

Can Alcohol Have Similar Effects?”

For centuries alcohol has been used to facilitate sexual assault. Today it remains the substance most frequently associated with date rape, and the most easily accessible sedating substance. When large enough quantities are consumed, alcohol can have tremendous sedating effects, leaving anyone vulnerable to assault. The physical effects of alcohol are very similar to those of sedating drugs and include impaired judgment and motor coordination, disinhibition, dizziness, confusion and extreme drowsiness. If enough alcohol is consumed, an individual may fall unconscious or may not remember the details of what occurred.

Here are some tips that may help reduce your risk of sexual assault in social situations where alcohol is served:

- Limit alcohol consumption so you are better able to assess your surroundings, especially if you are in a group setting or with someone you do not know well or trust.
- Be cautious about consuming different types of alcoholic beverages at one time.
- Eat substantive food before consuming alcohol, as a full stomach may help to curb its sedating effects.
- When drinking alcohol in social settings, make arrangements with a friend so that you leave together.



Emotional Effects of Substance-Related Rape

Rape survivors assaulted under the influence of a sedating substance will have additional issues that are likely to affect their recovery – issues often involving their inability to recall the incident. It is likely that they will be uncertain about exactly what happened and who was involved. The “unknowns” may create tremendous anxiety as survivors are left to fill in the gaps with their imaginations.

Survivors may not know the identity of their assailants, so added to their concerns is the question: “Whom should they fear?” While most survivors have fears regarding their perpetrator, someone assaulted under the influence of a sedating substance will have more generalized fear. They may find themselves looking at people in various settings wondering, “Is he or she the one...?”

Eventually, survivors must come to terms with the fact that they likely will never be able to fill in those missing pieces. The questions may remain unanswered. Coming to this resolution is not unlike the process experienced by adult survivors of childhood sexual abuse who have only partial recall of repressed memories.

Additionally, the inability to recall important facts makes prosecution of these crimes extremely difficult. While law enforcement personnel are becoming more aware of the misuse of sedating substances and their effects on victims, there may continue to be some skepticism on the part of those unfamiliar, or inexperienced, in dealing with these types of crimes.

Most importantly, remember that whether you follow these tips in this brochure or not, if someone sexually assaults you, it is not your fault. You are never to blame for someone else’s actions.

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) 581-7222 Crisis Line
(502) 581-7242 TDD

West Louisville Campus (502) 775-6408

Bullitt County Services (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.

These programs are funded, in part, by the following: Caesars Riverboat Casino Foundation, Community Foundation of Louisville, Federated Department Stores (Macy's), Fiscal Courts of Spencer, Shelby, Trimble, Oldham, Bullitt, and Henry Counties in Kentucky, Floyd County Commissioners, Ford Foundation, Gannett Foundation, General Mills, Green Foundation, Harrison County Community Foundation, Indiana Family & Social Services Administration, Indiana Criminal Justice Institute, Indiana CARE, Kentucky Association of Sexual Assault Programs, Kentucky Justice & Public Safety Cabinet, Kentucky Housing Corporation, Kentucky Domestic Violence Association, Kentucky Foundation for Women, Kosair, Metro Louisville City Government, Metro United Way, Mildred V. Horn Foundation, Norton Healthcare Community Trust Fund, Psi Iota Xi, Scott County Community Foundation, Target, U.S. Dept. of Housing and Urban Development, United Way of Scott County, UPS Foundation, Verizon, WHAS Crusade for Children, Woman's Club of Louisville and other grants.

Substance Related Sexual Assaults

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Recreational drug abuse is not a new phenomenon. Nor is the misuse of alcohol and other substances to facilitate date rape. But the increase in reports of drug misuse warrants renewed attention to combating the problem. This brochure provides some basic facts on the criminal use of sedating substances both for recreational purposes and to facilitate sexual assault.

Who Uses These Drugs, How and Why?

Sedating substances are used to enhance the effects of alcohol and/or other drugs and to diminish inhibitions. Some drug abusers reportedly use sedating substances to extend the effects of heroin and to diminish the aftereffects of crack or cocaine. Unfortunately, these substances also have been misused to commit sexual assault by spiking victims' beverages.

What Substances Are Being Used?

