

## **DATE RAPE/ACQUAINTANCE RAPE**

Date/Acquaintance rape is forced, unwanted intercourse with a person you know. It can be with someone you know casually, with someone you have dated a few times, or even with someone you are having a close relationship with.

### **FACTS:**

- 1 in 4 college women is a victim of rape or attempted rape at least once during her four years of college
- 90% of date rapes involved drugs or alcohol
- Most women are assaulted by men they know
- Approximately 44% of the victims are under the age of 18
- 12-34 are the highest risk years: girls 16-19 are four times more likely than the general population to be victims or rape, attempted rape, or sexual assault (2000 NCVS)
- 9 out of 10 rape victims are female; 1 out of 10 are male
- Although date rapists are usually men, sexual assault does occur in both lesbian and gay male relationships
- Only about 16% of the rapes (1 out of 6) are reported to the police

### **COMMON REACTIONS TO DATE/ACQUAINTANCE RAPE:**

Rape is a degrading, humiliating experience. Frequent reactions are:

- Shock: feeling numb
- Disbelief: feeling as if it couldn't have happened; "it wasn't really rape"
- Shame: feeling dirty, like something is wrong with you
- Guilt: feeling it's your fault; you did something wrong; you caused it
- Depression: feeling tired and hopeless; feeling out of control
- Fear: of reprisal from your assailant; of being pregnant or contracting AIDS
- Anxiety: physical symptoms, like difficulty breathing, sleep disturbances, nausea
- Anger: wanting to cause harm to the person who hurt you

### **WHAT TO DO IF YOU EXPERIENCE DATE/ACQUAINTANCE RAPE:**

It's up to you to decide who and what to tell...but here are some things to consider:

- Get a safe place
- Call the police. A crime has been committed
- Remind yourself that it is not your fault
- Call a friend or family member to be with you
- Do not bathe, douche or change clothes
- Go to a hospital emergency department for medical care
- Write down as much as you can remember about the circumstances of the assault and on the identity of your assailant
- Seek counseling and information