

Enduring Betrayal: Date/Acquaintance Rape

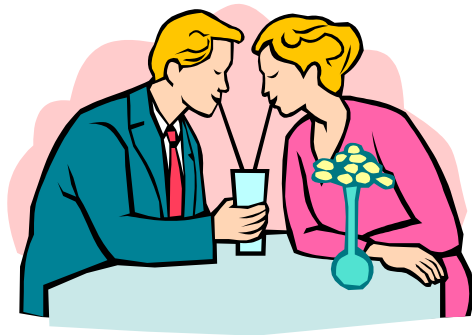
by Susan Bartelstone, Crime Prevention Specialist

*Drugged and Raped:
Date rape drugs, used to
facilitate compliance,
are especially prevalent
on college campuses.*

Products like the [Date
Rape Prevention Coaster](#)
help detect their
presence.

*No one has the right
to rape or assault or
abuse you! Ever!*

Consider carrying [Pepper Spray!](#)



*Alcohol is the most popular
date rape drug!*

The majority of rapes (80%) are perpetrated by someone known to the victim in some way. [One in 5 girls](#) fall victim to rape, or attempted rape, before they reach 25 (42% occurring before age 18). Therefore, this crime is most prevalent in high schools, colleges and the single dating scene. Most victims are females raped by males (79.6%); but men (1.4%) are also victims and perpetrators can also be [same sex](#).

Fact: Date or Acquaintance Rape, though usually lumped together, are not the same. Both are defined as forced or coerced sex (with or without the assistance of wanted or unwanted drugs). Date rape occurs between partners, ex-partners, boyfriends, ex-boyfriends and/or casual dates (51%). Acquaintance rape occurs between acquaintances like friends, friends of friends, friends of the family, bosses, coworkers or the guy that delivers your groceries (40.8%). Rape by family members accounts for 34% of that 40.8%.

Fact: Coercion is not always physical; alcohol, drugs and emotional pressure are used too. The consensual use of alcohol or drugs (present in 80% of cases) significantly clouds judgement. Common emotional tactics include: Threats to your reputation, threats to "not like you," name calling, saying you "brought it on" or "really want it," threats to break up, threats to say you "did it" even if you didn't, or saying that since you've had sex with other men what's the big deal. And, nothing, including buying someone dinner or a gift, "entitles" someone to sex.

No one is ever "entitled" to sex...for any reason!

Fact: Date/Acquaintance Rape is not "boys will be boys" or "boys behaving badly" and it's not about sex. Same as in **stranger rape** (15.1%), it's about power, aggression, entitlement and control. It's a severe betrayal of trust that leaves enduring emotional scars. And, it is also a serious crime.

Yes means Yes AND No means No! If you don't want to have sex with a date or boyfriend and you're feeling pressured, communicate clearly and explicitly (and loudly and forcefully if necessary). Men often claim to have misunderstood a woman's words and actions (the old "she said no, but she really meant yes" excuse). If you're feeling nervous or uneasy, end the date and get out of there quickly.

Fact: *The original No Means No movement held that if two people were going to have sex and no one said the word "no," their sexual act(s) were considered consensual. This led to ambiguity in court cases (particularly those involving drug-facilitated sexual assault*



✓ **Take a yearly Self Defense Course!**

The word "he" when describing a rapist is used solely for expediency. Rapists can be women as well as men; and same sex partners also.

Resources:

RAINN (Rape, Abuse & Incest National Network):
<https://www.rainn.org/>, Hotline: 800-656-4673

The Scary Future of Date Rape Drugs—and Why Their Perpetrators are So Hard to Bring to Justice, Marie Claire,
<https://www.marieclaire.com/culture/a16345/date-rape-prosecution/>

Advice for Teens: liveaboutdotcom:
<https://www.liveabout.com/teens-4145429>

Upstander Intervention Training for College Campuses:
<https://upstanderproject.org/learn/upstander-academy>

*Visit us and get my free Guide
"Keeping Yourself Safe!
All-Time Top Tips"*

allegations) or where force and/or impairment was claimed. The Yes Means Yes (Affirmative Consent) Law (and movement) states that an unambiguous and CONSCIOUS affirmative indication, either verbal or physical, must be given by EACH participant before sexual activity can be considered mutually agreed-upon. This law has been in place since 2014 on college campuses in California and several other states have some version of it.

Drugged and Raped. Sometimes drugs are used to ensure compliance. **Drug-facilitated sexual assault** occurs when so-called date-rape drugs are slipped into a person's drink to compromise the individual's ability to object to sexual activity. Examples of date rape drugs are "Roofies" (Rohypnol), GHB (Gamma Hydroxybutyrate), Ketamine and Ecstasy but other prescription pain killers and sleeping pills can be used as well. They're colorless, odorless and flavorless and even a few small sips cause unconsciousness.

In order to prosecute this kind of case, prosecutors must prove lack of consent or that the victim's ability to consent was impaired. Also, there must be evidence beyond a reasonable doubt that the perpetrator had actual knowledge the victim was incapable of giving consent, and/or that if in fact the victim was impaired, the suspect was the one responsible for her impairment. This can be extremely difficult to prove and most cases aren't legally pursued.

Check out the must-have "Date Rape Prevention Coaster" and similar devices in the Crime Prevention 101 Safety Store

Tips:

- Vet a first date or blind date with friends. Tell a trusted friend where you're going. Take your own car or carry money for an Uber. Go to public places like a movie or restaurant (next few dates too).
- Carry a fully-charged cell phone and install a personal safety app like [bSafe](#), or [Guardly](#).
- Stay put. Leaving a party, bar, concert, or other social function with someone you just met or don't know well is asking for trouble.
- **Drinking too much or doing drugs impairs your judgment and decreases your ability to defend yourself. Most date rapes (80%) involve their use.**
- Get your own drinks at parties (even with people you know!), be cautious about drinking from an open can, a standing drink or communal punch bowl, and always keep your drink in sight. In bars or clubs, get your drink directly from the bartender and try not to take your eyes off your order. Ask the bartender (privately) if they do "[Angel Shots](#)" at the bar.
- Keep your eyes and ears open and trust your gut feelings. If there's talk of date rape drugs, or if friends seem too intoxicated for what they drank, leave the party or club immediately (take them with you if possible)!
- Preserve the evidence in case you decide to prosecute later. If you suspect you've been drugged and raped, go to a hospital or urgent care center and ask for a rape kit and toxicology test on your urine, blood and hair to determine if drugs are present. Needs to be done within 24 hours.