a women’s issue when, in reality, it is a men’s issue. When 90 percent of the violence in our society is committed by men and boys, it is a men’s issue.”

The young women who spoke at the beginning of the video return to recount their experiences: The first looked up to see a silhouette in her doorway, “and that moment was just absolute sheer terror.” The second victim says she knew that if she didn’t have sex with the young man, he probably wouldn’t want to see her again. The third was out for a walk about one in the morning: “By the time I knew what was happening, it was too late to do anything.”

In the next segment, Former Judge Leslie Crocker Snyder answers the question, ***WHAT IS RAPE?*** She gives the following definitions: Rape is involuntary forcible sexual intercourse. Sexual assault can be rape or sodomy. Sodomy is involuntary forcible anal or oral intercourse. She concludes, “Basically, it is a violent, forcible assault.”

The three rape survivors continue telling of their horrifying ordeals. One of the victims, identified as Anne G., reflects, “I wish sometimes that I had fought back harder, done something more, but I was really afraid that he was going to kill me. He had his hand on my throat. There was really nothing I could do.” Another, Gina Cotroneo, recalls, “He’s got his hand right over my face, over my nose and mouth and I can’t breathe and I’m flailing and I’m panicking and he’s trying to grab at my face and telling me, ‘If you tell the police, I’ll kill you. If you scream, I’ll kill you.’” The other young woman, Lisa Federer, says, “I guess

he felt that since I had already said ‘yes’ in the first place, it didn’t matter what I was saying now even though I was telling him ‘no’ very clearly.”

The next segment is introduced with the question, **WHEN DOES NO REALLY MEAN NO?** Andrea Parrot, sexologist from Cornell University, says, “If she stops resisting, it is possible that she is saying, ‘Okay, I’ll do it,’ but it’s also possible that she’s so fearful and so panicked about the fact that he just won’t stop and she’s worried that he’ll hurt her or she’s worried that if she continues to resist, he’ll force her. She might not resist anymore. He continues until he gets what he wants. He thinks he got what he wants. He thinks she agreed. She feels raped.” The following statistics are shown: *17.7 million women have been the victims of rape or attempted rape. Furthermore, Up to 4,315 pregnancies may have resulted from these attacks.*

Next, students share their views. A young man named Joel says, “Sometimes when a girl says no, she actually means yes. Sometimes they don’t have the certainty in their voice, so they say ‘no, no’ when they actually do mean yes.” Another student, Gina, states, “If he doesn’t let her get up, then that’s considered rape.” Another young woman, Suzan, maintains, “If you say ‘no,’ it means ‘no,’ no matter what. Even if you’re playing around, ‘no’ means ‘no.’”

Dr. Deborah Gatins, Clinical Psychologist, appears on camera to give the following advice: You have to say ‘no,’ break off, move away, and put physical space in between yourself and the other person, so that the other person knows that you’re not being flirtatious and you’re not kidding around and you’re not indicating a “sort of no” or “I’m thinking about it” or “Give me another five minutes and I’ll mean yes.” You have to make it clear that you mean ‘no.’

In the segment that follows, **WHO’S TO BLAME?**, the three rape survivors continue their stories. Lisa Federer admits, “I thought that it was my fault, that I shouldn’t have put myself in that position, that I went to the apartment and so whatever happened was what I asked for.” Anne G. shares, “I’m still working to realize that it wasn’t my fault. When I called my parents a month later to tell them, the first thing my dad asked was, ‘Why were you out at that time of the morning? What did you expect to have happen?’ And I’ve gotten different variations on that response from different people, and it’s really hard.”

On-screen text indicates that *girls 16-19 are four times more likely than others to be victims of rape or sexual assault.* Social worker Edwina Key explains that even if you do something “stupid,” it’s not a rape-able offense because “we all have done things, particularly if we are talking about a teenage population, a college population. Of course you’re just experimenting with the world, so you’re going to do things that, no, maybe you wouldn’t do at 60, but that’s just life experience and nobody should take advantage of that.”

In the next segment, **EVIDENCE**, rape survivor Gina Cotroneo relates that her attacker told her to get into the shower and wash in order to destroy evidence. “Then he grabbed me by the hair and shoved me in my closet and left.” Viewers are informed that *61 percent of rapes/sexual assaults are not reported to police.*

Dr. Lorraine Giordano explains that her job as a forensic physician entails treating injuries of crime victims, providing emotional support for them, offering treatment and prevention for sexually transmitted diseases including HIV as well as pregnancy, and collecting evidence to be used if the case comes to trial. On-screen text reports that *Male sexual abuse survivors are twice as likely as non-victims to be HIV-positive.*

The following fact is then displayed: *With an arrest, there is an 80 percent chance of prosecution.* Gina Cotroneo reports that although no evidence was collected in the rape kit, they had the assailant’s DNA, and eventually she received a call informing her that her rapist had been caught. “The DNA was 350 million to one!” she exclaims. *With DNA evidence, six out of ten rape cases result in a match,* viewers are told.

In a dramatization, Dr. Giordano informs a patient that because she came in so soon after the assault, she could be given medication to prevent HIV. The doctor explains that it’s very unlikely that the victim will contract HIV as a result of the rape, but there is a very small chance of it.

Detective Chris Montgomery says that there are two crime scenes in a sexual assault: the victim’s body and the place where the assault took place. In a continuation of the dramatization, Dr. Giordano tells the patient that it’s good that she didn’t shower after the assault because any evidence that might be on her body is still there. Rape survivor Anne G. shares that she submitted to a full forensic exam, but felt that the evidence gathering was “almost as hard as the rape itself.” However, she wanted to do it to take care of herself and to have evidence.

Judge Snyder says that people who commit rape tend to repeat it over and over again. In fact, *46 percent of rapists released from prison are charged with another crime within three years.* Therefore, it is extraordinarily important that if anyone is the victim of a rape, sodomy, or any kind of sexual assault that they report it to the police.

In a segment called **FRIEND OR FOE?**, experts report that fewer than 30 percent of all rapes are committed by strangers. Lisa Federer speaks from experience: “I think a lot of people that go through a date rape situation feel guilty about it or blame themselves. But thinking back on it, I realize it was his choice, that he’s the one who went ahead and did it even though I said no. And I really can’t blame myself for that.” Dr. Giordano comments that she prefers the term “acquaintance rape” over “date rape.”

In the next segment, Anne G. describes her journey toward **HEALING**: “Someone from the advocacy center met me there...She was really helpful, but in the aftermath of something like that, nothing is enough. I wouldn’t go out alone at night. I wouldn’t even go out at night with someone with me, but slowly I’ve taken back some of the control from my rapist and taken back some power for myself. And by educating myself about these issues and educating other people about them, I feel that I’m gaining more control over my world and, hopefully, trying to prevent this from happening to anyone else.”

