

Did you know?

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DATE RAPE

Most rapes are not committed by strangers but by men who know their victim. They have often gone out with their victims previously and are supposedly their friends. This is called "acquaintance" or "date" rape. It is an act of violence. It is not simply a crime of passion or a result of miscommunication. It is often an attempt by a man to assert power and anger. One of the most frightening aspects about this issue is the belief by many people that date rape is, in some cases, justified. Experts estimate that as many as 90% of all rapes are never reported.

How To Avoid Situations That Might Lead to Date Rape

You can't always avoid date rape. Here are some things you can do to minimize your chances of being raped:

- ◆ Set sexual limits. No one has the right to force you to do anything you do not want to.
- ◆ Do not give mixed messages.
- ◆ Be forceful and firm. If things get out of hand, protest loudly, leave and go for help.
- ◆ Be independent. Pay your own way.
- ◆ Don't do anything you do not want to, to avoid an unpleasant scene.
- ◆ Be aware that alcohol and drugs are often related to date rape. Your ability to make responsible decisions may get muddled.
- ◆ Especially at the beginning of a relationship, meet in public, go in a group and pay your way. Have your own transportation or taxi fare.

Watch Out For a Date Who:

- ◆ Does not listen, or who ignores you, ignores personal space boundaries.
- ◆ Is hostile towards women in general, or intensely jealous.
- ◆ Does what he wants, regardless of what you want.
- ◆ Tries to make you feel guilty or say you're uptight if you resist his sexual advances.

If It Happens To You

The effects of rape can be devastating. It can result in trauma such as: fear of being alone, fear of men, sexual problems, depression, inability to trust, physical problems and feeling of anger, helplessness, guilt, pain, embarrassment, or anxiety.

1. Talk to a friend, get emotional support.
2. Get medical attention. An option is the **Sexual Assault Service** at Vancouver Hospital Emergency Dept. which provides confidential and sensitive medical care to male and female teens and adults. It is open 24 hours a day and works closely with rape counsellors. Your decisions will be respected. **Call 604-875-4995.**
3. If you are unsure about reporting to the police and you want more info or counselling support, call **WAVAW (Women Against Violence Against Women Rape Centre)** at **604-255-6344.**
4. **Never** blame yourself!