

IF IT HAPPENS TO YOU:

One of the most important things to remember is to tell someone—the police, a friend, your housefellow, the Dean of Students office, the Rape Crisis Center or a counselor. Don't isolate yourself, blame yourself, or try to ignore that it happened. Rape, whether it is by someone you know or by a stranger is a violation of your body and your trust.

- Even though it will be an immediate reaction, do not shower, wash, douche or change your clothes.
- Seek Medical attention.
 - If you choose to press charges, the evidence will be there.
 - You may have internal injuries.
 - Don't live with the fear of STD's, AIDS or pregnancy.

Get counseling to help deal with your feelings.

IF IT HAPPENS TO SOMEONE YOU KNOW:

- Listen, do not judge.
- Give comfort. Let her know she's not to blame. Realize she may be dealing with fear, embarrassment, humiliation, and guilt.
- Encourage action. Stand by her decision to call the police, contact a hotline, and go to the hospital.
- Do not be overly protective. Encourage her to make decisions and take control as soon as she feels able.
- Don't let your own feelings get in the way of helping her.

It is hard to think of someone as familiar as a date, a steady boyfriend, or a casual acquaintance as a rapist. Familiarity makes you less inclined to trust your instincts. Being forced into having sex, even if it's someone you know, is still **RAPE**, and it's a **CRIME**. Nothing you do, say or wear, gives anyone the right to assault you, sexually or otherwise.

If you or anyone you know has been the victim of an assault or if you would like more information, you may contact the following offices for more information or help.

Remember in an Emergency Dial 911

University Police...Non-Emergency...262-2957

University Police Crime Prevention Office
262-4520

24 Hr. Rape Crisis Center Crisis Line
608-251-7273

Rape Crisis Center Business Line
608-251-5126

Office of the Dean of Students
608-263-5700

University Health Services Counseling & Consultation
Services
608-262-1744 (Days)
608-265-6565 (After Hours)

Madison Police Department
Non-Emergency.....608-255-2345
Emergency - 911



University Police

1429 Monroe St.
Madison, WI. 53711-2018
Crime Prevention Unit
Phone: 608-262-4520
Fax: 608-265-3813

Email: kdfaveal@facstaff.wisc.edu
Sgt Kurt Feavel



**Striving For
Excellence - Serving
With Pride**

DATE RAPE

It's Not Just WRONG

It's A CRIME



University Police
Emergency Dial 9-1-1
Non-Emergency 262-2957 Voice/TTY
www.uwpd.wisc.edu

DATE RAPE:

Things You Should Know

Men and women share the responsibility for preventing sexual assault and rape. Poor communication, mixed or confusing signals, and body language that contradicts the spoken are word often factors in Date Rape.

REMEMBER:

- You have the right to set limits.
- Communicate CLEARLY, most people do not have E.S.P.
- Trust your instincts. If a situation doesn't feel right, it probably isn't. Change the situation or get out.
- Be aware of sex-role stereotypes such as "it's macho to score" and "being assertive is unfeminine." These attitudes get in the way of good honest relationships.
- Speak up; let others know where you stand.
- **Drugs** and **Alcohol** decrease your ability to take care of yourself and make sensible decisions.

PLAN AHEAD:

- First date or a blind date? Check him out with other friends and acquaintances. Meet in a public place. Go to a movie, restaurant, or campus event, and always go with friends, not alone.
- Don't leave a party, concert, or bar with someone you just met, or don't know well, no matter how charming they are.
- Be wary of behavior that makes you feel uncomfortable. If it persists, leave.
- Stand up for yourself. If someone is trying to pressure you, say that you don't like it and MEAN IT.

ALCOHOL and DRUGS:

Remember alcohol always does more harm than good. It affects your decision-making process, and can be used by others to take advantage of your diminished capacity. Statistics show that in the majority of date rapes reported to police, alcohol was a contributing factor, whether it was used by the victim, the perpetrator, or most often, both.

In addition to alcohol there are also several dangerous drugs in use on college campuses today. These drugs are being used to sedate potential rape victims. They are powerful, odorless and tasteless drugs like "**Gammahydroxybutyrate**", also known as G.H.B., "Liquid E", "Liquid X", and "Grievous Bodily Harm". Another common drug is "**Rohypnol**", also known as "Roofies", "Laroche", "R-Z", "rib", and "the forget pill". These drugs dissolve quickly and invisibly into liquids and can be secretly used to spike a person's drink. The drugs cause rapid and severe intoxication, dramatically reduced inhibitions and memory loss.

If you go to a party keep the following tips in mind:

- Keep your drink in your hand, if you leave your drink unattended, get a new drink.
- Never accept a drink from someone you don't know and trust.
- Never leave the party alone.
- Leave the party with the people you went to the party with.
- Don't be afraid to check on a friend that looks like they have had too much to drink.
- If you see a friend involved with someone they do not know, check on them to make sure they are o.k. and in a situation they want to be in.

FOR MEN:

Men, you must remember that it is **NEVER** all right to force yourself on a women, even if:

- *You think she teases you or dresses provocatively.*
- *She says "NO" and you think she means "YES".*
- *You've had sex with her before.*
- *You've paid for a night on the town or an expensive gift.*
- *You've been dating for a long time and you think it's time.*

Some other things you need to keep in mind:

- Do not assume you both want the same degree of intimacy.
- If you have doubts about what she wants, STOP and ask. Clarify; protect yourself from a charge of rape because you didn't ask.
- Real men can take "NO" for an answer.
- Being drunk or stoned is not a defense or an excuse.
- Having sex with someone that is drunk or stoned can be rape.
- Gang rape, a dare, a joke, a party game? Absolutely not. It's **Rape**, and it's a **Crime**.

Before you think about committing a rape, ask yourself how you would feel if it happened to someone you know, your sister, or your mother.

SAME SEX RELATIONSHIPS:

Possibly the most under reported area of Date Rape may lie in same sex relationships. Fears of coming out, police response, and fear that you will not be believed all play a part. The myth that rape can not happen in same sex relationships is false. Similar power dynamics that occur in straight date rape can be present in same sex relationships. Protect yourself by knowing whom you are with, monitoring alcohol and drug consumption and removing yourself from situations where you feel uncomfortable. Don't be a victim.