

## Rape Is Not About Sex ...

### What is rape?

Rape is a crime of power and control. Rape is forcing someone to have sex against his or her will.

When the rapist and victim know each other, rape is called acquaintance rape, or more commonly, date rape. This is true even when the rapist is not a date, but a friend, classmate, co-worker, neighbor, or anyone else the victim knows. The fact is, 70 percent of all rapes are committed by acquaintances. It is important to know the facts, and learn what to do to protect yourself and the people you know.

***No One Deserves To Be Raped.  
Rape Is Never The Victim's Fault.***

# Indiana Coalition Against Sexual Assault

To connect with the crisis line  
in your area, call:

**1-800-656-HOPE**

(Rape, Abuse & Incest National Network [RAINN])

**For more information:**

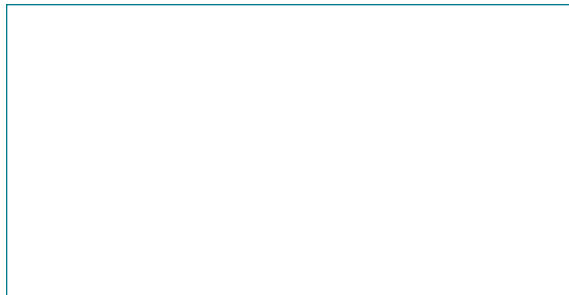
INCASA  
55 Monument Circle, Suite 1224  
Indianapolis, IN 46204

**317-423-0233**

**1-800-691-2272**

email: [incasa@incasa.org](mailto:incasa@incasa.org)  
website: [www.incasa.org](http://www.incasa.org)

Family Wellness Helpline  
Indiana State Department of Health  
V/TDD 1-800-433-0746



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Acquaintance  
Rape



"No matter who the rapist is,  
rape is an act of violence."

## Myths About Acquaintance Rape

- Myth:** Women who were raped on a date were asking for it.
- Fact:** Nobody asks to be raped. Rape is a crime of violence, power, and control. Sex is used as a weapon.
- Myth:** Acquaintance rape usually happens because a guy just gets carried away.
- Fact:** Most rapes, including acquaintance rapes, are planned.
- Myth:** If rape is usually planned, then the victim should have known it would happen.
- Fact:** Rapists get their victims to trust them and then turn that trust against them. Rapists are careful to appear non-threatening.
- Myth:** Acquaintance rape is not as violent as rape committed by a stranger.
- Fact:** Acquaintance rape can be very violent.
- Myth:** Victims of acquaintance rape are not as emotionally hurt as victims of stranger rape.
- Fact:** Acquaintance rape is just as criminal. Victims of acquaintance rape have the same feelings as victims of stranger rape. Because they know the rapist, survivors may have feelings of guilt and/or more difficulty trusting people.

## Reactions To Rape

Most victims share the same feelings. At different times and in different ways, all of the following emotions may be experienced:

- Fear
- Embarrassment
- Distrust
- Self-blame
- Anger
- Guilt
- Depression
- Fear of others finding out

## If You Or A Friend Is Raped

**Get medical help as soon as possible.** Many acquaintance rape victims do not know they need to do this, especially if they do not have any visible injuries. However, acquaintance rape can result in sexually transmitted diseases, pregnancy, or injuries that might not be visible. Some of these conditions, if not taken care of soon, can have long-term effects or may be life threatening. Local emergency rooms should provide treatment for rape victims 24 hours a day. If the crime is reported to the police within 48 hours, and if the victim cooperates with the investigation, the Sex Crime Victim Compensation Fund may pay for emergency room costs and follow-up exams.

**Do not change clothes.** Do not wash, drink, use the toilet, or douche before you go to the hospital because evidence could be destroyed. Take a change of clothes with you to the hospital.

**Report the rape.** Your report may be used by the police to file a charge against the rapist. It might also help someone else. Many rapists are repeat offenders. Your report might help a case already being investigated or help prevent a future rape.

## Healing & Recovery

Recovery takes time, and the process is different for everyone. A victim needs support during this time. A rape crisis center has trained people who are there to listen and help. If there is no center in your community, call the numbers on the back of this brochure to find help.

## Safety Tips For You & Your Friends

- Know your limits. How far do you want to go with a date?
- Communicate your limits clearly.
- Back up your words with a strong voice and body language.
- Be aware of your surroundings.
- Listen to your intuition. If it says something is wrong, it probably is. Try to get out of the situation.
- Don't be afraid to make a scene and stand up for yourself.
- Respect yourself. Know that what you want counts.
- Remember, alcohol and drugs can impair your judgment and reactions. Be especially careful when you drink, and when you're with someone who has been drinking.
- Watch your beverage at all times. Date rape drugs are tasteless, colorless, and odorless. Until the effects are well under way, victims don't know they have ingested drugs.
- When you go out to a party and/or to bars, go with a group of friends and look out for each other.
- If you see someone who could be in trouble, speak up or call authorities.

## Help Stop Acquaintance Rape

- Respect yourself and other people.
- Do not use other people to get what you want.
- Understand what rape is and tell others about it.
- When you hear people telling myths about acquaintance rape, tell them the FACTS.