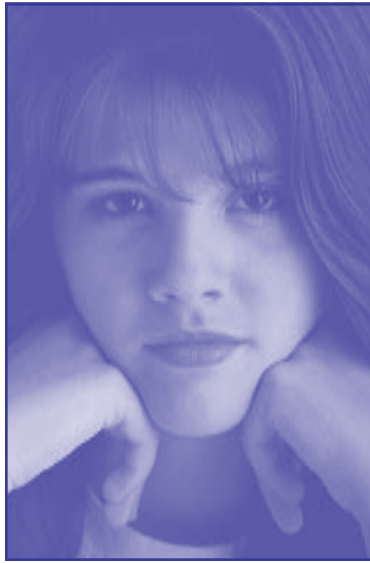
Over the decades, alcohol and substances such as chloral hydrate or "Mickey Finns" have been misused to involuntarily sedate individuals for sexual assault. In the past several years, there have been reports in which other substances have been identified, including:

- gamma hydroxybutyrate (GHB)
- flunitrazepam (Rohypnol)
- scopolamine
- burundanga
- ketamine

Recent laboratory tests on the urine of survivors of substance-related sexual assault showed traces of an even greater number of substances, including alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, GHB, marijuana and opiates. These drugs may come in any form, including powder, pill, tablet or liquid.

Sedating drugs often are referred to by a number of street names, including: Liquid Ecstasy, Liquid X, Grievous Bodily Harm and Easy Lay for GHB, and Special K for ketamine. Common street names for Rohypnol include Roofies, Roachies, La Rocha and the forget pill.

What Are the Physical Effects of These Substances?



Individuals may react differently to sedating substances depending on the dosage, their metabolism and sensitivity to the substance, and the presence of alcohol and/or other drugs.

There are several telltale signs that an individual may be under the

influence of a sedating substance. Possible effects include impaired judgment, disinhibition, dizziness and confusion. If an individual appears extremely intoxicated after consuming a non-alcoholic beverage, or only a small amount of alcohol, they may have unknowingly ingested one of a number of substances. Sedating substances can temporarily inhibit a person's ability to remain awake and conscious. And someone who has been sedated may experience sudden or unexplained drowsiness and have trouble with motor coordination.

Brief periods of impaired memory also may result from the misuse of some sedating substances. This means that the person may not remember what happened while under the drug's influence.

Depending on the substance and the presence of alcohol and other drugs in the person's system, more dangerous and sometimes life-threatening side effects may occur.

How Can I Reduce My Risk?

There are a number of precautions to take to reduce the risk of being drugged:

- Do not leave beverages unattended.
- Do not take any beverages, including alcohol, from someone you do not know well and trust.
- At a bar or club, accept drinks only from the bartender or server.
- At parties, do not accept open-container drinks from anyone.
- Be alert to the behavior of friends and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol may be in danger.

What Should I Do If I Think I've Been Drugged and Assaulted?

If you or a friend feels dizzy, confused or have other sudden, unexplained symptoms after drinking a beverage, call a family member, friend, the police, a doctor or 911 for help in getting to a hospital.

Resources

National Institute on Drug Abuse (NIDA)
(301) 443-1124

Haight Ashbury Free Clinics
(415) 746-1967

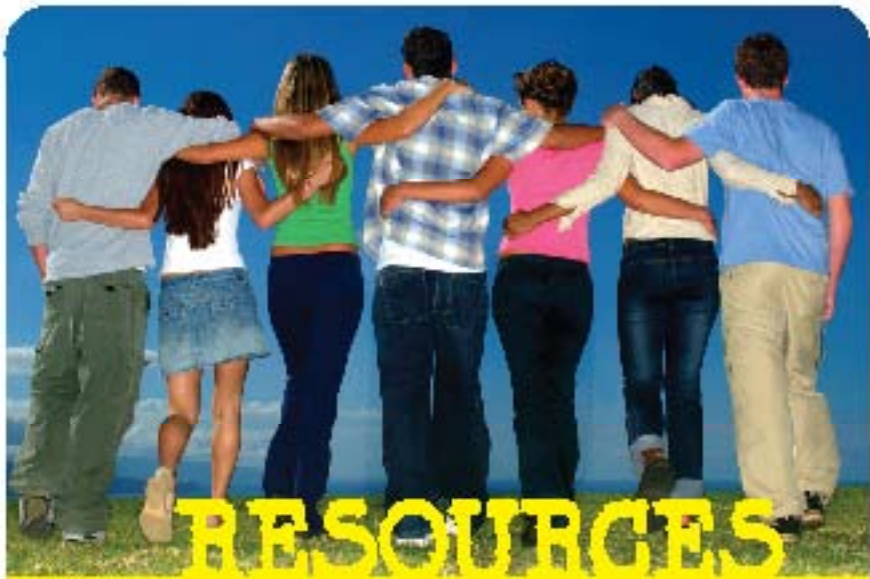
Rape Abuse and Incest National Network (RAINN)
(800) 656-HOPE