Ms. Cotroneo offers, “If this happens to you, do whatever you feel like you need to do for yourself. Just love yourself, take the best care of yourself that you can. And if it seems weird to other people, oh well. When you’ve been through a sexual assault, obviously you’ve had a basic right and choice temporarily taken from you, so other people telling you, ‘Here’s how you should act,’ isn’t all that helpful even though they have the best intentions. That’s for you to choose.”

On-screen text reads, *Each year three percent of college women experience rape or attempted rape.* Ms. Federer says she was reluctant to go for therapy “because I wasn’t like a crazy person or anything,” but she did go and found that it was very helpful. Anne G. has become involved in a program for education and discussion of sexual assault issues.

Viewers are shown the following statistics: *The average age of a rapist at the time of arrest is 31 years old.* Furthermore, *22 percent of imprisoned rapists report that they are married.* Former NFL Quarterback Don McPherson states that we have to educate men about what rape means because many do not know. There is such a thing as an “unintentional rapist”—men who don’t realize that their coercive behavior is resulting in sexual assault. He says part of the problem is that before young boys and girls are told that sexual behavior is a wonderful, loving thing, they are told that it’s dirty, immoral, and wrong. He says, “We give them these ultimatums and they don’t know how to make right decisions about healthy sexual behavior.”

A segment entitled **DRUGS AND ALCOHOL** is introduced with statistics: *Almost four in ten violent crimes involve alcohol, and 27 – 36 percent of convicted rapists were drinking at the time of the attack.* Social worker Edwina Key comments that it is not surprising that drugs and alcohol are often involved in rapes, particularly with the population most at risk (teens and college age). Dr. Giordano cautions that drugs and alcohol do impair judgment and make you more vulnerable to having an act like this committed without your consent. The scene cuts to a student named Jayson: “If you’re younger than 21, I don’t think you should wear provocative clothes, I don’t think you should drink alcohol, I don’t think you should smoke marijuana if you’re under 21—It’s not a teenage world. You should be smart. Don’t put yourself in predicaments you can’t get out of.” The following statistic is reported: *In 29 percent of assaults, victims are incapacitated by alcohol.*

Dr. Gatins returns on camera to educate viewers about the drug Rohypnol, which is known as the “date-rape drug.” Rohypnol is a tranquilizer that is ten times more powerful than Valium. It is tasteless and odorless so it can easily be slipped into your drink and you would never know. She offers the following tips to safeguard yourself against being drugged unknowingly: (1) Always pour your own drinks. (2) Try to pour from a bottle that hasn’t been opened. (3) Don’t put your drink down and go back to it. (4) Do your best to make sure that you’re the one who created the drink and it’s been with you all along.

The following statistic appears on screen: *16 percent of male college students encouraged alcohol or drugs to obtain sex.* A student shares a story about his friend, who was dating a guy she wasn’t sure about. “One night she went to a party and he slipped an Ecstasy pill into her drink. She didn’t know what happened afterwards, but she woke up in the hospital.

Another statistic is shown: *The vast majority of off-campus sexual assaults occur in bars, nightclubs, and work settings.* Don McPherson returns on camera: “We sexualize women, and then when they act sexy, you tell them they’re being slutty. We sexualize women and girls in so much of our media, in so much of what we sell young people and then we blame them for their victimization. If something should happen, we say, ‘Well, why were you dressing that way?’”

The young man named Jayson comments, “If you’re wearing provocative clothes, that’s an advertisement. You’re sort of making a statement to the crowd because clothes are a statement.” Suzan adds, “If you’re sexy, you’ll get more attention. If you’re sexy, you’ll get more guys to look at you. If you’re sexy, you’ll get more girls to look at you. You want to feel good. It’s a self-esteem thing. We really don’t have great self-esteem, so what we see in the media we think is what’s right, so we’re going to try to portray that to feel better about ourselves.” The student named Gina speculates, “I think it could get girls in trouble when they wear sexy clothes because it’s like they’re trying to get attention, and sometimes people think other things.”

In the segment called *FINAL JUSTICE*, survivor Gina Cotroneo reports that her rapist was caught a little over a year after the rape and received a life sentence. “We were allowed to confront him, and I told him that when he raped me I felt like he had taken a piece of my energy, and I just wanted my piece (of energy) back.” She moved forward and “the bailiff thought I was rushing to beat him up or something and he’s trying to restrain me and I’m shaking him off. But I reached out and I took back my energy and I could see him sag like a little balloon—and then I was done.”

Judge Snyder, who wrote the Rape Shield Law, says that in the 1970s rape victims would go into the courtroom and be subjected to a second assault, which involved defense lawyers cross examining them for hours about their prior sexual history, “so the victim became the bad guy.” The Rape Shield Law protects victims from having to testify about prior sexual conduct. On-screen text reports, *With a felony conviction, 69 percent of rapists go to prison.*

To begin the next segment, ***MOVING ON***, social worker Louise Kindrey underscores the importance of counseling. “It can make so much difference in terms of the recovery of a rape survivor.” For Ms. Federer, speaking in public about her experience was helpful. At first she was afraid of what people might think of her, but the first time she spoke a girl revealed afterwards that she had been raped by her uncle and had never told anyone about it before that moment. “It was really hard for me to get up and talk, but to know that I affected even one person made it worth it for me.”

To introduce the final segment, ***PROTECT YOURSELF***, Don McPherson claims, “We as men have to confront the culture of masculinity, the culture of men that raises young boys to be sexist and misogynists.” A student named Maxine tells the story of a girl who went to a party with her cousin. Her cousin left and the girl decided to stay, and she was raped by a bunch of boys. Maxine suggests that if you are a girl around a group of boys you don’t really know or trust, you should leave with the person you came with.

The experts then give their advice. Sexologist Andrea Parrot offers, “Listen to your instincts, listen to your gut. And if you have the feeling in your gut that says, ‘This is dangerous, this is scary, I don’t feel safe here,’ listen to that feeling and act on that feeling. Even if it hurts someone else’s feelings, that’s okay. Even if it embarrasses you, if it allows you to avoid a rape, that’s preferable.” Dr. Giordano says she would rather see a rape victim who was alive than an attempted rape victim who was shot in the back and came in as a “dead on arrival,” having tried to flee a rape. The following statistic appears on screen: *Only 39 percent of rape or sexual assault cases are reported to law enforcement officials.* Social worker Edwina Key stresses the importance of friends working together and looking out for each other to keep each other safe.

Another statistic is reported: *Last year there were approximately 248,000 victims of rape, attempted rape, or sexual assault.* Dr. Gatins suggests making sure there is somebody you can call. “If you are a high school student, I promise you that your parents, no matter how angry they are about the situation, will happily come and get you.” She urges college students to have a list of phone numbers of friends to call if they are left in a lurch.

Judge Snyder cautions, “Realize that if you consent to a certain amount of sexual behavior, it’s going to be very difficult to get someone to stop at the point you might feel you want to say no, so you need to be responsible about your own behavior, which can be difficult as a teenager.” A dramatization portrays the difficulty of extricating oneself from a situation that has already become too physical.

