



## TIFFANY'S STORY

Tiffany was having a tough time meeting a guy, so she decided to try online dating. She knew quite a few friends who were in relationships with men they had met online. She began talking to Dave on an online dating site. He was so nice and interested in her. He really listened and wanted to take her on a proper date.

He was so chivalrous; he even wanted to pick her up. When he arrived at her house for their date he had brought a bottle of wine and suggested they have some before they go out. Tiffany got some glasses from the kitchen then remembered she had forgotten to put her necklace on. She asked Dave if he could pour the wine while she went to get it. They each had a glass of wine. After a minute, Tiffany did not feel so well. She was dizzy and nauseous and could not move. Without her knowing, Dave slipped GHB in her drink.

Tiffany woke up the next morning, lying face down on her living room floor. She was completely naked and had no idea what happened. The last thing she remembered was looking for her necklace. After a while, she realized that she might have been raped. All kinds of worries started to creep into her mind. Pregnancy. Sexually transmitted diseases.

The next day, Tiffany went to her doctor and thankfully, her health checked out okay. The doctor immediately sent her to the police department to fill out a report and have a sexual offense evidence collection kit (rape kit) done to have as evidence so they can arrest the perpetrator.

## WHERE TO FIND HELP?

If you or someone you know has been a victim of acquaintance rape, there is help out there for you. Please, remember it is never your fault and you can survive.

The National Sexual Assault Hotline: 1-800-656-HOPE.

## TEST YOURSELF!

Test your knowledge by answering the following questions:

1. It is okay for someone you do not know well to pick you up at your house for a date.
  - a. True
  - b. False
2. If someone slips something into your drink you will smell it and therefore be able to avoid drinking it.
  - a. True
  - b. False
3. It is okay to meet somewhere private for a romantic first date.
  - a. True
  - b. False
4. You should always tell someone you trust where you are going and who you are with.
  - a. True
  - b. False
5. Sexual assault is not your fault.
  - a. True
  - b. False

Answers: 1. b; 2. b; 3. b; 4. a; 5. a

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# ACQUAINTANCE RAPE, SAFE DATING & DRUGS



## A KNOWN DANGER

## WHAT IS ACQUAINTANCE RAPE?

Acquaintance Rape happens when someone is sexually assaulted by someone they know or are "acquainted" with. Sexual Assault is defined as a forced or coerced sexual encounter that is non-consensual.

In many instances, acquaintance rape occurs when the victim gets too comfortable with someone they do not know that well or have just recently met. They may be going on a blind date and give out their home address or agree to meet someone they are not familiar with. In both instances, there are precautions to take to avoid acquaintance rape. Many times perpetrators will use date rape drugs which are odorless, colorless and have no taste.

## WHAT TO DO IF IT HAPPENS TO YOU?

So, what should you do if you find yourself a victim of acquaintance rape? Here's a few suggestions:

1. Find a safe place to go away from the perpetrator, possibly with a close friend or family member that you trust.
2. Remember that what happened is never your fault, so do not blame yourself.
3. Do not bathe, wash your hands, brush your teeth or smoke. There may be residual evidence that needs to be collected if you plan on pressing charges against the perpetrator.
4. Report the attack to the police as soon as possible.
5. Seek immediate medical attention in order to test for STDs or stop a possible unwanted pregnancy.
6. Remember that healing takes time. Even if you did not report the attack at the time, it is never too late to get help.



## KNOW THE FACTS

It doesn't matter if someone seems nice or looks like a nice person, you can never really know their true intentions. Over 50% of all sexual assaults in the United States are considered acquaintance rape and happen when people let their guard down with someone they barely know. While acquaintance rape happens to both men and women, women are more susceptible with 80% of all acquaintance rape victims being women. Women between the ages of 18 and 24 account for the largest number of these victims.

### What are the warning signs that someone has been the victim of acquaintance rape?

- The victim is easily startled or distressed around certain people.
- The victim is constantly fearful.
- The victim withdraws from family and friends and makes excuses to break social engagements.
- There may be physical signs of the assault including bruising, cuts, or other marks.

### Long term effects of Acquaintance Rape

- Anxiety
- Depression
- Intimacy issues
- Self-hatred
- Anger
- Violent or destructive behavior, such as use of alcohol or drugs
- Suicidal thoughts

## DATE RAPE DRUGS

### Hidden Danger

Many times drugs are used to inhibit the victim. The two most common date rape drugs are Rohypnol and GHB. These drugs have no color, odor, or taste and are easily dissolved in food or beverages. Often these drugs render a person unable to speak or move. Someone on these drugs would be unable to refuse sex or defend themselves against an attacker.



## REDUCING THE RISK OF ACQUAINTANCE RAPE

### Tips for Safe Dating

- Never give out your home address or home phone number to someone you do not know well. In many cases, perpetrators can easily find a home address by doing a search with a home phone number on the internet.
- Always carry a cell phone or be in close range of a phone.
- Always prepare for your own transportation and bring extra money just in case you need to catch a cab or bus.
- Travel with a friend or group of friends and check in with each other often.
- Never leave your drink unattended; drugs used for date rape and sexual assault are odorless and colorless and can be easily slipped in someone's drink without their knowledge.
- Always keep house and car doors locked, even in daylight.
- Never go anywhere alone with someone you do not know.
- Always know where you are and who you are with; only agree to meet in a well lit public place.
- Make sure someone you trust (close friends or family) knows where you are going and when to expect you back.
- Take note of your surroundings, and if you feel unsafe, get to a safe place and report any suspicious activity to the police.
- Trust your instincts; if something doesn't feel safe, then it probably isn't.
- Never underestimate the power of mace or pepper spray; always carry it.