The Center for Women and Families Crisis Line
(888) 803-7577

Hoffmann-LaRoche
Free Drug Testing (800) 608-6540
Info on Rohypnol (800) 720-1076

Here are guidelines The Center's Rape Crisis Program suggests you follow:

- Get to a safe place and call a rape crisis center for information or support. For a toll-free rape crisis hotline, call **(800) 656-HOPE**.
- Determine whether or not you want to report the incident to the police. If there is any chance you do want to report the assault, you should not shower, bathe, douche, change clothes or straighten up the area until medical and legal evidence is collected because these actions will destroy evidence.
- If you want to report the incident, first call the police and then go to the hospital and have the medical evidence collected.
- Go to a hospital, clinic or private doctor for treatment of external and/or internal injuries, tests for pregnancy and sexually transmitted diseases, and support services.
- Inform medical staff if you think you may have been drugged.



RESOURCES



THE
CENTER
FOR
WOMEN
AND
FAMILIES



The Center for Women and Families
www.thecenteronline.org
1-877-808-7677 Toll Free 24/7

Kentucky Domestic Violence Association
www.kdva.org

Indiana Coalition Against Sexual Assault
www.incoasa.org

Indiana Coalition Against Domestic Violence
www.violenceinourarea.org



Campaign Against Rape Initiative
Influenced by the Indiana State Dept. of Health, Center for Disease Control, Rape Prevention Education Grant.
Principal Investigator: Mary Platt, Ph.D.



Teen Zine

FOCUS ON: HEALTHY DATING

Healthy Boundaries

Boundaries are the limit we put on how we're treated by other people. Abuse happens when one person violates another person's boundaries. That's why it's important to be very clear to yourself and others about your boundaries.

Boundary Exercise

Jasmine has been dating Eric for awhile. Jasmine's best friend Megan gets into an argument with Eric and starts talking negatively about him. Megan expects Jasmine to discontinue her relationship with Eric because of the disagreement. What should Jasmine say to set boundaries in terms of her relationships?

- "If we all can't be friends, I don't want to be friends with either of you. It's either all or nothing."
- "I'm sorry you had a disagreement, but Eric is my boyfriend. You both are very important to me and I don't want to lose either relationship. I hope you understand."
- "You're right, Eric is a creep. Let's agree not to be his friend and spread a nasty rumor about him."



Q. Dear A.C. Jr.
My ex-boyfriend and I broke up two months ago. He's so annoying because he calls my cell almost everyday and keeps trying to talk with me during breaks at school. I've told him to leave me alone but he won't get off my back. How can I get him to leave me alone?
Anonymous Female, Age 16

A. Dear Anonymous,
Your ex-boyfriend is showing signs of stalking and harassment. An option could be using a verbal response to identify his behavior: "I demand you stop stalking me." If his behavior continues, you may consider creating a plan to keep yourself safe such as having a buddy with you, call blocking your phone, telling an adult that you trust about the situation, informing a counselor about his behavior, and keeping emergency numbers with you at all times. Choose whatever suggestions will work best for you. You can also call a counselor at The Center for Women and Families to help you create this plan.

Q. Dear A.C. Jr.
I have a friend who came limping to school twice. I asked her what happened to her leg and she said that she bumped into the coffee table. I don't really believe her because I've heard from other friends that her boyfriend pushes her around sometimes. I am worried. How can I help her?
Jennifer, Age 16

A. Dear Jennifer,
It sounds like you are really concerned about your friend. You can say "I'm worried and concerned for you because I've seen you limping twice. Is someone hurting you?". She may not actually open up to you for many reasons—fear, guilt, shame, embarrassment. Let her know that you believe her, will listen to her, and will be supportive of her. Do not tell her what you think she should do, and never blame her. You are a good friend.