Dr. Gatins lists the following stay-safe tips for teenagers: (1) Say no to alcohol and drugs; they will always impair your judgment. (2) When meeting someone new for the first time, arrange to meet in a public place that is well lit. (3) If you have a cell phone, keep it with you at all times so that you can always call somebody. (4) Have a buddy system; go to

parties with a buddy and make sure you always know where the other one is at all times. (5) Trust your instincts; if you feel uncomfortable, get out.

Ms. Kindrey expresses, “Whatever a survivor does is the right thing—because they survived. That’s really true. People have an instinct when they are in danger. They do what they need to do to protect themselves at the time.”

Anne G. reveals, “I’m still working through getting to be intimate with someone again and getting to trust people again.” Ms. Federer admits she was nervous about telling her family because “I was afraid they would think I was a bad daughter or they would judge me. And they were so supportive and just worried about me. They didn’t judge me at all.” Ms. Cotroneo concludes, “You can allow yourself to see yourself as a victim or not. You can have this happen to you and not only can you live a good life, but you can live a great life.”

STUDENT ACTIVITIES

Name: _____

ACTIVITY 1A
PRE/POST TEST

1. TRUE or FALSE: Every two minutes, somewhere in America, someone is sexually assaulted. _____
2. TRUE or FALSE: The majority of all rapes are committed by strangers. _____
3. TRUE or FALSE: People who commit rape tend to repeat it over and over. _____
4. TRUE or FALSE: Rape is not about sex. It is really about power and control. _____
5. TRUE or FALSE: If you do something “stupid” like go out for a walk by yourself in the middle of the night, it can be considered a rape-able offense. _____
6. TRUE or FALSE: No means no. _____
7. TRUE or FALSE: Drugs and/or alcohol are often involved in rapes. _____
8. TRUE or FALSE: If you wear provocative clothes you are sexually promiscuous. _____
9. TRUE or FALSE: Trust your instincts. If you feel uncomfortable or unsafe in a situation you should listen to your gut and leave. _____
10. TRUE or FALSE: The Rape Shield Law protects rape victims from having to testify about their prior sexual conduct. _____

Name: _____

Answers

1. True
2. False
3. True
4. True
5. False
6. True
7. True
8. False
9. True
10. True

Name: _____

Part One:

This activity allows you to think about your personal safety. Write down your answers to the following questions:

1. Do you feel relatively safe as you go about your life?

2. What kinds of things are you afraid of? What might cause you harm?

3. Are there certain places you feel unsafe? Describe.

4. Are there certain people who cause you to feel unsafe? Describe.

5. What can you do to protect yourself?

This activity continues on the next page.

Name: _____

Part Two:

Break into small groups of four or five students, consisting of all males or all females. Discuss your answers to the questions asked in Part One. Tally your group's responses below.

1. Do you feel relatively safe as you go about your life?

Number of "yes" answers: _____ **Number of "no" answers:** _____

2. What kinds of things are you afraid of? What might cause you harm?

List the three most common answers for your group:

- a. _____
b. _____
c. _____

3. Are there certain places you feel unsafe? Describe.

List the three most common answers for your group:

- a. _____
b. _____
c. _____

4. Are there certain people who cause you to feel unsafe? Describe.

List the three most common answers for your group:

- a. _____
b. _____
c. _____

5. What can you do to protect yourself?

List the three most common answers for your group:

- a. _____
b. _____
c. _____

Using the information you tallied above, create a grid to chart male versus female responses for your class.

This activity continues on the next page.

Name: _____

Part Three:

Consider the following information:

Women learn early on that they must work at being safe. They know there are some things they cannot—or should not—do, some places they should not go. Women feel at risk because they are. They understand too well that there is no safe place, not even in the homes where they live. An alarming amount of violence is targeted at women. By U.S. Department of Justice estimates, **three out of four women** will be the victims of some kind of violence in their lifetimes. A recent National Crime Victimization Survey found that women were 16 times more likely than men to experience rape and sexual assault.

Source: No Safe Place study guide by Mary Dickson, www.pbs.org/kued/nosafeplace/

As a class, discuss how answers to the questions were different for male and female students. Did your findings support the statement above, or did you find that the males and females in your class have basically the same concerns?

Part Four:

As a class, brainstorm answers to the following questions:

1. How can students help ensure their own safety?

2. How can students help others stay safe?

For more information, please consult the *How to Reduce Your Risk* fact sheet.

Name: _____

Test your knowledge of rape by reading each of the statements below and deciding whether it is true or false. Circle “T” for True, or “F” for False.

- | | | | |
|---|---|-----|--|
| T | F | 1. | It is not rape if the people involved knew each other. |
| T | F | 2. | Most rapes can be avoided if women avoid dark alleys or other “dangerous” places where strangers might be lurking. |
| T | F | 3. | People who delay in reporting rape should not be taken too seriously because they probably made up the whole thing or are out for revenge. |
| T | F | 4. | When a woman says no, she probably does not mean it if she is dressed provocatively. |
| T | F | 5. | It is not considered rape if the people involved willingly “fooled around” first. |
| T | F | 6. | If a person is raped when she willingly goes into another person’s house, she cannot claim she was raped by that person because she should have known not to go there. |
| T | F | 7. | It is not rape if it happens after drinking alcohol or taking drugs. |
| T | F | 8. | It is not rape if the victim does not put up a fight. |
| T | F | 9. | It is not rape if no weapon was involved. |
| T | F | 10. | Only young, pretty women are raped. |

Compare your answers with the Answer Key on the next two pages.

Answer Key

All of the statements are **false**. Each of the statements below represents a common myth or misconception about rape.

1. It is not rape if the people involved knew each other.
***False.** 85 percent of the time, the victim knows her attacker. Most rapes are committed by someone the victim knows. Among victims 18 to 29, two-thirds had a prior relationship with the offender.*
2. Most rapes can be avoided if women avoid dark alleys or other “dangerous” places where strangers might be lurking.
***False.** According to FBI data, almost 70 percent of reported sexual assaults occurred in the home of the victim or someone else. So, although it’s a wise idea to avoid dark alleys and other places perceived as dangerous, it does not offer foolproof protection from rape.*
3. People who delay in reporting rape should not be taken too seriously because they probably made up the whole thing or are out for revenge.
***False.** The majority of rapes and sexual assaults* are not reported to the police for many reasons, including: It is not easy to talk about being sexually violated; re-telling the incident may cause the person to relive the trauma; the victim may fear retaliation by the offender or fear not being believed by the police; the victim may be ashamed or may not recognize the incident as a sexual assault.*
4. When a woman says no, she probably does not mean it if she is dressed provocatively.
***False.** Forcing unwanted sex on someone is sexual assault no matter how the person dresses or acts. If a person says “No” or “Stop,” it means stop. Sexual activity forced upon another without consent is a crime.*
5. It is not considered rape if the people involved willingly “fooled around” first.
***False.** Even if a person consented to engage in some sexual activity, it does not mean that he or she automatically consented to all sexual activity.*
6. If a person is raped when she willingly goes into another person’s house, she cannot claim she was raped by that person because she should have known not to go there.
***False.** Even if a person went voluntarily to someone’s home, it does not give the person license to force himself upon her sexually.*

This activity continues on the next page.

