

KNOWLEDGE IS POWER!

There are no formulas that can guarantee your safety from sexual assault.

In a situation that becomes coercive or violent, the moment is often too confusing to plan an escape, and people react in various ways.

SOME PEOPLE FIGHT BACK!

Others won't for reasons such as fear, self-blame, or not wanting to hurt someone who may be a close friend.

While fighting back and giving up are both extreme reactions, it's important to realize that any reaction is legitimate. The burden of responsibility is on the attacker, not the victim.

Date rape is a misleading term. It describes a serious crime that is often misunderstood and often not reported. Rape, regardless of who commits it, is a felony sexual assault that leaves the victim injured and traumatized.

Victims of rape, especially when committed by an acquaintance, often feel a sense of responsibility for the attack and don't report it to the police.

Acquaintance rape is fostered by the stereotype that men are competitive and aggressive and women should be yielding and passive.

Experts, on the other hand, advise women to be open and assertive from the start of any relationship to prevent misunderstanding

Women drinking alcohol may ignore or miss cues that suggest an assault is likely.

Alcohol may also keep a woman from realizing her friendly behavior is being perceived as seductive.

To report a date rape in Berkeley, call:

510.981.5900

To talk with detectives about your situation, call:

Sexual Assault:

510.981.5735

Domestic Violence Prevention:

510.981.5736

www.ci.berkeley.ca.us/police

**WHAT
IS
DATE
RAPE?**

...and how you can prevent it from happening to you.



**BERKELEY POLICE DEPARTMENT
2100 MARTIN LUTHER KING JR. WAY
BERKELEY, CA 94704**

DATE RAPE AND DRUGS

ALL drug use impairs judgment, but there have been numerous reports of drugs being surreptitiously placed in drinks as a precursor to sexual assault.

One drug, called **ROHYPNOL** [roh-hip-nawl], causes a person ingesting the drug to have very little recollection of what happens for the next several hours.

Rohypnol also called a '**roofie**,' comes in a white tablet form and is tasteless and colorless when mixed in a drink. Effects occur 20-30 minutes after ingestion and can last for 8 hours. Symptoms include drowsiness, impaired motor skills and judgment, dizziness, confusion and amnesia.

Victims of **ROHYPNOL** often say their first indication something is wrong comes when they feel more affected by a smaller amount of alcohol than usual.

ALCOHOL AND RAPE WHAT'S THE CONNECTION?

Alcohol use is frequently associated with acquaintance rape. In one study, 26% of the men who admitted committing sexual assault on a date said they were intoxicated. An additional 29% reported being "mildly buzzed." That's a total of 55% who were under the influence. The same study showed 53% of the women were under the influence.

Men feel more powerful, sexual and aggressive after drinking alcohol. In one study, 75% of the male rapists admitted getting their dates drunk to increase the likelihood of having sex with them.

A man is more likely than a woman to interpret a variety of verbal and nonverbal clues as evidence that their partner is interested in sex. Alcohol increases the likelihood that such a misperception will occur and lead to a sexual assault.

ALTERNATIVES TO VULNERABILITY

Attend large parties with friends you can trust.

Agree to "look out" for one another. Try to leave with a group, rather than alone or with someone you don't know very well.

Be an active partner in a relationship.

Arranging to be with someone, where to meet, what to do and when to be intimate should all be shared decisions.

Know your sexual intentions and limits.

You have the right to say **"NO!"** to any unwanted sexual contact. If you are uncertain about what you want, ask your partner to respect your feelings.

Communicate your limits firmly and directly.

If you say **"NO!."** say it like you mean it. Don't give mixed messages. Back up your words with a firm tone of voice and clear body language.

To some people, drinking heavily, dressing provocatively, or going to a person's bedroom indicates a willingness to have sex.

Be especially careful to communicate your limits and intentions clearly in such situations.

Listen to your "gut" feelings.

If you feel uncomfortable or think you may be at risk, leave the situation and go to a safe place.

Judge people by their behavior.

Watch out for someone who:

- Ignores your wishes, opinions or ideas
- Gets hostile when you say **"NO!"**
- Tries to make you feel guilty or accuses you of being uptight if you say **"NO!"** to sex
- Acts excessively jealous or possessive; keeps tabs on your whereabouts
- Displays destructive anger and aggression

Don't be afraid to "make waves" if you feel threatened.

If you feel you are being pressured or coerced into sexual activity, don't hesitate to state your feelings and get out of the situation. Better a few minutes of social awkwardness or embarrassment than the trauma of a sexual assault.