

Date Rape & Dating Violence

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Facts and Statistics about Rape

- Approximately 80% of all rapes are acquaintance rapes.
- Those who are highest at risk for acquaintance rape are women between the ages of 15 and 24.
- Rape is always about violence and control, never about sex.
- Approximately 50% of all acquaintance rapes involve the use of alcohol by one or both people involved.
- One out of every four women will be raped in her lifetime.



- The aftermath of rape can last a lifetime.
- Convicted rapists CAN spend 20 or more years in jail. However, the actual time served will vary dramatically.
- Acquaintance rapists usually use fear, intimidation, and manipulation as their weapons instead of physical force.

What To Say If A Friend Has Been Raped

Out of fear, disbelief, or blame, it is extremely difficult for rape survivors to discuss their victimization with anyone. It is imperative that when victims do tell of the assault, they are met with belief, empathy, and support. Many times when we find out a friend, classmate, or family member has been raped, the news of this

crime is so shocking and upsetting that we don't know how to react. Keep in mind that although there are similarities in the ways that rape victims react, no two people will react to rape in the exact same way.

The following statements are some ideas on what to say to a friend or student who has been raped.

- You're safe now.
- It wasn't your fault.
- I'm here to listen anytime you need to talk.
- I believe you and still accept/love/care for you.

If the assault has occurred within 48 hours, you may also share with them the following:

- Do not bathe, shower, or douche.
- Save the clothing worn at the time of, or immediately after, the rape.
- Go to the hospital.

In compliance with laws pertaining to minors, please remember: if the rape survivor is under 18 years old, the rape MUST be reported to the police.

Some Ways To Reduce The Risk Of Rape

On dates or in social situations:

- Learn about a date's attitudes. Their words may reveal hostility toward women.
- Avoid alcohol and other drugs—they can cloud judgement and slow responses. Be aware of your date's use of them, too.
- Don't leave your drink alone or drink something you didn't get or open yourself. A date can slip "date rape drugs" into a drink. These can cause intense drunkenness, difficulty moving and memory loss.
- Make your limits clear before you get into a sexual situation.
- Drive yourself, go with another couple or arrange your own transportation, especially if you don't know your date well.
- Avoid secluded places, such as parks or deserted beaches. Meet in public where help will be nearby.

**REMEMBER:
You Have
Rights In Your
Relationship**

My Rights In Dating

- I have the right to refuse a date without feeling guilty.
- I can ask for a date without feeling rejected or inadequate if the answer is "no".
- I may choose to flirt without obligation.
- If I don't want physical closeness, I have the right to say no.
- I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- I have the right to be myself without changing to suit others.
- I have the right to change a relationship when my feelings change. I can say, "We used to be close, but I want something else now."



- If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.
- I have the right to an equal relationship.
- I have the right not to dominate or be dominated.
- I have the right to act one way with one person and a different way with someone else.
- I have the right to change my goals whenever I want to.
- I have the right to end a date when I feel uncomfortable and will always be prepared to ask for help if needed.

Locations

For more information about services offered at The Center, please call any of our locations or visit our website.

KENTUCKY

Kentucky Campus

Open 24 Hours

P.O. Box 2048

Louisville, KY

(502) 581-7273 Rape Crisis Line

(800) 656-HOPE Rape Crisis Line

(502) 581-7242 TDD

West Louisville Campus

(502) 775-6408

Bullitt County Office

(502) 538-0212

Shelbyville Office

(502) 633-7800

INDIANA

Southern Indiana Campus

Open 24 Hours

New Albany, IN

(812) 944-6743 Crisis Line

Corydon Office

(812) 734-0280

Marengo Office

(812) 365-2338

Scottsburg Office

(812) 752-7996



A United Way Partner Agency



Metro United Way
United Way of Scott Co., Inc.

(877) 803-7577

Toll Free Crisis Line • 24 Hours

www.thecenteronline.org

The Center for Women and Families is committed to creating an environment in which diversity is valued and assures no person shall be excluded from participation in, denied the benefits of, subjected to discrimination under, or denied employment on the basis of race, religion, sex, national origin, sexual orientation, gender identity, age, handicap, disability, veteran status, familial status, or political opinion.

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About Dating Violence

Dating violence includes verbal, emotional, sexual, or physical abuse used by one person to control their girlfriend or boyfriend. While physical violence is more immediately damaging, emotional abuse may be more long-term and more devastating. If you think none of these things can happen to you... think again. As many as one out of five high school students and one out of three college students have experienced abuse in a relationship.

Are You At Risk?

Have you or your partner ever done any of the following to one another?

- Grabbed or held a person to keep them from leaving
- Embarrassed a person in private or public
- Subjected a person to reckless driving
- Hurt in a “joking” way - twisting arms, tickling, pulling or pushing
- Thrown objects at a person
- Insisted on unwanted or uncomfortable touching
- Hit objects like a wall or a door
- Constantly criticize a person, name calling or shouting
- Withheld approval, appreciation or affection to punish a person
- Acted jealous about time spent with another person
- Call a person sexual names like slut or frigid

The Cycle of Violence

If you find yourself becoming afraid when your partner gets angry, you may already be caught in the cycle of violence.

The violence usually has three stages:

Tension Building -

During this phase, there are obvious signals that the abuser is becoming increasingly angry. The signs will vary from couple to couple but may include pushing, staring, shouting, gesturing or other threatening behaviors.

Violent Episodes -

The violence occurs. Incidents are often more serious than the ones before, and the time between incidents becomes shorter.

Making Up -

After the violence, the abuser is sorry he/she hurt you again, makes promises it won't happen again, and often is very kind and generous. After a while this stage disappears and the cycle begins once more as tension builds.

Facts About Dating Violence

- Violence can occur at any time in a relationship and usually gets worse over time.
- Alcohol and/or drug abuse don't cause the violence, although either may be present when violence occurs.
- Violence may occur among couples of all ages, races, and/or incomes.
- People who are violent toward their partner usually blame the other person for their actions.
- Violence in relationships is a crime. Legal steps can be taken to protect the victim.
- Studies show a woman is battered by a boyfriend or husband every 12-15 seconds.
- According to the FBI, 30% of female homicide victims are killed by their husbands or boyfriends.
- Research shows that 50% of girls living in violent homes will become victims of partner abuse, while 85% of teen boys living with violence will be abusive toward their partners.

If Violence Occurs...

Consider your safety first. Get away from the violent person.

Break the silence. Tell someone about your partner's violent behavior: friends, family, a teacher, a counselor, or anyone you can trust.

Remember - the violence will not go away on its own.

Help is available for both you and your partner. See the back of this brochure for the number of the Domestic Violence Program nearest you.



Assault is a crime. Even if the attacker is a “date,” it is against the law. Alternatives for you include calling the police, taking out a warrant or filing for emergency protection.

Be clear and firm. You have the right to say no.

Be independent. Make your own decisions and choose your own friends.

Trust your feelings. If you feel uncomfortable, leave as quickly as possible.