Answer Key (continued)

7. It is not rape if it happens after drinking alcohol or taking drugs.
False. Being under the influence of alcohol or other drugs does is not an invitation to engage in non-consensual sexual activity. It is a crime to deliberately use alcohol or drugs to subdue someone in order to engage in non-consensual sex.
8. It is not rape if the victim does not put up a fight.
False. Not fighting back does not equal consent. Some victims do not put up a fight for fear of angering the attacker, resulting in more severe injuries. Some people “shut down” during trauma and are unable to fight back.
9. It is not rape if no weapon was involved.
False. The absence of a weapon does not mean that the offender cannot be held criminally responsible. In cases of sexual assault, the offender often uses physical strength, physical violence, intimidation, and/or threats to overpower the victim.
10. Only young, pretty women are raped.
False. Sexual assault is not based on sex and physical attraction. Sexual assault is a crime of power and control, and offenders often choose people whom they perceive as most vulnerable or over whom they believe they can assert power. Victims can be senior citizens, children, men, boys, and persons with disabilities.

* NOTE: The U.S. Department of Justice uses the following definitions for rape vs. sexual assault.

RAPE is forced sexual intercourse, including both psychological coercion and physical force. Forced sexual intercourse means vaginal, anal or oral penetration by the offender(s). This category includes incidents where the penetration is from a foreign object such as a bottle. This definition includes attempted rapes, male and female victims, and heterosexual and homosexual rape.

SEXUAL ASSAULT includes a wide range of victimizations, distinct from rape or attempted rape. These crimes include completed or attempted attacks generally involving unwanted sexual contact between the victim and offender. Sexual assaults may or may not involve force and include such things as grabbing or fondling. Sexual assault also includes verbal threats.

Source: www.usdoj.gov/vawo/MythsfactSexualViolence

Name: _____

Read one of the books listed in the bibliography, or find another book on the subject of rape approved by your teacher.

1. Title: _____

2. Author: _____

3. Publisher and year: _____

4. What was the book about? (Write at least three sentences.)

5. List five facts that you learned from reading this book. (Write in complete sentences.)

6. Copy a quote from the book that was meaningful to you (include page number).

7. Why was this quotation meaningful to you?

8. What was your personal reaction to the book? What, if any, impact has this book had on you? Has this book changed your opinion(s) in any way?

Name: _____

Part One:

Form groups of six people or less. Cut the following sayings into strips of paper. Taking turns, each person will draw a strip of paper and speak for one minute on the topic as it pertains to sexual violence. Group members will then have 15 seconds each to comment on the topic. Make sure one topic is finished before the next person draws his or her slip of paper.

Trust your gut.	My strength is not for hurting. (“Men Can Stop Rape” slogan)
No means no.	Rape is a crime of power.
Rape...just because she was afraid to kick, scream, bite, fight, cry, scratch doesn't mean she wasn't raped. (from a poster by the Los Angeles Commission on Assaults Against Women)	Rape: when it happens to your mother, daughter, sister, girlfriend, buddy, cousin, niece, aunt, grandmother, or wife... will you say she was asking for it? (from a poster by the Los Angeles Commission on Assaults Against Women)

Part Two:

On a separate sheet of paper, write a paragraph on the topic you chose.

Name: _____

Form small groups and act out the following scenarios. After you perform your role play, discuss your responses, and determine if there was anything the person might have done to help prevent the situation from occurring? Consult these fact sheets: *If You Are Raped, How to Help a Friend* and *Date Rape Drugs*.

1

Your friend Sierra went to a party and met a cute guy named Dante. He seemed eager to get to know her. He had a flask of liquor and Sierra discovered that she liked the way it tasted. When Dante suggested that they “go someplace quiet,” she agreed. They went to a bedroom upstairs and started to fool around a little—until Dante started to unbutton her dress. When Sierra told him to stop, he pinned her hands and forced her to have sex with him. She called you about it the next day, miserable and embarrassed. She said she didn’t want to go to the police because she had been drinking and she was afraid they would think it was her fault. What advice can you give Sierra?

2

Mark spends a lot of time in a teen chat room. He met a really nice girl named Mandy. They exchanged email addresses and have been sending each other emails for a couple months. Mandy lives two hours away but says she’ll be in Mark’s town on Saturday and asks if they could meet. He suggests meeting in the park by the library because it’s easy to find. He didn’t tell his parents in case they would get mad, and he didn’t take anyone with him in case Mandy didn’t turn out to be as cute as she sounded. Mark showed up at noon as planned and waits by the monument for several minutes. To his surprise, he hears a man’s voice say his name. When he looks up, an older man takes him by the arm and says, “Mandy is waiting for you in the car. Let’s go see her.” What should Mark do?

This activity continues on the next page.

Name: _____

3

Rachel went to a party with a new friend from school. Her friend disappeared and Rachel hasn't seen her for more than an hour. She wishes she could just go home, but her friend drove. She doesn't know anyone there. The music is really loud and everyone seems buzzed. Plus there's a guy who is giving her the creeps. He was really friendly at first but he got kind of nasty when she didn't show interest in him. He made some crude comments, which she tried to ignore. Every time she has to pass by his group of friends, he turns to watch her and they laugh loudly. Suddenly Rachel doesn't feel right. She feels lightheaded, but she hasn't had anything alcoholic to drink. What if someone slipped one of those date rape drugs into her soda? She doesn't want to seem paranoid, but she knows she doesn't have long to act if that is the case. What should Rachel do?

4

You work with a girl named Susie, who is having problems with another coworker. It all started when the guy asked her out and she turned him down. He began sending her cards and flowers and didn't listen when she told him it made her uncomfortable. Then he started following Susie out to the parking lot after work and waiting in his car for her to arrive in the morning so they could take the same elevator. She told him several more times that she wasn't interested in him, but he wouldn't take no for an answer. Today Susie comes to you shaking. She shows you an envelope that was left on her car. Inside is a condom and a note that reads, "See you tonight, bitch." What can you do to help your friend?

Name: _____

The Women's Justice Center (www.justicewomen.com) offers the following:

FACT:

Though it is extremely unusual for women to lie about rape or domestic assault, it sometimes happens that a victim withholds key information or lies about peripheral aspects of the case at early police interviews. Victims may do this because they fear that police won't believe them, won't pursue the case, or will arrest them. In general, however, if the victim of a serious crime (such as rape or domestic violence) was herself in violation of a lesser crime (such as using drugs or violating her probation), police will pursue the more serious crime and ignore the victim's lesser offense. In addition, a good prosecutor can explain the reason for the lie and can usually keep it from damaging the prosecution's case.

