

tool kit for teen care



Acquaintance and Date Rape

What is rape?

- Sexual intercourse without consent is rape. Rape is a crime. Nothing a person does justifies being raped.

What is acquaintance or date rape?

- Acquaintance rape is attempted or completed sexual contact committed without the victim's consent by someone she knows. If someone she is dating forces her to have sex, it's called "date rape." The offender might use physical force or threats. The use of alcohol or drugs voluntarily or involuntarily often comes before rape.

How often does rape happen to teens?

- One out of five U.S. women report attempted or completed rape. One third of these women were between the ages of 12 and 17 years when they were raped.
- One in eight female high-school students report being raped.
- On college campuses, 80% of rapes are committed by someone known by the victim and half occur during a date.
- Most victims know the offender.

Who does it happen to? Where does it happen?

- Girls and women younger than 25 years of age are at greatest risk. Seniors in high school or first-year college students are most likely to experience acquaintance or date rape.
- Girls who have been sexually abused in the past are more likely than those who have not to experience acquaintance or date rape.
- Over half of all acquaintance and date rapes occur in an apartment or private home; 15% of rapes occur in dormitories and 15% in parked cars.
- Rape is twice as likely to happen where the boy lives than where the girl lives.

What about drugs and alcohol?

- Alcohol or drug use increases the risk of vulnerability to sexual assault for girls and violent behavior among boys and girls.
- Rohypnol ("roofies," "forget pill") and gamma-hydroxybutyrate (GHB, "liquid X," "g-juice") are sometimes called date rape drugs. They are odorless and tasteless. Rohypnol is now colored. Drinks containing it may turn blue. These drugs are hypnotic (reduce inhibitions) and can create amnesia (loss of memory).

What should someone do if she is victim of rape?

- Get to a safe place.
- Call the police.
- Call the local Rape Crisis Hotline.
- Preserve evidence of rape:
 - Do not wash hands, bathe, douche, brush teeth, smoke, or drink anything.
 - Do not urinate if there is a chance of having been drugged. If a victim must urinate, collect urine in a clean container and save for the police.
 - Do not change clothes or bed sheets.
 - Do not wash any clothes or other items that may be used as evidence.
 - Get medical help right away. Most emergency rooms are prepared. Victims should insist that evidence be collected with a standardized rape kit and a urine test be done to check for date rape drugs. It is important to ask for treatment to prevent pregnancy (emergency contraception) and sexually transmitted diseases.

What reactions may follow rape?

- Different people feel and act in different ways.
- Some common reactions are feelings of guilt, shame, shock, worthlessness, anger, fear, depression, and helplessness.
- Some survivors report lack of concentration, nightmares, sleeplessness, excessive crying, and sexual problems.
- Others report chronic pelvic pain, headaches, premenstrual syndrome, and gastrointestinal complaints.





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- More than one third of the women who have been raped have thoughts about suicide.
- Medical care and group counseling often are helpful in physical and emotional healing.

How can girls reduce their risk of acquaintance or date rape?

A girl can:

- Be aware of and avoid situations that might put her at risk for unwanted sex.
 - Avoid being isolated.
 - Limit alcohol use. Be aware of people who may try to get her drunk or high. Never leave drinks unattended.
 - Avoid drinking anything that hasn't been opened in front of her.
 - Avoid drinking anything blue.
 - Never leave a party or accept a ride from someone she doesn't know well. To avoid this, it may be helpful for the teen to set up an arrangement with her parent(s), similar to the SADD agreement, for a ride home with no questions asked if the teens feels like she is in a difficult situation.
- Trust her feelings. If she feels scared or something feels wrong, it probably is.
- Be assertive. Speak up. Get mad. Make a scene.

- Talk to her friends and dates about sexual assault. Help them stay safe.
- Support friends who have been raped.
- Avoid sexual activity that makes her uncomfortable.
 - Set sexual limits and tell the partner or friend what those limits are.
 - Reject unwanted attention. If the teen feels uncomfortable with the way she is being touched, she should move away and say, "Stop doing that!"
 - It's okay to be in a guy's house or car without this meaning she's agreed to have sex.
 - It's okay to have dinner or go to a movie without "owing" him anything.
- Protect herself by staying out of situations where she would not be in control.

For More Information

We have provided information on the following organizations and web sites because they have information that may be of interest to our readers. The American College of Obstetricians and Gynecologists does not necessarily endorse the views expressed or the facts presented by these organizations or on these web sites. Further, ACOG does not endorse any commercial products that may be advertised or available from these organizations or on these web sites.

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www.ama-assn.org/ama/pub/category/1947.html

Link to SADD agreement
www.acog.org/goto/teens

The Society of Obstetricians and Gynecologists of Canada
www.sexualityandu.ca

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