

## Know the Facts:

- A rape is reported in the U.S. every six (6) minutes.\*
- Eighty-five percent of all rapes are committed by someone the victim knows—not a stranger.\*

\* Source: United States Department of Justice, Office On Violence Against Women

- Rape can happen to anyone at any age. Those at highest risk are 15 to 25 years.

### What is Rape?

Rape is defined as one person forcing another person to have sex, or perform sexual acts, using coercion, manipulation, threats, physical restraint or physical violence. Rape is not about sex, it is about power and control where sex is used to dominate or hurt the victim.

### Who are the rapists?

A rapist can be anyone. The victim knows the rapist in 85 percent of rapes. The other 15 percent are stranger attacks.

### Who are the victims?

Anyone can be the victim of rape—regardless of how they look, their age, gender or where they live. Rapists choose victims who are accessible to them and who they perceive to be vulnerable.

### Where does rape occur?

Most rapes take place in the victim's or rapist's home or car. In a non-stranger rape, the victim often trusts the rapist and feels safe being alone with that person.

## Rape Awareness

There is no real way to guarantee a rape will not happen. However, following safety tips can help.

### Non-Stranger Rape

- Have a firm boundary in your relationships with others. Know your limits and make them clear.
- Use assertive language. **It's okay to say no.**
- Let others know when you feel uncomfortable.

### At Social Gatherings

- Do not leave beverages unattended. Only accept drinks from a bartender, server, or someone you know very well.
- Use a buddy system. Be alert to the behavior of friends and ask them to watch out for you.
- Leave with the same group of people you came with.

### On a Date

- Know your intentions in advance, and make them known to your date.
- Be in control of your environment. Drive yourself and meet in a public place.
- Keep in mind that using drugs and/or alcohol impairs your ability to respond and react.
- Let others know where you are going, who you will be with, and when you will be home.

**Trust your instincts. If you feel pressured or threatened, try to get away immediately.**

## No means no!

### Stranger Rape

- Keep windows and doors locked at all times at home and in the car.
- Have your key in hand when going to your car and when entering your home.
- If you live alone, list your phone under your initials and without an address. Say, "we," rather than, "I," on answering systems.
- Vary your routine. Come and go at different times of the day.
- Carry a cell phone for emergencies.
- Park in well-lit areas.
- Ask for security assistance if you feel unsafe in public parking lots.

### If You Plan to Meet Someone You Met Online

- Meet the individual with a group of friends. If this is not possible, meet in a public place and make sure you have a way home.
- Meet in the afternoon or early evening.

### Drug-Facilitated Rape

You may have heard of date rape drugs, such as rohypnol and GHB. You should also keep in mind that alcohol is the #1 rape drug used.

Any substance that can be used to decrease your level of awareness or ability to respond can be used to increase your vulnerability and facilitate a rape. Some rape drugs may be put into the victim's drink, food, cigarettes or even chewing gum.

#### The symptoms are:

- Appearing drunk without excessive alcohol consumption.
- Unexplained drowsiness and impaired motor condition.
- Dizziness, confusion, impaired judgment and loss of inhibition.
- Impaired ability to remember details.

**Alcohol is the #1 rape drug used.**

### If You Think You Have Been Drugged

Seek medical attention and request a urine test as quickly as possible. Depending on the substance, the test can be reliable 24 to 72 hours.

## What To Do If You Have Been Raped

### Travel Tips

- Choose a secure hotel. Know the phone number and address.
- When you are in the hotel room always bolt the security lock. Never answer the door without verifying who is there.
- Be careful where you lay your room key. Anyone could take it, for example, by the pool.
- Get the cab driver's name and use it. Know the address of the place you are going.
- Plan your arrival and departure during daytime hours.
- On the road, don't stop if a car starts bumping you from behind or even if you see another motorist signaling for help. Step on the gas and drive to the nearest well-lighted gas station.
- Know the directions of your destination.

### What To Do If You Are Attacked

- Trust your instinct. If you don't feel safe, look for ways to escape.
- Resist as long as you feel it is safe to do so.
- If there is anyone nearby, try to attract attention to deter the rapist. People are more likely to respond to "fire!" rather than "help!"
- If you are attacked by a stranger, try to concentrate on their identity: age; skin, eye and hair color; height and weight; complexion and any distinguishing characteristics.
- "Marking" the rapist by scratching his face or wherever you can helps in the identification of suspects.

- Seek immediate medical attention from a hospital emergency room or from your physician.
- If you need transportation, call 911.
- Do not bathe, douche, change clothes, brush your hair or teeth, or apply or take/ingest any medication.
- If possible, do not eat or drink anything.
- Take a change of clothes to the hospital, if possible.

Call the YWCA 24-hour hotline:  
**345-7273**

An advocate can meet you at the hospital.

Even if you choose not to report the rape to law enforcement, it is still important to seek medical attention and talk to someone about the rape for recovery to begin.

Survivors need calm, reassuring, unconditional support.

YWCA Omaha Offers Immediate and Long-term Help

The YWCA 24-hour hotline provides information and support. Advocates can meet you at a hospital, accompany you through the legal process and just listen. Individual and group counseling is available for both teens and adults. Help for families and partners is also available.

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222 South 29 St.  
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Sexual Assault  
Domestic Violence

Be informed.  
Know the facts.

Sexual  
Assault  
Awareness

Sexual assault is a legal term in Nebraska. It includes in its definition rape and other acts of body penetration and molestation. In this brochure the term rape is used to include all acts of sexual violence.

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