

Rape Is Not About Sex ...

- Rape is a violent crime of power and control.
- Rape is motivated by the desire to control the victim.
- Sex is used as a weapon.

Rape Is A Serious Problem In Our Society

Each year, rape affects the lives of hundreds of thousands of people. According to The National Women's Study, 683,000 forcible rapes occur every year; that equals 56,916 per month, 1,871 per day, 78 per hour, or 1.3 per minute.

Your Support Is Important

As someone close to a rape victim, your reaction and support can make a difference in how he or she deals with the rape. It is important to remember that rape is a terrifying experience no matter who the rapist is. It's terrifying even if the victim knows the rapist as a co-worker, neighbor, or friend. In fact, nearly 70 percent of all rape victims know the rapist. Your friend had no control over what happened. That's part of what makes rape so terrifying.

***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:

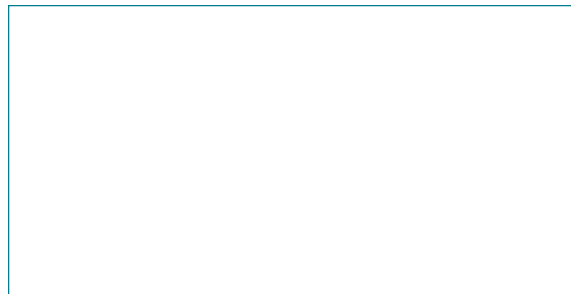
INCASA
26 North Arsenal, Third Floor
Indianapolis, IN 46201

317-423-0233

1-800-691-2272

email: incasa@incasa.org
website: www.incasa.org

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



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When A
Friend is
Raped



“Your reaction and support
can make a difference.”

Dealing With Your Feelings

Your feelings about your friend's rape are important. You may feel angry, frustrated, afraid, or many other things. This is normal. As someone who is close to the victim, your life will be affected by the rape. You have the right to your own feelings, but be careful not to force them on your friend. You may want to talk with someone about how you feel; however, do not discuss the rape with other friends. It is the victim's right to decide who should know about the rape. Call the local rape crisis center. A specially trained staff member will talk with you. If there is no center in your community, call one of the numbers on the back of this brochure for help.

If you are a male friend of a female victim, and she is uncomfortable with you, try to accept this as normal. Understand that her reaction is to her experience, not to you. Help her find someone else with whom she can talk. Let her know you care about her, and you are available if she wants to talk. After being raped, some women cannot even talk to a man, no matter how close the friendship.

Remember, recovery takes time. Understand your friend may need ongoing support. Help your friend regain control by encouraging independent decision making, particularly about choosing whom to tell. Most importantly, be there to listen and be supportive.

How Rape Victims May Feel

Every rape is different, so it makes sense that victims react differently. Many victims feel a loss of control over their lives. A victim may also experience:

- Embarrassment
- Anger
- Distrust
- Self-blame
- Fear
- Guilt
- Depression
- Loss of self confidence

Providing Support

Supporting your friend is important. Sometimes victims wait a long time before they tell anyone about the rape. This happens often and does not mean that the victim is making it up. Whether the rape happened a long time ago or a few minutes ago, the pain is real. Your friend needs your support. What you say and how you react are very important.

The following are some do's and don'ts for providing support.

- DO** listen carefully to what is shared with you.
- DON'T** press for details.
- DO** assist him or her in getting the help needed and wanted.
- DON'T** make the decisions for the victim.
- DO** say that rape is never the victim's fault, if your friend feels guilty.
- DON'T** ask if there was anything done to "lead the rapist on."
- DO** tell your friend that going along with the rapist does not mean giving the rapist permission.
- DON'T** ask why he or she didn't scream or run.
- DO** tell your friend that he or she did everything right.
- DON'T** say what you would have done.
- DO** tell your friend: "Whatever you are feeling is O.K."
- DON'T** say: "I know how you are feeling."

Getting Medical Help

Encourage your friend to get medical help as soon as possible. It is important to seek medical attention at the earliest opportunity. Even though your friend may not appear to be hurt, there may be injuries that are not visible. Rape could result in sexually transmitted diseases, pregnancy, or injuries that cannot be determined without examination.

Your local emergency room should provide treatment for rape victims 24 hours a day. Offer to go to the hospital with your friend. Be supportive and encouraging, but remember that it is her/his decision in the end. You should always encourage a victim to seek medical care in case of internal injuries. **Under the law a victim of rape is entitled to forensic evidence collection without having to report to law enforcement.**

If your friend decides to go to the hospital, she/he should not change clothes, wash, use the toilet, or douche before going. Your friend should take a change of clothes to the hospital.

Reporting

Encourage your friend to report the rape to the police. The report may be used to file a charge against the rapist. It might also help someone else. Many rapists are repeat offenders. Your friend's report might help a case that is already being investigated or 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 one of the numbers on the back of this brochure to be referred for help.

