

Rapists aren't always strangers.

When someone you know—a date, steady boyfriend, or casual friend—*forces* you to have sex, it's still rape.

Date and acquaintance rape is about power, control, and anger, not romance and passion.

Date rape is a *serious crime*. It's a betrayal of trust and can have long lasting emotional injuries.

Why Does It Happen?

Let's look at sexual stereotyping and how men and women talk to each other.

- Although things are changing, society frequently encourages men to be competitive and aggressive and teaches women to be passive and avoid confrontation.
- Men may misunderstand a woman's words and actions: The "she said no, but she meant yes" excuse.
- Some people still believe that it's okay for a man to demand sex if he buys her gifts or dinner, and that it's not wrong for a man to rape a woman who previously had sex with him or other men.



Preventing Date Rape

As a Woman, You Can...

- Talk openly about sex, and keep talking as the relationship becomes more serious and personal.
- Be careful not to let alcohol or other drugs decrease your ability to take care of yourself and make sensible decisions.
- Trust your gut feelings. If a place or the way he acts makes you nervous or uneasy, get out.

- Check out a first date or a blind date with friends. Insist on going to a public place like a movie, sporting event, or restaurant. Carry money for a phone call and taxi, or drive your own vehicle.
- Don't leave a party, concert, game, or other social occasion with someone you just met or don't know well.
- Take a look at the men around you and be wary of anyone who puts you down or your choice of friends or tries to control how you dress.

As a Man, You Can...

- Ask yourself how sexual stereotypes affect your attitudes and actions towards women.
- Accept a woman's decision when she says no. Don't see it as a challenge.
- Avoid clouding your judgment and understanding of what another person wants by using drugs or alcohol.
- Realize that forcing a woman to have sex against her will is rape, a violent crime with serious consequences. If convicted, rapists must register as sex offenders for the *rest of their lives!*
- Never be drawn into a gang rape at parties, fraternities, bars, or after sporting events.
- Seek counseling or a support group to help you deal with feelings of violence and aggression against women.

If Date Rape Happens...

Get help. Phone law enforcement by calling 9-1-1, a friend, a rape crisis center, or a relative. Don't isolate yourself, don't

feel guilty, and don't try to ignore it. It is a crime that should be reported.

- Get medical attention as soon as possible. Do not shower, wash, douche, or change your clothes. Valuable evidence could be destroyed.
- Get counseling to help deal with the emotional trauma caused by rape.

If It Happens to Someone You Know...

- Believe her.
- Offer comfort and support. Go with her to the hospital, law enforcement station, or counseling center.
- Let her know she's not to blame.

Take a Stand *Against* Date Rape!

- Ask your student government or a parent group to sponsor a workshop on date rape and sexual stereotyping for middle and high school students. Work with a hotline or crisis center to persuade rape survivors to join the panel.
- Volunteer at a rape crisis center or hotline.
- Monitor the media for programs or videos that reinforce sexual stereotypes. Write or call to protest. On the other side, publicly commend the media when they highlight the realities of date rape.
- Ask college or professional athletes or other role models to talk to high school students about sexual stereotyping and responsible behavior.

Contact Us

For more information on date rape, sexual assault, personal safety, and other Crime Prevention issues, contact the Pima County Sheriff's Department's Community Resources Team at (520)741-4615. We'll be happy to talk to you about educational materials, brochures, and safety presentations. Call today!



PIMA COUNTY SHERIFF'S DEPARTMENT

Clarence W. Dupnik
Sheriff of Pima County

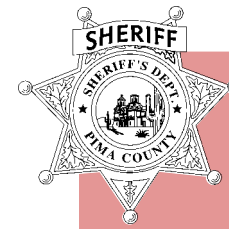
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Crime Prevention Tips From
National Crime Prevention Council
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www.weprevent.org



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Pima County
Sheriff's Department

Date Rape is a SERIOUS CRIME



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