Q & A



Q. Dear A.C. Jr.
I'm a 13 yr old girl who's been dating a 14 yr old boy for a month. "Ryan" is a little shy when it comes to the affection department. It took him weeks to hold my hand or put his arm around my shoulders. How can I let him know it's okay to kiss me without being embarrassed?
Signed,
Impatient

A. Dear Impatient,
Do you know what the most intimate part of a relationship is? Communication! We often make the mistake of thinking our partner should be able to read our minds. Big mistake! Communication and respect are two of the most important tools in a good relationship. Perhaps "Ryan" is feeling the same as you. How do you think he would react if the next time you feel like a smooch, you ask him something like, "I'm so into you right now, can we kiss?" My guess is Ryan feels the same as you, but can't find the right words.



7 Things-to-Do if someone doesn't respect your personal boundaries

- **Inform**
Do you know that you are speaking loudly, or hurting me, saying things I don't like, etc.?
- **Request**
Please lower your voice. Please stop hurting me. Please stop what you are saying.
- **Instruct**
I need for you not to yell. "I need you to stop hurting me." "I need you to stop what you're saying."
- **Warn**
You may not speak to me in that tone of voice. "You may not hurt me." "You may not say that to me."
- **Take a Stand**
Stop, I demand you to stop right now.
- **Time out**
What you are doing/saying is unacceptable to me. I am open to work this out when you are able to do so reasonably. I am leaving for _____ (10 min., 1 hour, etc.) to protect myself.
- **Extended Time out**
I am going to move away from you to protect myself until you can do/say _____ or stop doing/saying _____.

"If you are being verbally, emotionally or physically abused by your dating partner, it could be dangerous to say or do many of these things. Only you really know what is safe. Trust yourself. Confide in an adult or call The Center's crisis line."



RESOURCES



THE CENTER FOR WOMEN AND FAMILIES

The Center for Women and Families
www.thecenterforwom.org

1-877-808-7877 Toll Free 24/7

Kentucky Domestic Violence Association
www.kdva.org



Indiana Coalition Against Sexual Assault
www.incaso.org

Indiana Coalition Against Domestic Violence
www.violenceinourarea.org

These programs are funded, in part, by the following: Alcoa Foundation, Annie E. Casey Foundation, Bales Foundation, Bank One, CAFE of Floyd, Harrison, Scott, and Clark Counties, Casert's Redboot Castle Foundation, Community Foundation of Louisville, Henry County Fiscal Court, Boyd County Commissioners, General Mills, Harrah Anderson Foundation, Harrison Co. Community Foundation, Harvoco Order of Kentucky Colonel, Indiana Criminal Justice Institute (ICJA & STOP), Indiana Family and Social Service Administration, U.S. Department of Housing and Urban Development, Kentucky Association of Sexual Assault Programs, Inc., Kentucky Domestic Violence Association, Kentucky Foundation for Women, KY Justice and Public Safety Cabinet (KYJASPC), Louisville Metro Housing, Louisville Metro Government, Metro United Way, Metro United Way of Bullitt Co, Metro United Way of Oldham Co., Metro United Way of Shelby Co., Norton Foundation, Philip Morris USA, Target, Toyota, United Way of Scott Co., Inc., UPS, US Office of Community Services, Verizon, Verizon Wireless, V.V. Cooke Foundation, WHAS Cares for Children, and Younger Women's Club of Louisville.



Teen Zine

FOCUS ON: HEALTHY DATING

Healthy Boundaries

Boundaries are the limit we put on how we're treated by other people. Abuse happens when one person violates another person's boundaries. That's why it's important to be very clear to yourself and others about your boundaries.

Boundary Exercise

Jasmine has been dating Eric for awhile. Jasmine's best friend Megan gets into an argument with Eric and starts talking negatively about him. Megan expects Jasmine to discontinue her relationship with Eric because of the disagreement. What should Jasmine say to set boundaries in terms of her relationship?

