

40. If a woman seeks medical care right away, a health care provider can prescribe medication that will prevent her from becoming pregnant.

41. A person who is raped may need to be checked for sexually transmitted infections.

42. **Date and acquaintance rape is illegal.**

43. People who have been raped by someone they know have the same legal options as those raped by a stranger.

44. The decision to press charges is very personal. It may help the victim feel more in control.

45. Some people decide not to press charges. They may not want to go through a trial or have other people know about the rape.

46. People who rape rarely do so only once. Pressing charges may help stop someone from raping again.

47. If someone tells you she or he has been raped, the best thing you can do is to listen and be supportive.

48. Believing the victim is one of the most important ways you can be supportive.

49. No one wants to be raped. No one asks to be raped.

50. **Rape is never the victim's fault. Never.**



Everyone Needs to Know About Date Rape.

Women and men need to know the facts about date and acquaintance rape. If you or someone you know has been raped, get help as soon as possible. Tell a trusted friend or relative, contact your local rape crisis center or call the police. Or call RAINN – a free and confidential hotline for victims of sexual assault: 1-800-656-HOPE. For more information, visit www.rainn.org on the Internet.

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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GET THE FACTS

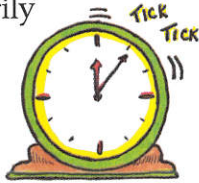
50 Things Everyone Should Know About Date and Acquaintance Rape



PROTECT YOURSELF

50 Things Everyone Should Know About Date and Acquaintance Rape

1. Date rape is when someone you have been dating forces you to have sex.
2. Date rape can happen the first time people go out together. It can happen after they have been dating for a while.
3. Acquaintance rape is when someone you know but are not necessarily dating rapes you.
4. **In the U.S., a rape occurs every 8 minutes.**
5. About 66 percent of all rapes are by someone the person knows – a friend, boyfriend, relative or other acquaintance.
6. An attacker may use physical force or a weapon.
7. **Even if the person doesn't use physical force, it can still be rape.**
8. Many date rapes don't involve weapons.
9. If someone threatens another person in order to have sex, it is rape.
10. If someone doesn't take no for an answer, it is rape.
11. **Everyone has the right to say no to sex at any time.**
12. You have the right to say no if you have been kissing or if you are dressed in sexy clothes.
13. You have the right to say no even if you have had sex with this person before.
14. **No always means no.**



15. **If you are the person being told no, you need to respect it.**
16. If you don't know what your partner wants, it is your responsibility to stop and ask.
17. If your partner is unclear or says no and you try to talk her or him into having sex, it could turn into a rape.
18. A man's size and physical presence may scare a woman without him realizing it. She may not say no if she is afraid she may be hurt.
19. Sexual excitement does not justify forced sex.
20. **Date rape is not an act of passion. It is a crime of violence.**
21. Date rape is not about miscommunication. It is about power and control.
22. Alcohol and other drugs often play a part in date rape.
23. Having sex with someone who is too drunk or high to say no is rape.
24. **The most common date rape drug is alcohol.**
25. Other drugs that are sometimes used as date rape drugs include GHB (liquid Ecstasy), Rohypnol (roofies) and ketamine (special K).
26. Not drinking alcohol and not using drugs may help you stay safer.
27. Men can be raped. About ten percent of rape victims are male.
28. **Trust your instincts. If someone does not listen to you or makes you feel uncomfortable, you may be in danger.**

NO = NO



29. If you are going on a date with someone you do not know well, meet in a public place.
30. **If someone is pushing you to have sex when you don't want to, say no clearly.**
31. Move away from the person. Yell for help.
32. If you can, get away.
33. Sometimes it's not safe to resist a rape. The rape is still not your fault.
34. Rape is emotionally devastating.
35. A person who is raped by someone she or he knows may have a hard time trusting other people.
36. **If you are raped, get help right away.**
37. Tell a trusted friend or family member.
38. Call a rape crisis line. You will get help with your feelings and find out where to go for medical care.
39. **See a doctor immediately, before you take a shower.**

