

Listen Up ! No Means No !

Information for teens about Date Rape

THE FACTS:

What is Date Rape?

“Date rape” is a crime, the same as rape between strangers. Victims of date rape suffer a lot. Teens who commit date rape could go to jail or have their permanent record ruined.

“Date rape,” “acquaintance rape” and “sexual assault” are all ways to describe rape, attempted rape or any unwanted forced sexual contact...

- between any two people – male or female
- between friends, acquaintances or boyfriend / girlfriend
- between a gang or group and the person they overpower
- at any place – home, a party, on a date, in a car, gym or locker room
- at any time of day
- with or without *physical* force

What is Force?

- **Force** can be physical – hitting, slapping, kicking, holding someone down, using a gun, knife or any other weapon.
- **Force** can be verbal – making threats, saying things like “something worse will happen if you don’t...”
- **Force** can be emotional – refusing to take “no” for an answer, telling someone “if you really loved me...,” or “if you don’t, I’ll hurt myself.”
- **Force** can be taking advantage of someone who is drunk, high, on drugs or passed out.
- **Force** can be a group of people ganging up on someone.

Don’t Some People Ask For It?

No one asks to be raped!

It doesn’t matter what a person wears or how they act.

It doesn’t matter if a person has been sexually active in the past.

It doesn’t matter if a person says “yes” and then changes their mind.

A person has the right to say “NO” at ANY time, with ANY person, for ANY reason!

What If Nobody Ever Says The Word “NO?”

If someone says “Wait,” “Maybe” or “I’m not sure” – STOP!

If you’re being told “Wait,” “Maybe” or “I’m not sure” – LISTEN! Even if you don’t believe it.

If the other person tries to push you away or suddenly seems different – STOP!

If the other person is under the influence or passed out – STOP!

If the other person isn’t sure... if you’re not sure – DON’T DO ANYTHING ELSE! STOP!

Ask questions. Make sure you understand what the other person means!

How Do I Know if “YES” Means “YES?”

If you’re not 100% sure, ask questions! Ask yourself and the person you’re with if this is what you both *really* want. Make sure you listen to the other person. Make sure nobody feels pressured and both people have said “yes.”

How Can I Protect Myself From Date Rape?

- Know that you have the right to say “no” and use that right whenever you feel uncomfortable.
- Express your feelings and thoughts clearly.
- Respect your partner’s right to say “no.”
- Get informed. Read about this issue and discuss it with your friends.
- Trust your instincts. When something feels wrong, believe it and deal with it immediately.
- Hang out in groups or double date.
- Plan ahead – know where you’re going, the address of where you’ll be and how you’re getting home. Make plans with your parents or a friend to come get you if you feel uncomfortable with any situation.
- Never get into a car with someone you’re not sure about.
- Using alcohol or drugs leaves you vulnerable – you may not think clearly or recognize a bad situation in time to get out. Stay sober and alert.
- Be careful about going to your date’s home or inviting your date into your home when an adult isn’t there.
- Be careful about dating older people – they may expect more from you than you’re ready to give.
- Avoid the “wrong” kind of date. Stay away from anyone who is violent, cruel to children or animals, or likes to hurt you in anyway (that includes hurting your feelings or making you feel bad about yourself).
- If someone tries to force you into something you don’t want, get away if you can – scream, run, defend yourself.

Remember...Rape is NEVER the Victim's Fault

What if it Happens to me?

- Sometimes there is nothing you can do to stop a rape. Whatever you have to do to survive is ok. Surviving is the most important thing.
- If you've been raped, get to a safe place and seek help. Call 911.
- If you want to report the rape, don't shower or change clothing. Get your parent / guardian to take you to a hospital emergency room.
- Call a crisis line soon. The longer you wait, the worse it can be. Call the Sexual Assault Crisis Center day or night at 522-RAPE (7273) or 1-888-522-5244. We will answer your questions and offer you help.
- Get medical help to make sure you're ok.
- Get support – even though talking about date rape can be difficult and scary. Tell a trusted friend, parent, teacher, minister / pastor or counselor.

Date Rape Hurts Victims

Date rape can cause serious harm to victims, including:

- physical injury and illness
- emotional problems – fear, sadness, anger, worry, embarrassment, shock, self-blame, confusion, disbelief, no feelings, or mood swings.
- difficulty trusting other people or yourself
- bad thoughts

Date Rape Hurts Those Who Commit It

Teens who rape (any age, male or female) can get arrested, be sentenced to prison and have a permanent criminal record.

Listen Up ! NO Means NO !

Never take “yes” for granted. If you don't hear a clear “yes” you could be hurting someone. You could be committing a crime.