WHAT TO DO:

- Tell your friend that victims sometimes withhold or lie about information surrounding a rape for the reasons given above. But now it's important that she go to the detective or the prosecutor on the case and tell the truth. Tell her this kind of lie rarely derails the possibility of prosecution.
- If at all possible, try to arrange an in-person meeting with the detective or prosecutor to convey this information. And try to make sure that when she goes to this meeting that you or another good friend will accompany her.

copyright Marie De Santis, Women's Justice Center, www.justicewomen.com

If you are raped, first tell the authorities the whole truth even if you are afraid that some parts of the story will make you look bad. Prosecuting the attacker is one of the most therapeutic things a person can do to help her work through the trauma of a rape.

If your friend has been raped, listen and be supportive. Offer to go with her as she talks to police or goes to the hospital. Rape is a serious crime which can cause severe physical injury and long-lasting emotional devastation. Most rape victims actually consider suicide. Do tell an adult that you trust. Do not tell other friends. Leave that up to the victim.

Name: _____

Young people can take precautionary measures to avoid becoming victims of rape, but ultimately, only a shift in society's attitudes toward sex roles and gender stereotyping will lower the incidence of rape in any significant degree.

1. Consider the following statement from a young man.

She claims I raped her, but she's just saying that because she's mad that I want to see other people. Yeah, we had sex and she said she didn't want to, but she doesn't always say what she means. You know how girls can say "no" when they really mean "yes." They just want you to try harder to conquer them. I think it was just a show that she was acting all scared. I believe she was struggling because she saw how it was really turning me on. She was just playing hard to get when she kept telling me "No" and "Stop." I mean, we had sex before so it's not like it could be called rape anyway. She shouldn't have been wearing such a low-cut blouse if she didn't want to do it. I told her that she was getting me all hot by dressing that way and that I wasn't going to be able to stop myself. I was kind of buzzed so there's no way I was going to be put off.

2. In small groups, address the attitudes conveyed by his statement that could promote sexual violence. What is wrong with the young man's take on the situation? Can you spot fallacies in his thinking? What harmful stereotypes did he express? What did he need to understand and do differently?
3. On a separate sheet, make a list of fallacies in his thinking, harmful attitudes and stereotypes, and things he needed to do differently to avoid a bad situation. Refer to the *Acquaintance Rape* fact sheet and the *Especially for Men* fact sheet as you make your list.
4. Compare your list with the rest of the class.

This activity continues on the next page.

Name: _____

5. How many of the following points did your class come up with?
- He was treating the girl as an object. Her feelings and wishes didn't matter to him.
 - It is important to listen to the person you're with. If things are unclear, stop and clarify to make sure you understand each other.
 - Some boys expect that a girl wants sex as much as they do. Open, honest communication can help you discover what she really wants.
 - He doesn't seem to view girls as equals but just as being there to please him.
 - He doesn't realize that no means no. He needs to understand that women can say no and mean it. It is not a reflection on his manhood.
 - He didn't realize that everyone is responsible for his or her actions whether sober or not.
 - No matter how a woman dresses or behaves, she does not deserve to have her body used in ways she does not want. A woman who dresses sexy is wanting appreciation of her attractiveness—she is not inviting rape.
 - It's never okay to force yourself on a woman even if you've had sex with her before.
 - It's never okay to force yourself on a woman even if you think women enjoy being forced to have sex or want to be persuaded.
 - Sexual excitement does not justify forced sex.
 - Rape is a crime of violence. It is illegal. It is never okay.

Name: _____

Can you name three things that can be done to prevent rape?

Most people would be tempted to offer suggestions such as “stay out of dark alleys,” “travel in groups,” “lock your doors and windows,” etc. While taking safety precautions such as these is wise and may help you avoid an attack in individual instances, these measures restrict victims’ lives but do little to change a rapist’s mindset.

For true protection against rape, there must be fundamental changes to the way women are viewed in society. “It is sexism and the inequalities between males and females that drive rape,” claims Marie De Santis, director of the Women’s Justice Center. The way to lower the incidence of rape is to protest degrading and discriminatory treatment of women and girls.

Examine cultural expectations of males and females. How are males taught that they are entitled to dominate women? Answer the following questions:

- | | | | |
|----|---|---|---|
| 1. | Should girls be expected to do more housework than boys? | Y | N |
| 2. | Should girls have an earlier curfew than boys? | Y | N |
| 3. | Is it a female’s place to raise the kids, to please the male, to do the cooking and cleaning? | Y | N |

A “yes” answer to the above questions may send the message that girls are supposed to serve boys and that boys can do what they wish, while girls must have their freedom restricted or pay the price. As boys get older, they may believe that girls must serve them sexually too, that girls do not have a right to equal respect.

Examine the media. In what ways do you think the media is helping to MAINTAIN certain stereotypes? Or BREAK them? What stereotypes can you point to in songs, music videos, movies, television shows, or advertisements that could be construed as gender-role stereotypes that are harmful to women? Have you heard song lyrics where women are called names or referred to in degrading terms? Share examples with the class.

What can you do? When sexes are not thought of as equals, sexual violence is often perpetuated. Examine your own beliefs to see if they are fair, equal, and respectful. Reject stereotypes that teach men to regard women as sex objects, and speak up if girls are not treated fairly and equally in the home or at school. All people deserve to be respected. By respecting others and speaking out when others are treated disrespectfully, you can make a difference.

Name: _____

Help your peers understand the dangers and impact of rape. Work in groups to plan a presentation to give to another class about rape. Include the following in your presentation:

- What are the latest statistics on rape in the United States?
- What is the difference between stranger rape and acquaintance (or date) rape?
- What are some of the common myths and misconceptions about rape?
- What can students do to keep from becoming *victims* of rape?
- What can students do to keep from becoming *perpetrators* of rape?
- What should a person do if he or she has been sexually assaulted?
- How do gender stereotypes contribute to the incidence of rape?
What should students do when they hear others use sexist language and make degrading jokes about women?

For your class presentation, you should:

create a slogan and make a poster for
your rape awareness campaign

OR

prepare a handout/brochure with safety tips,
places to get more information about rape,
and contact information for a rape crisis center near you.

Name: _____

Part One:

Answer the following questions about the common “date rape drugs” Rohypnol, GHB and ketamine. Refer to Fact Sheet 9 for information about the drugs.

1. Why are Rohypnol, GHB and ketamine considered “drugs of choice” for sexual predators?

2. What are some symptoms of being under the influence of one of these drugs?

3. What can a young person do if she suspects she has been drugged and sexually assaulted?

Part Two:

Make a list of things people can do to protect themselves when going out. Be specific. Try to come up with suggestions that you and your classmates can follow, the next time you’re at a party.

After you develop your list of ways to protect yourself, compare notes with your classmates. Consider creating a school-wide campaign of posters to inform others about the dangers of date rape drugs.

FACT SHEETS

Name: _____

Rape is a violent, traumatic crime that can happen to anyone: young or old, male or female. It is motivated by the need to control, humiliate and harm. Rapists use sex as a weapon to dominate others. This fact sheet provides you with the basics about rape.

