

Rape Is Not About Sex ...

What is rape?

Rape is forcing someone to have sex against her or his will. Rape is a violent crime of power and control. Sex is used as a weapon. Rapists come from all classes, races, and backgrounds.

Rape is a serious problem in our society

- According to The National Women's Study, 683,000 forcible rapes occur every year. This equals 56,916 per month; 1,871 per day; 78 per hour; or 1.3 per minute. (National Center for Victims of Crime & Crime Victims Research and Treatment Center, 1998)
- One out of 12 men will be raped during his lifetime. (Bureau of Justice Statistics, U.S. Department of Justice, 1998)
- Every incident of child sexual abuse costs the victim and society \$99,000. (Miller, Cohen, & Wiersma, 1996)
- Over half of all rapes happen in the victim's home or in a friend's home. (National Crime Victimization Survey, 2005)
- Over 70 percent of victims know the rapist. (Bureau of Justice Statistics, Criminal Victimization Survey, 2005)
- One in Seven women will be raped in her lifetime in Indiana. (One in Seven Report, Report on Rape in Indiana 2003)
- Rape continues to be the least reported violent crime: 30.5 percent – less than 1/3 of all rapes and sexual assaults – are reported. (Bureau of Justice Statistics, U.S. Department of Justice, 1998)

***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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INCASA is an equal opportunity/equal access organizations.



Rape



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sex against her or his will."

Who Is At Risk?

Anyone can be raped. Most rape victims are female, but men are also raped. Victims can be teenagers, elderly, married, or single. Girls and women between the ages of 15 and 25 are at the greatest risk of being raped. No matter where or when a rape takes place, or who the rapist is, rape is always a terrifying experience.

What To Do If You Are Raped

Try to stay calm. Your safety should be your first concern. Look for ways to escape or get attention. However, you may not be able to do either. Many rape victims fear for their lives. Whatever you do, know that in surviving, you did the right thing.

Get medical help as soon as possible. Even though you may not appear to be hurt, there may be injuries that are not visible. Your local emergency room should provide treatment for rape victims 24 hours a day. You should always seek medical care in case of internal injuries. **Under the law you are entitled to forensic evidence collection without having to report to law enforcement.**

Do not change clothes. Do not wash, drink, use the toilet, or douche before you go to the hospital. Going straight to the hospital helps preserve evidence of the crime. The police will need to retain your clothing, so take a change of clothes with you.

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

How You May Feel

Every rape is different, and each victim may experience many different feelings. Some of the emotions include:

- Fear of being alone
- Fear of crowds
- Fear of men
- Fear of strangers
- Fear of others finding out
- Anger
- Embarrassment
- Guilt
- Depression
- Mistrust in people

Healing & Recovery

Recovery takes time, and the process is different for everyone. A victim may need ongoing support during recovery. A rape crisis center provides specially-trained-people who will listen and help. If there is no center in your community, call one of the numbers on the back of this brochure

Safety Tips

At home:

- Keep doors and windows locked.
- Use deadbolts and peepholes.
- Check the identification of repairmen, deliverymen, and even police.
- Leave lights on when you leave or if you are alone.
- Know your neighbors.

In the car:

- Always keep your doors locked even when you are inside.
- Avoid dark areas with few people around.
- When you are coming back to your car, have your keys ready and check the back seat before you get in.
- If you have car trouble, stay inside, keep the windows up, and lock the doors. Ask anyone who stops to send the police.
- If you are being followed, drive to a police station or well-lighted public place, and honk the horn to get attention. Don't drive home, and don't get out of the car.

On the street:

- Walk with confidence and direction.
- Avoid dark and isolated areas
- Carry your keys in your hand.
- Try not to walk alone.
- If you do go out alone, let someone know where you are going and when you will be back.

On a date:

- If you don't know your date well, arrange to meet in a public place.
- Have your own transportation home.
- Express yourself clearly. Don't worry about hurting your date's feelings.
- Listen to your intuition. If it says something is wrong, it probably is.
- Don't be afraid to make a scene and stand up for yourself.
- Be careful with alcohol. It can impair judgment and reactions.
- Don't leave your beverages open and unattended. Date rape drugs are tasteless, colorless, and odorless. Until the effects are well under way, victims don't know they have ingested drugs.

