



## FACT SHEET

### TOOL KIT FOR TEEN CARE, SECOND EDITION

# ACQUAINTANCE AND DATE RAPE

## What is rape or sexual assault?

- Any genital, oral, or anal penetration without consent (permission) is rape. Rape is a crime. Nothing a person does justifies being raped. Inappropriate touching also is not acceptable.

## What is acquaintance or date rape?

- Acquaintance rape is attempted or completed sexual contact without the victim's consent by someone she knows. If someone she is dating forces her to have sex, it's called "date rape." The offender might use physical force or threats. The use of alcohol or drugs voluntarily or involuntarily often comes before rape.

## Who, where, and how often does rape happen to teens?

- One in fifteen U.S. women between the ages of 12 years and 17 years are reported as rape victims.
- Most victims know the offender.
- Seniors in high school or first-year college students are most likely to experience acquaintance or date rape.
- On college campuses, 80% of rapes are committed by someone known by the victim, and half occur during a date.
- Girls who have been sexually abused in the past are more likely than those who have not to experience acquaintance or date rape.
- Most acquaintance and date rapes occur in an apartment or private home, in dormitories or in parked cars.
- Rape is twice as likely to happen where the boy lives than where the girl lives.
- Boys also can be victims of rape. They can be raped by women or by men.

## What about drugs and alcohol?

- Alcohol or drug use increases the risk of sexual assault for girls and violent behavior among boys and girls.
- Rohypnol ("roofies," "forget pill") and  $\gamma$ -hydroxybutyrate ("GHB," "liquid X," "g-juice") are sometimes called date rape drugs. They are odorless and tasteless. Rohypnol is now colored. Drinks containing it may turn blue. These drugs are hypnotic (reduces sense of control) and can create amnesia (loss of memory).

## What should you do if you or someone you know is a victim of rape?

- Get to a safe place immediately. If at all possible, let a parent or adult know.
- Get medical help right away. Most emergency rooms are prepared.
- Call the police, your local rape crisis hotline, or both.
- Keep evidence of rape.
  - Do not wash hands, bathe, douche, brush teeth, smoke, or drink anything.
  - Do not urinate if there is a chance of having been drugged. If you must urinate, collect urine in a clean container and save for the police.
  - Do not change clothes or bed sheets.
  - Do not wash any clothes or other items that may be used as evidence.
  - You should insist that evidence be collected with a standardized rape kit and a urine test be performed to check for date rape drugs. It is important to ask for treatment to prevent pregnancy (emergency contraception) and sexually transmitted diseases.

## What reactions may follow rape?

- Different people feel and act in different ways.
- Some common reactions are feelings of guilt, shame, shock, worthlessness, anger, fear, depression, and helplessness. Do not keep your feelings to yourself. Seek an adult or professional to speak openly about your feelings.





- Some survivors report lack of concentration, nightmares, sleeplessness, excessive crying, and sexual problems.
- Others report frequent pelvic pain, headaches, premenstrual syndrome, and gastrointestinal symptoms.
- More than one third of the females who have been raped have thoughts about suicide.
- Medical care and group counseling often are helpful in physical and emotional healing.

### How can you reduce your risk of acquaintance or date rape?

- Be aware of and avoid situations that might put you at risk for unwanted sex.
  - Avoid being alone (ie, at parties, after dark, and in unfamiliar places).
  - Limit alcohol use. Be aware and alert of people who may try to get you drunk or high.
  - Never leave your drink unattended.
  - Avoid drinking anything that has not been opened in front of you.
  - Avoid drinking anything blue.
  - Never leave a party with or accept a ride from someone you do not know well. To avoid this, it may be helpful for you to make a deal with your parent(s), similar to the Students Against Destructive Decisions (SADD) agreement, for a ride home (with no questions asked if you feel like you are in a difficult situation). This contract is designed to encourage communication between young people and their parents about destructive decisions related to alcohol, drugs, peer pressure, and behavior.
- Always go to parties with a friend and check in on each other during the party. Never leave without your friend.
- Trust your feelings. If you feel scared or something feels wrong, it probably is.
- Be assertive. Speak up. Get mad. Make a scene.
- Talk to your friends and dates about sexual assault. Help them stay safe.
- Support friends who have been raped.
- Avoid sexual activity that makes you uncomfortable.
  - Set sexual limits and tell the partner or friend what those limits are.
  - Reject unwanted attention. If you feel uncomfortable with the way you are being touched, you should move away and say, “Stop doing that!”
- — Realize it's okay to be in a guy's house or car without this meaning you agreed to have sex.
- — Know that it's okay to have dinner or go to a movie without “owing” him anything in return.
- Protect yourself by staying out of situations where you would not be in control.

### For More Information

We have provided information on the following organizations and web sites because they have information that may be of interest to our readers. The American College of Obstetricians and Gynecologists (ACOG) does not necessarily endorse the views expressed or the facts presented by these organizations or on these web sites. Further, ACOG does not endorse any commercial products that may be advertised or available from these organizations or on these web sites.

#### American Academy of Pediatrics

Telephone: (847) 434-4000

Web: [www.aap.org](http://www.aap.org)

#### American College of Obstetricians and Gynecologists

Telephone: (202) 638-5577 or (800) 673-8444

Web: [www.acog.org](http://www.acog.org)

#### girlshealth.gov

Web: [www.4girls.gov](http://www.4girls.gov)

#### National Sexual Violence Resource Center

Telephone: (877) 739-3895

Web: [www.nsvrc.org/](http://www.nsvrc.org/)

#### National Women's Health Information Center

U.S. Department of Health and Human Services

Telephone: (800) 994-9662

Web: [www.4women.org](http://www.4women.org)

#### Rape, Abuse and Incest National Network

Telephone: (202) 544-1034 or (800) 656-4673 (HOPE)

Web: [www.rainn.org/](http://www.rainn.org/)

#### The Society of Obstetricians and Gynaecologists of Canada

Telephone: (613) 730-4192 or (800) 561-2416

Web: [http://sogc.medical.org/index\\_e.asp](http://sogc.medical.org/index_e.asp)  
[www.sexualityandu.ca/home\\_e.aspx](http://www.sexualityandu.ca/home_e.aspx)

#### Students Against Destructive Decisions

Telephone: (877) SADD-INC (723-3462)

Web: [www.sadd.org](http://www.sadd.org)

#### U.S. Department of Justice, Office on

Violence Against Women

Telephone: (202) 307-6026

Web: [www.ovw.usdoj.gov](http://www.ovw.usdoj.gov)