Statistics

The Center for Disease Control's National Center for Injury Prevention and Control cite the following statistics (www.cdc.gov/ncipc/factsheets/syfacts 4/17/04):

- One in six women and one in 33 men have experienced an attempted or completed rape.
- Women are 16 times more likely than men to experience rape and sexual assault.
- Females ages 12 to 24 are at greatest risk of being raped.
- Girls 16 to 19 are three-and-a-half to four times more likely than the general population to be victims of rape, attempted rape or sexual assault.
- More than half of all rapes occur before age 18.
- 23 percent of all sexual offenders are under the age of 18.
- Fewer than half of all rapes and sexual assaults are reported to the police.
- In one year over 4,000 incidents of rape and sexual assault occurred in public schools across the country.
- According to FBI data, almost 70 percent of reported sexual assault occurred in the home of the victim or someone else. So although it's a wise idea to avoid dark alleys and other places perceived as dangerous, it does not offer foolproof protection from rape.

Male Victims

It is estimated that one in six boys will be sexually assaulted before age 18 and that nearly 93,000 men are forcibly raped each year in the United States. Many people mistakenly believe that men should be able to prevent the assault by putting up a fight. No rape victim, male or female, gay or straight, should be judged for failure to stop an assault. Some people also believe that if the victim is homosexual or had an erection during the assault, he enjoyed it. No one asks to be raped! It is important to understand that sexual response is automatic and not within the victim's control—just because the body reacted sexually does not mean he enjoyed the abuse. (www.pcar.org)

This fact sheet is continued on the next page.

Name: _____

Effects of Rape

- **Physical:** physical injury, sleeplessness, disturbed eating patterns, chronic pelvic pain, premenstrual syndrome, gastrointestinal disorders, sexually transmitted diseases and a variety of chronic pain disorders, including headache, back pain and facial pain.
- **Psychological/emotional:** lost sense of safety, feelings of powerlessness, feelings of numbness, disbelief, anxiety, guilt, nervousness, hopelessness, fear, depression, nightmares, anger, grief, shame, rage, humiliation, phobias and suicidal feelings.
- **Behavioral:** increased risk of substance abuse, withdrawing from people, being jittery and easily frightened, fear of sex, difficulty concentrating, restlessness and not wanting to be alone.

Name: _____

The word “rape” often conjures up images of dangerous strangers lurking in dark alleys. However, statistics indicate that you are more likely to be assaulted by someone you know—a friend, date, classmate, neighbor or relative. “Date Rape” or “Acquaintance Rape” (also known as “Non-Stranger Rape”) happens when someone the victim knows insists on sexual activity, will not take no for an answer and ultimately forces sex by making threats or overpowering the victim. Acquaintance rape is very traumatic because a betrayal of trust is involved.

- Non-stranger rape is just as much of a crime as a sexual assault committed by a stranger.
- Acquaintance rape is more common than left-handedness, heart attacks or alcoholism.
- According to the 2003 Crime Victimization Survey (U.S. Department of Justice), 70 percent of all victims are raped by someone they know—and 93 percent of juvenile sexual assault victims knew their attacker (Bureau of Justice Statistics, 2000).
- The majority of victims are between 15 and 25 years old.
- Effects on a victim are long-term and can leave a young person’s life ripped apart.
- Among college women, nine out of ten offenders in attempted or completed rapes were known to the victim. Most often, an ex-boyfriend, classmate, friend, acquaintance or co-worker sexually victimized the women.
- Only five percent of date rapes are ever reported.
- Acquaintance rape often results from misunderstood sex role behaviors and/or communication styles. If you think you are getting mixed messages, ask.
- Often perpetrators don’t feel they have done anything wrong. They may have ideas such as, “She really wanted it, but just didn’t want to admit it,” “Girls say no when they really mean yes,” “She wouldn’t have gone out with me if she didn’t intend to have sex,” or “I deserved something for spending all that money on her.”

This fact sheet is continued on the next page.

Name: _____

- Forcing unwanted sex on someone is a serious crime no matter how the person dresses or acts. If a person says “No” or “Stop” it means stop.
- Even if a person consented to engage in some sexual activity, it does not automatically imply consent to all sexual activity.
- It does not matter whether there is a current or past relationship between the victim and the offender. Even if the person has agreed to have sex with you in the past, it does not give you automatic rights to that person’s body.
- Even if the person has gone voluntarily to your home, you do not have license to force sex upon the person.
- It is a criminal offense to deliberately use alcohol to subdue someone in order to engage in non-consensual sex. Although alcohol does not give the offender an excuse to commit a sex crime, it can make the offender and/or victim feel more relaxed, thus placing them in a situation that they normally would avoid.
- Drugs and alcohol are the number one factor that leads to non-stranger rape. Many victims say that their ability to react was impaired because they were drinking or taking drugs, or that their date had been drinking and became sexually aggressive.
- Acquaintance rape on college campuses involves male perpetrators under the influence of alcohol or drugs 75 percent of the time. Over 50 percent of women victims reported being intoxicated or “mildly buzzed.”

Name: _____

HOW TO REDUCE YOUR RISK (FOR WOMEN)

The tips below were designed to help young women learn how to reduce their risk of becoming a victim of rape.

1. Practice basic safety. Be aware of your surroundings and have body language that says, “Don’t mess with me.” Rapists look for victims who are vulnerable: those who are alone, in isolated places or those who leave doors or windows unlocked.
2. Know your boundaries: *physical boundaries* define the comfortable space between you and another person and *emotional boundaries* determine how you let others treat you. If you let a person know that a behavior is bothering you and he persists, he is invading your boundaries. Remove yourself from the situation.
3. Do not assume you and another person want to express affection in the same ways or have the same limits. Know your sexual limits and communicate them firmly and directly. Don’t assume that your date will automatically know how you feel or will eventually get the message without your having to tell him directly.
4. Remember that some guys think that drinking alcohol, dressing attractively or agreeing to go out on a date are signs that you are willing to have sex. Be especially careful to clearly communicate your limits and intentions in such situations.
5. Do not give mixed messages. You have the right to say “no” to unwanted sexual contact. If you say “no,” say it like you mean it. Don’t say “stop” but then resume kissing a few minutes later.
6. Attend large parties with friends you can trust, and agree that you’ll look out for one another.
7. Try to leave a party, concert, game or other social occasion with a group instead of alone or with someone you just met or don’t know very well.
8. Listen to your gut feelings. When a situation just doesn’t feel right, get to a safe place. Better to live through a few minutes of embarrassment than to be sexually assaulted.
9. Understand the power of your voice. If you feel that you are in danger, shout or scream to draw attention to the situation. Commands like “No!” “Go away!” or “Back off!” are excellent attention-getters if you feel threatened.
10. Don’t be afraid to make waves if you are being pressured into sexual activity. You have the right to resist—shout, scream, scratch or kick.

This fact sheet is continued on the next page.

