

RAPE

No Means No. But What Really Means Yes? Understanding Consent

Recognizing what it really means to "**give consent**" can have a tremendous impact on the way you feel about your sexual experiences. Consent goes beyond whether or not someone said "no," or fought off a sexual advance. Consent means freely choosing to say "**yes.**"

Giving consent is active, not passive. It means acting as an equal in a shared decision-making process. This means that someone who is sleeping or unconscious cannot give consent, because a person has to be awake to actively make decisions. Someone who has had sex because they were intimidated, threatened, or forced into it has not given consent, because he or she has not chosen freely.

"I said no a bunch of times, but he kept trying to talk me into it. I was scared when he got angry. He was really strong, and I was afraid that he would get madder at me. I finally went along with it because I didn't know what else to do."

Doing something because you are afraid that someone will hurt you if you don't do it is not the same thing as consenting. Consenting means saying yes freely, not saying yes because you were too scared to say no! It is never okay for someone to assume that you are willing to do something just because you don't kick and scream to avoid it.

- **Consent means choosing to do something because you want to, not because you feel like you have to.**

"My boyfriend really wanted to have sex, but I knew I wasn't ready to go that far. He said that oral sex could be a compromise. I wanted to wait longer before we did that, too, but I felt like I owed him something because I was his girlfriend."

Dating someone never means that they can decide what should be okay for you sexually. Your body and your comfort level are not bargaining chips! It's not okay for someone to assume that you "**owe them**" any sexual act, for any reason. Also, it's not okay for someone to assume that you will have sex with him or her just because you previously had sex with him or her or with someone else. **You have the right to make different choices as you learn more about what you want and need in order to feel good about your sexual experiences.** You can always choose not to do something again if you find that you didn't like how it made you feel. Hooking up with someone doesn't mean that they should expect some kind of "**all-access pass**" to your body; **you have the power to decide what you want to do with your body every time.**

- **Consent is not about manipulation.** Everyone should feel free to say yes or no without being disrespected for his or her choices!

"I started to hook up with this girl at a party, but when I told her I didn't want to have sex she didn't take me seriously. She said, 'Why? Don't you like girls?' After she said that I got freaked out. I just went along with what she was doing because I didn't want her saying that I was **gay.**"

It's important to remember that unfair pressure to have sex can happen in any kind of sexual situation. Anyone, of any **gender** or **sexual orientation**, can be manipulative. Manipulative behaviors include using insults, guilt trips, embarrassment, and threats. However it happens, it's not okay.

- **Consent is not binding.** You have the right to change your mind at any time, for any reason.

"We bought the **condoms** together. I felt like I was ready, but when we started doing it, it really hurt and I told him to stop . . . but he didn't. He thought I would start to like it if he kept going, since we had both been excited about doing it. He was wrong. I had wanted my first time to be perfect. I couldn't believe he just stopped listening to me. Instead of feeling like we were sharing something special, I felt like I had no control over what was happening to my body."

YOU are the only person who has the right to set — or change — the boundaries around what feels comfortable and good to you! If you consent to something but then change your mind, you have the right to stop it immediately. If both people are truly consenting to sex, it means that they continue to listen to each other every step of the way.

If you or someone you know has been **raped**, call the **Rape, Abuse, Incest National Network (RAINN)** at 1-800-656-HOPE or visit the **RAINN Web site www.rainn.org**.

The age of consent is legally defined. All states have laws governing the age of consent — the age at which a person is considered to be old enough to agree to have sex.

People above the age of consent who have sex with people below the age of consent can be charged with **sexual assault**, even if younger people say they are willing because, according to the law, they aren't mature enough to consent. In these cases, sexual relations are referred to as "**statutory rape**," which is a crime that can be punished with a jail sentence for the older person.

The age of consent is different in each state. Some states have double standards and set different ages for guys and girls. Call the office of the attorney general in your state to find out what the laws are there.

I think I was raped but I'm not sure

About 2 years ago I liked this guy a little. He came over one night and we started kissing, then he started taking off my pants and I let him. Then he started having intercourse with me. Right off I told him no. But he continued to do it until he was through. He held me down while he was doing this so I let him. I cried the whole time, then after this he forced me to give **oral sex**. Is this **rape**? I'm very hurt inside! Please help me!!!