- "If we all can't be friends, I don't want to be friends with either of you. It's either all or nothing."
- "I'm sorry you had a disagreement, but Eric is my boyfriend. You both are very important to me and I don't want to lose either relationship. I hope you understand."
- "You're right, Eric is a creep. Let's agree not to be his friend and spread a nasty rumor about him."



Q. Dear A.C. Jr.
My ex-boyfriend and I broke up two months ago. He's so annoying because he calls my cell almost everyday and keeps trying to talk with me during breaks at school. I've told him to leave me alone but he won't get off my back. How can I get him to leave me alone?
Anonymous Female, Age 16

A. Dear Anonymous,
Your ex-boyfriend is showing signs of stalking and harassment. An option could be using a verbal response to identify his behavior: "I demand you stop stalking me." If his behavior continues, you may consider creating a plan to keep yourself safe such as having a buddy with you, call blocking your phone, telling an adult that you trust about the situation, informing a counselor about his behavior, and keeping emergency numbers with you at all times. Choose whatever suggestions will work best for you. You can also call a counselor at The Center for Women and Families to help you create this plan.

Q. Dear A.C. Jr.
I have a friend who came limping to school twice. I asked her what happened to her leg and she said that she bumped into the coffee table. I don't really believe her because I've heard from other friends that her boyfriend pushes her around sometimes. I am worried. How can I help her?
Jennifer, Age 16

A. Dear Jennifer,
It sounds like you are really concerned about your friend. You can say "I'm worried and concerned for you because I've seen you limping twice. Is someone hurting you?". She may not actually open up to you for many reasons—fear, guilt, shame, embarrassment. Let her know that you believe her, will listen to her, and will be supportive of her. Do not tell her what you think she should do, and never blame her. You are a good friend.

Q & A



Q. Dear A.C. Jr.
I'm a 13 yr old girl who's been dating a 14 yr old boy for a month. "Ryan" is a little shy when it comes to the affection department. It took him weeks to hold my hand or put his arm around my shoulders. How can I let him know it's okay to kiss me without being embarrassed?
Signed,
Impatient

A. Dear Impatient,
Do you know what the most intimate part of a relationship is? Communication! We often make the mistake of thinking our partner should be able to read our minds. Big mistake! Communication and respect are two of the most important tools in a good relationship. Perhaps "Ryan" is feeling the same as you. How do you think he would react if the next time you feel like a smooch, you ask him something like, "I'm so into you right now, can we kiss?" My guess is Ryan feels the same as you, but can't find the right words.



7 Things-to-Do if someone doesn't respect your personal boundaries

- **Inform**
Do you know that you are speaking loudly, or hurting me, saying things I don't like, etc.?
- **Request**
Please lower your voice. Please stop hurting me. Please stop what you are saying.
- **Instruct**
I need for you not to yell. "I need you to stop hurting me." "I need you to stop what you're saying."
- **Warn**
You may not speak to me in that tone of voice. "You may not hurt me." "You may not say that to me."
- **Take a Stand**
Stop, I demand you to stop right now.
- **Time out**
What you are doing/saying is unacceptable to me. I am open to work this out when you are able to do so reasonably. I am leaving for _____ (10 min., 1 hour, etc.) to protect myself.
- **Extended Time out**
I am going to move away from you to protect myself until you can do/say _____ or stop doing/saying _____.

"If you are being verbally, emotionally or physically abused by your dating partner, it could be dangerous to say or do many of these things. Only you really know what is safe. Trust yourself. Confide in an adult or call The Center's crisis line."

Dating Abuse



Dating abuse is a pattern of behaviors used by one partner to maintain power and control in a relationship. It may involve physical violence, but it may not. The "power and control wheel" shows how a bunch of different behaviors are used together to maintain control in a relationship. Take a look at these questions about your relationship with your dating partner.

- Are you afraid to say no to sexual activity?
- Do you make excuses (to yourself or your friends) for their behavior?
- Are you afraid when they get angry?
- Do you have to get their permission before you do things (go out with other friends, hang out, etc.)?
- Do they try to limit the time you're with your other friends?
- Do they blame you when they get angry or treat you badly?
- Do they call you names, put you down, or hit you?
- Do they make you feel bad about yourself in anyway?