Name: _____

HOW TO REDUCE YOUR RISK (FOR WOMEN)

11. Take martial arts. Self-defense training can may you more confident and improve your physical strength. Training is effective, but it takes continuous practice and is not a substitute for common sense and awareness.
12. Be careful not to let alcohol or other drugs decrease your ability to take care of yourself and make sensible decisions.
13. Check out a first date or a blind date with friends. Insist on going to a public place like a movie, sporting event or restaurant. Carry money for a phone call and taxi, or take your own car.
14. Pay attention to warning signs that indicate a person might harm you: a disrespectful or dominating attitude toward you, extreme jealousy, unnecessary physical roughness and/or abusive behavior. Be wary of anyone who puts you down, tries to control how you dress or your choice of friends, insists on calling the shots or pressures you into activities you don't want to do—he may do the same thing when it comes to sex.

Source: Rape Treatment Center, Santa Monica Medical Center, Santa Monica, CA

Name: _____

Sometimes saying “No” will not stop an attack. Listed below are several ways you can react in a sexually violent situation. Thinking about what you would do before an assault ever happens can be your best self-defense strategy.

- Act immediately. Trust your intuition and get away if possible. Don’t give in to a person’s sexual demands in the hope that you can divert him/her later on.
- Stay calm. Try to think clearly about all your options. Your brain is your best weapon.
- Passive resistance. Try to discourage the attacker by talking. Persuade him/her not to commit the assault by making him see you as a friend.
- Active resistance. If you are not afraid to hurt someone, fight, bite, hit, kick, scream or punch as hard as you can—this gives you the opportunity to escape. However, fighting back may anger the attacker and cause him/her to attack more brutally. When women fight back, their odds of being raped are cut in half, while their odds of being injured are raised by ten percent.
- Submitting. Do whatever you have to in order to keep yourself safe. If you feel your life is in danger, your best option may be to submit. Submitting does not mean you consented. The assault is not your fault.
- Never get in a car with a would-be attacker. Give the fight your all at the point the person is trying to take you away. Do everything to avoid being taken to another location.
- Above all, the most important thing is to survive the attack, whether it means fighting or submitting.

Source: *Pennsylvania Coalition Against Rape*
(www.pcar.org/about_sa/stop.html)

Name: _____

1. Not having sex does not mean you are not a “real man.” It is okay not to “score” on a date.
2. A woman who turns you down for sex is not necessarily rejecting you as a person.
3. No one asks to be raped. A woman does not deserve to have her body used in a way she does not want even if:
 - you think she was teasing you and leading you on
 - she was dressing sexy, flirting or showing you affection
 - you think women enjoy being forced to have sex or want to be persuaded
 - she is under the influence of drugs or alcohol
 - you’ve had sex with her before
4. If you are getting a mixed message from a woman, clarify what she wants.
5. Don’t fall for the common stereotype that when a woman says “no” she really means “yes.” If a woman tells you she doesn’t want sexual contact, believe her. Don’t see it as a challenge. If you do not accept a woman’s “no,” even if she says it shyly, you might risk raping someone whom you thought meant “yes.”
6. There is no such thing as a woman “owing” you sex no matter how much money or time you spend on her. A human being is not for sale.
7. Your desires may be beyond your control, but your actions are within your control. Sexual excitement does not justify forced sex. Realize that forcing a woman to have sex against her will is rape, a violent crime with serious consequences. In addition to serving time in prison or the youth authority, a rapist must register as a sex offender for the rest of his life and must inform potential employers of this.
8. Be aware that having sex with someone who is mentally or physically incapable of giving consent is legally defined as rape. If you have sex with a woman who is drugged, intoxicated, passed out, incapable of saying no or unaware of what is happening around her, you can be charged with the crime of rape.
9. In group situations, be prepared to resist pressure from friends to participate in violent or criminal acts. It is never okay to perform an undesirable, unethical, immoral or illegal act just because you think your friends will think better of you. Never be drawn into a gang rape—at parties, fraternities, bars or after sporting events.

This fact sheet continues on the next page.

Name: _____

10. Get involved. If you see a male friend using pressure or force with a woman, don't be afraid to intervene. You may save the woman from the trauma of the sexual assault and your friend from the ordeal of criminal prosecution.
11. To help stop rape, speak up when you hear others use sexist language and make degrading jokes about women.
12. The next time you see someone demeaning a girl, speak up. Being grabbed in private places, being brushed against, and having body parts commented on disrespects and demeans women.
13. Think of girls as people rather than as objects. Reject stereotypes that teach you to regard women as sex objects.
14. Ask yourself how sexual stereotypes affect your attitudes and actions toward women. Don't buy into sexist stereotypes of men or women. When sexes are not thought of as equals, this thinking perpetuates sexual violence.
15. Recognize that degrading images of women in the media are linked to violence against women.
16. Avoid clouding your judgment and understanding of what another person wants by using alcohol and other drugs. The fact that you were intoxicated is not a legal defense for rape. You are responsible for your actions, whether sober or not.
17. Seek counseling or a support group to help you deal with feelings of violence and aggression against women.

Note: Men can be victims of rape and have the same rights to counseling and legal actions as women do.

Sources: Rape Treatment Center, Santa Monica Hospital Medical Center ([Rape 101.com/handouts/for_men_about_rape.htm](http://Rape.101.com/handouts/for_men_about_rape.htm))

Name: _____

1. DO get to a safe place away from your attacker.
2. DO ask for help from the first friendly person you meet.
3. DO call the police. Use the emergency number. Give your location and tell them you were raped.
4. DO write down as many facts as you can remember about your attacker: clothes, height, weight, age, skin color or scars. Try to remember details about his car, voice, which way he went.
5. DON'T wash or douche before the medical exam—this can destroy important evidence.
6. DON'T change your clothes. Bring a clean set of clothes to the hospital with you if you can.
7. DO see a doctor as soon as possible, even if you do not want to report the rape to the police. Make sure you are checked for pregnancy and sexually-transmitted diseases.
8. DO show the doctor any bruises or scratches that occurred during the attack. The doctor will give you a complete exam, including a pelvic exam.
9. DO tell the police exactly what happened. Try not to get flustered. Be honest and stick to your story.
10. DO have a friend or relative accompany you to the doctor or hospital for emotional support.
11. DO call a 24-hour hotline if you need help or have questions. Look under "Rape Crisis Center" in your telephone directory.
12. DO get counseling to help deal with the emotional trauma caused by rape.
13. DON'T feel guilty, don't isolate yourself, and don't try to ignore it. Rape is a crime that should be reported.

Remember: Reporting a rape to the police is NOT the same as pressing charges against an accused rapist.

Adapted from WOAR (Women Organized Against Rape) pamphlet

Name: _____

Here are some things you should keep in mind when helping a friend who has been raped.

- Be a good listener. You may be the first one she tells about the rape.
- Believe her. Other people may doubt her or even blame her.
- Provide a warm and trusting environment so she feels comfortable telling you what happened. Many victims don't tell anyone they've been raped perhaps because of overreactions or being blamed.
- Let her know she's not to blame. No one deserves to be raped, no matter what the circumstances.
- Be supportive. Keep in mind that she really needs a friend.
- Offer comfort and support. Offer to go with her to the hospital, police station, or counseling center.
- Read a book about surviving rape, e.g. I Never Called It Rape by Robin Warshaw. See the *Bibliography* fact sheet for other books.
- If you are not sure how to help your friend, get some advice from a rape counselor.