Nicegirl13

Dear Nicegirl13,

Anytime a woman is made to perform a sex act against her will, it is rape. All of the following are crimes when anyone, including a partner or spouse, does them without the other person's consent:

- Penetration of a victim's anus or vagina. The penetration may be with a body part, such as finger or penis, or by an object.
- Sexual penetration of the victim's mouth.
- Intentionally touching a victim's intimate parts, such as buttocks, inner thigh, breasts, and sex organs.
- Making a victim touch someone else's sex organs.
- Contact between the mouth of one person and the sex organs of another.

Rape can be very painful and difficult to deal with, but you have already taken the first step — you're reaching out for help. Remember that healing from rape takes a while, so give yourself the time you need to deal with the hurt you feel inside. It is important to continue talking about the rape, even if it happened a while ago. You can call the RAINN hotline for free, confidential, counseling 24 hours a day at 1-800-656-HOPE. RAINN web site: www.rainn.org.

What Is Date Rape?

The title 'Date Rape' is a very general term which has come to represent some very different situations. It can be the victimization and subsequent rape of an individual by someone they know intimately or just as an acquaintance. It can occur on a first date, or by someone the victim has come to know and trust.

This same phrase has also come to represent another disturbing variation of rape. It is more appropriately called Drug Facilitated Sexual Assault, and it has been increasing in frequency at an alarming rate. As with most rape, it is difficult to ascertain the true extent of this crime.

In its pure set definition, this form of 'Date Rape' is accomplished by the placement of a drug, legal or illegal, into an unaware victims' consumable without their prior knowledge or consent. This drug must meet certain criteria. First, it must be able to be present in the victim's beverage without raising suspicion. This means it must be relatively tasteless, without odor, and not impart any physical changes to the beverage in question, i.e. color change, cloudy appearance or very oily look. Second, it must render the victim in a quasi-comatose state so as to aid in the perpetrators plans. It generally has a synergistic effect with alcohol, but that is not a requirement.

With this definition in mind, consider how alcohol has been implicated and proven to be a primary factor in many rape cases. It lowers victim's inhibitions, and eliminates their power to reason sometimes leaving them in potentially life threatening situations. But, alcohol alone is not a Drug Facilitated Sexual Assault agent. It is nearly impossible to forcibly give someone alcohol without them being aware.

The same holds true for many of the so called 'Club Drugs' which have gained notoriety in the media recently. The drug MDMA or as it is better known as ecstasy has grown to become the illegal drug choice with club goers throughout the United States in recent years. There have been reported cases of assault against individuals while they were under the influence of MDMA, but these victims unfortunately ingested the drug with consent. Also, ecstasy doesn't fit the requirements of a true

'Date Rape' agent. It is relatively insoluble in water and alcohol based beverages, even when crushed.

Potentially there are thousands of agents which could be utilized to accomplish this heinous act. Fortunately, there are really but a few which seem to be abused the most for 'Date Rape'. Suffice to say, it wouldn't be prudent to list every possible 'Date Rape' agent, first because most are nearly unattainable to the common perpetrator, and second, listing them might give an unscrupulous mind ideas. Drink Safe Technologies has developed a safe, relatively fast diagnostic test to detect the most abused 'Date Rape' drugs. This does not mean they are the only drugs we test for. It just isn't appropriate to announce them at this time. Also, if and when another drug rises to the infamous status of the major drugs, you can be sure that the test will be redesigned to accommodate them.

Drug Facilitated Sexual Assault

In recent years, drug-facilitated sexual assault has become a growing concern among health and community educators. A number of drugs have become known as "date rape drugs" or "predatory drugs" because they are used to incapacitate individuals for the purposes of committing a crime, often sexual assault. Alcohol is the drug most commonly associated with sexual assault, but incidents involving other drugs are on the rise. These drugs, also called "club drugs" because of their popularity in dance clubs and bars, can be unknowingly given to a victim, incapacitate the victim, and prevent him/her from resisting during a sexual assault or other crime. They can also produce amnesia causing a victim to be unclear of what, if any, crime was committed.

These drugs are particularly dangerous when combined with alcohol. As with any coerced sexual activity, victims of drug-facilitated sexual assault cannot protect themselves from HIV, other sexually transmitted diseases, or unintended pregnancy.

This fact sheet provides information on three of the most common predatory drugs.

Date Rape Information

According to the U.S. Department of Justice, "Date Rape", is one of the fastest growing drug-facilitated, sexual assault crimes in America today. In most cases, this is how it happens: Illicit drugs are unobtrusively slipped into beverages of unsuspecting victims at dance parties, bars or nightclubs. These substances are colorless, tasteless and odorless so the victim has absolutely no way of knowing that the drink he or she is about to consume will cause severe impairment and leave him or her defenseless. The victim is then left at the mercy of the perpetrator, led away to somewhere private and ultimately raped.