If you answered yes to any of these questions, you may be being abused by your dating partner. Seek support!

Communication-

Communication is an exchange of verbal and non-verbal information between two or more individuals.

Tips for healthy communication

- Listen to each other.
- Both people can express feelings openly
- Using "I" messages: I feel sad, I understand.
- Both individuals are honest.
- Use a mediator when necessary.
- You and your partner can be assertive.



Love Is/Love Isn't

There are many ways we can talk about love. There are many things about love that can't be summed up in a word. Here are 2 lists to help you sort out what love is or isn't. These lists are to help you decide how you want to be treated.

Love Is...	Love Isn't...
Responsibility	Jealousy
Honesty	Possessiveness
Trust	Violence
Communication	Being Selfish
Sharing	Cruelty
Differences	Intimidation
Respect	Fear
Friendship	Manipulation

Positive Flirting

Fill in the blanks by unscrambling the words.

- 1) Flirting is _____ and _____-motivated. (yeidrfn; qlyhua)
- 2) Flirting builds the _____ of both parties. (seeem)
- 3) Flirting is a _____ exchange between both parties. (sitpovs)
- 4) You feel _____ of the situation. (ni; tleono)
- 5) Your _____ are being respected. (onrdiseua)
- 6) Flirting is _____ for both parties involved. (nfv)

Answer: 1) Friendly and playful-motivated. 2) self-esteem 3) positive 4) confident 5) needs 6) fun

Care-fronting a friend

Chances are, most people (especially guys) are going to know someone who is treating their dating partner in ways that are abusive, disrespectful, or hurtful. If you're the friend of someone who is treating their partner in ways that makes you feel uncomfortable, you have the right, and the responsibility, to speak up. Real friends don't let their friends abuse their dates.

Here's some ideas of what you can do:

- Ask them what they're doing.
- Point out to them what you've noticed about their behavior and remind them that you know them, they're too good to treat their girlfriend/boyfriend like that.
- Ask them how their behaviors gets their girl/boy friend to like them better.
- Ask them if how they're treating their partner is a sign of respect, and isn't respect the most important basis for a good dating relationship.
- Ask them how they would feel if their sister were treated like that by her boyfriend.
- Tell them to stop - "Man how you're treating her/him is so uncool! Why don't you treat her/him right?!"

Power & Control

Everybody wants to feel like they have some power and most people want to be in control. It becomes a problem when one person in a relationship generally has more control than the other. There can be an imbalance of power if one person:

- Makes most of the decisions.
- Believes they know more than the other person and talks down to their partner.
- Expects the other person to account for their time but isn't willing to do the same.
- Is scared that they'll be put down, criticized, or hurt if they're assertive.

What about jealousy?

Jealousy can be really confusing. At first, it can feel flattering, like it's a sign of love. But jealousy is more a symptom of control than it is a sign of love. Being made to explain what you do when you're away or having to defend the time you spend with other friends may be a sign of jealousy. Someone who really likes you won't make you defend your actions or change your behaviors.



Empowerment

Empowerment is the feeling and ability to have influence on those things that impact our lives. By virtue of being teens, you are somewhat disempowered. But in your dating relationships, you should both be empowered, and strive to empower your dating partner.

Ask yourself

- Do I feel like I can express my opinion even when I disagree?
- Do I make as many decisions as my partner about what we do and where we go?
- How can I support them in feeling more assertive when we hang out?
- How can I make sure that my partner has a voice in the decisions we make?

Empowerment Word Jumble

NUMCCATMONIOI

PSTRCEE

DNYOURAB

QLYTIEUA

RMWEMTEPNEO



6 Signs

of a respectful relationship.



Yes	No	
		You both have an equal voice in the relationship (where you go, what you do, who you go out with).
		You both listen to what the other has to say.
		What you want matters to your partner. Your opinion, concerns, and feelings count.
		You can pick who you want as friends and feel free to hang out with them.
		Your partner uses names that are endearing, not demeaning. Instead of calling your partner "My b*%@&" or "My Sugar Daddy" try "My date/boyfriend/girlfriend/partner" to show respect.
		You can say no at any time and trust you will be heard. No doesn't mean maybe, try later, or yes.

If you answered no to one or more of the above statements, your partner may be disrespecting you.