Name: _____

DO avoid using drugs or alcohol or being with others who are drinking or using drugs.

DO travel with other students, especially if you are on a sports team or in a club.

DO find out if your school or community has special transportation for students involved in extra-curricular activities.

DO lock your car doors and windows.

DO Take the best lit, most populated route when you walk at night, even if you have a choice of a more direct route.

DO find out if your school has a women's center, a 24-hour crisis hotline, or a counseling service.

DO learn about your school's procedures for dealing with theft or assault.



DON'T go out at night with people you don't know—especially if you are alone.

DON'T enter your car until you have looked inside at the front and back seats.

DON'T prop open the school's entrance doors. It makes the entire school more vulnerable to strangers.

DON'T leave the school building until you know where you are going and how you will get there.

DON'T underestimate the value of the "buddy system." It is important for friends to look out for each other.

Name: _____

The use of drugs to commit sexual assaults is on the rise. Besides alcohol, the most common date rape drugs are Rohypnol, GHB and ketamine. These predator drugs are largely colorless, tasteless and odorless and can be slipped into someone's drink without notice. They act rapidly, cause one to lose one's inhibitions, cause muscles to relax and produce amnesia so the victim will not remember events that occur while under the influence of the drug.

Rohypnol

A central nervous system depressant ten times more potent than Valium, Rohypnol produces impaired memory, loss of judgment, drowsiness, visual disturbance, confusion, dizziness, muscle relaxation, slowing of psychomotor response, respiratory depression, and amnesia. The victim may feel intoxicated and eventually may lose consciousness. Rohypnol is colorless, odorless, and tasteless and dissolves in liquid without leaving any traces. Effects begin 15-30 minutes after ingestion, reach their peak within one to two hours, and continue for approximately eight hours. When combined with other drugs, the effects may persist for 24 hours. When added to alcohol it produces disinhibition and amnesia. Rohypnol can be detected in the blood for 24 hours and in the urine for 48 hours. Common street names for the drug include *Roachies, La Rocha, Roche, Rope, Roofies, Ruffles, Mexican Valium, Forget-Me Pill, Mind Erasers, Stupifi, Shays, Rib, R2, and Roach 2.*

GHB (Gamma Hydroxy Butyrate)

GHB is a depressant with anesthetic qualities. It gives a feeling of relaxation, tranquility, sensuality, and loss of inhibitions (especially for women). It can cause deep unresponsive sleep, nausea, convulsions, amnesia, and loss of consciousness. It tastes slightly salty but is colorless and odorless and dissolves in liquid. It takes effect 10-15 minutes after ingestion and lasts 2-3 hours, unless combined with alcohol, in which case the effect may last 20-30 hours. When mixed with alcohol, GHB can cause the central nervous system to shut down and can result in coma or even death. Large doses can induce sudden sleep within 5-10 minutes. Common street names for the drug include *Liquid Ecstasy, Liquid X, Scoop, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Max, and G.*

Ketamine

A fast-acting general anesthetic that is used as an animal tranquilizer, ketamine can distort sense of balance, time, judgment and ability to communicate. Effects include blurred vision, numbness, disorientation, trembling, hallucinations, amnesia, convulsions, respiratory depression, and loss of consciousness. It can cause a feeling where the mind seems separated from the body. Ketamine comes in a liquid, a tablet, or a powder that can be snorted, mixed into drinks, or smoked. The effects last from one to six hours. Users generally don't fully recover from the drug for 48 hours. Common street names for the drug include *K, Special K, Vitamin K, Ket, Kit Kat, Cat Valium, Purple, and Super C.*

Name: _____

Tips for Staying Safe and Avoiding Date Rape Drugs at Parties

- Do not drink from punch bowls at parties.
- If you hear someone joking about date rape drugs, leave the party.
- Use the “buddy system.” Agree with one or more friends that you will keep an eye on each other.
- Be aware if people seem more intoxicated than their alcohol consumption should warrant or if you feel you are becoming severely intoxicated after only one or two drinks.
- If you feel woozy, have a friend get you home immediately or call your parents to come and get you.
- Do not accept a drink that you don’t see being made.
- Do not accept a drink from someone you don’t know or trust.
- If your drink is left unattended, throw it out.
- If your drink tastes salty or soapy or has particles in it, throw it out.
- Only drink from a can or bottle that you have opened yourself.
- Listen for the “fizz” on twist-off bottles. If the bottle opens too easily, get a new one.
- Do not share or exchange drinks.
- If you are in a conversation where your attention may be averted, put your hand over your drink.
- Beware if someone wants you to go outside for fresh air, especially if it is someone you have just met.

This fact sheet continues on the next page.

Name: _____

If you suspect you have been drugged and/or sexually assaulted:

- Go to the police station or hospital right away.
- Try not to urinate before getting help.
- To preserve evidence, don't douche, bathe or change clothes before getting help.
- When possible, save the glass or the beverage in which the drug was dissolved for testing.
- You can contact your local rape crisis center or law enforcement agency for drug testing and resource information. Most substances can be detected through appropriate drug testing, usually through a simple urine test. The findings of such tests can provide valuable evidence in a court of law. The sooner you get tested, the better chance you have of finding evidence of drugs in your system.

*Sources: McKinley Health Center, University of Illinois at Urbana-Champaign
(www.mckinley.uiuc.edu/health-info)*

National Institute on Drug Abuse (www.drugabuse.gov)

The National Women's Health Information Center (www.4woman.gov)

Name: _____

Men Can Stop Rape

www.mencanstoprape.org

Phone (202) 265-6530

Rape, Abuse, and Incest National Network (RAINN)

www.rainn.org

1 800 656-HOPE

A toll-free 24-hour-a day, 7-day-a-week national hotline for victims of sexual assault. You will be automatically routed to a rape crisis center in your area.

National Center for Victims of Crime

www.ncvc.org

Phone: (800) 394-2255

National Coalition Against Sexual Assault

125 N. Enola Dr.

Enola, PA 17025

Phone: (717) 728-9781

Mon. – Fri. 9 a.m. to 5 p.m.

Free nationwide information. Provides information about sexual assault and offers referrals to rape crisis centers in your local area.

U.S. Department of Justice—Violence Against Women Office

A listing by state of resource centers for sexual assault can be found at

www.ojp.usdoj.gov/vawo/state.htm

Women’s Health Information Center

www.4woman.gov

Phone: (800) 994-WOMAN

World Wide Web Virtual Library: Men and Rape, Sexual Abuse

www.vix.com/pub/men/abuse.abuse.html

A hypertext page with links to listings of information and resources for survivors of rape or sexual abuse.

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<i>Sexual Harassment Folding Display</i>	folding display
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