Personal Date Rape Tests You Can Take With You

There are 3 kinds of date rape kits:

DrinkSafe Date Rape Test Pack is a pack of 10 small cards that incorporates DrinkSafe technology for detecting presence of major date rape drugs.

Each pack consists of 10 cards, each containing 2 test areas that incorporate patented DrinkSafe technology that reacts with a visible color change if a test area comes in contact with a drink spiked with major date rape drugs like GHB and Ketamine.

The DR2 Drink Safe Personal Test Kit contains twenty tests. About the size of a credit card, they incorporate our patented 'Drink Safe' technology to react with a visible color change when they come in contact with a drink spiked with one of the major 'Date Rape' drugs. Due to their size and ease of use, the test strips are relatively inconspicuous and can be used very nonchalantly. The test takes only seconds to perform, and is as easy as placing a couple of drops from the drink in question onto our active test spots using a swizzle stick or even one's finger.

DrinkSafe Date Rape Coaster is a drink coaster that incorporates DrinkSafe technology for detecting presence of major date rape drugs.

Each coaster contains two test areas that incorporate patented DrinkSafe technology that reacts with a visible color change if a test area comes in contact with a drink spiked with major date rape drugs.

The standard Drink Safe Coaster is a two test device. Measuring 4" x 4" with five color graphics. The coasters are designed with the drink safe message prominently displayed in the center with two test areas located at each bottom corner. The back of the coaster has complete instructions for use.

DrinkSafe Date Rape Test Card Each card contains two test areas that incorporate patented DrinkSafe technology that reacts with a visible color change if a test area comes in contact with a drink spiked with major date rape drugs (size of a credit card).

Each card contains two test areas that incorporate patented DrinkSafe technology that reacts with a visible color change if a test area comes in contact with a drink spiked with major date rape drugs (size of a credit card).

The DR1 Drink Safe Personal Test kit contains two tests. About the size of a credit card, they incorporate our patented 'Drink Safe' technology to react with a visible color change when they come in contact with a drink spiked with one of the major 'Date Rape' drugs. Due to their size and ease of use, the test strips are relatively inconspicuous and can be used very nonchalantly. The test takes only seconds to perform, and is as easy as placing a couple of drops from the drink in question onto our active test spots using a swizzle stick or even one's finger.

Tips from a Rapist - A Must Read

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

- 1) The first thing a rapists looks for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.
- 2) The second thing a rapists looks for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around to cut clothing.
- 3) They also look for, women on their cell phone, searching through their purse or doing other activities while walking because they are off and can be easily overpowered.
- 4) The time of day a rapists are most likely to attack and rape a woman is in the early morning, between 5 and 8:30 a.m.
- 5) The number one place women are abducted from or attacked at is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms.
- 6) The thing about these rapists is is that they are looking to grab a woman and quickly move her to a second location where they don't have to worry about getting caught.
- 7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.
- 8) If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time consuming.
- 9) These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands.
- 10) Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.
- 11) Several defense mechanisms he taught us are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk, I can't believe it is so cold out here or we're in for a bad winter. Now you've seen their face and could identify them in a lineup, you lose appeal as a target.
- 12) If someone is coming toward you, hold out your hands in front of you and yell Stop or Stay back! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

- 13) If you carry pepper spray (this instructor was a huge advocate of it and carries it with him wherever he goes), yelling I HAVE PEPPER SPRAY and holding it out will be a deterrent.
- 14) If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either under the arm between the elbow and armpit or in the upper inner thigh -- HARD. One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands the guy needed stitches. Try pinching yourself in those places as hard as you can stand it; it hurts.
- 15) After the initial hit, always go for the groin. I know from a particularly unfortunate experience that if you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble, and he's out of there.
- 16) When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible. The instructor did it to me without using much pressure, and I ended up on my knees and both knuckles cracked audibly.
- 17) Of course the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

If you are 18 and older please participate in a 3 to 4 hour long **Refuse To Be a Victim** seminar. Visit caases.org/refuse.html for more information and what you will learn.

If you have a 13 year old and older we advise you to take a **Rape Escape** class. Take the **Abduction Escape! "Anti-Abduction"** for 14 years of age and older. Visit caases.org for more information.