

If you are a woman, there is 1 chance in 6 that you will be raped at some point in your life.

Men can be raped too. But most of the time women are raped by men. That's why this information is for women.

Rape is any sex forced upon someone without consent.

Rape is an act of violence. Rapists use rape to feel power over another person.

A woman might be raped by a stranger. But most women are raped by someone they know—a date, relative, spouse, lover or friend.

Some people blame the woman for the rape. They think she must have done something to cause it. Or that she could have stopped it.

Not true. Rape is a violent, hurtful crime. It is against the law. Rape is never a woman's fault.

Like any crime, rape can sometimes happen no matter what you do. But there are things you can do to help protect yourself.



"Date Rape" Drugs

At least 3 drugs are known as "date rape" drugs.

- ☐ **Rohypnol** ("roofies," "rophies," "Roche")
- ☐ **GHB** ("G," "liquid ecstasy")
- ☐ **Ketamine** ("K," "Special K")

All these drugs cause sleep and amnesia. They impair a person's ability to remember even more when they're taken with alcohol and/or other drugs.

Don't Be Drugged

- ☐ Don't accept drinks from strangers or casual acquaintances.
- ☐ **Never** leave a drink unattended.

Haven House
24 Hr. Crisis Line
1-800-440-4633

"This project was supported by Grant No. 2004-WR-AK-068 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women."

This brochure is not intended as a substitute for your health professional's opinion or care.

Text and drawings by Eric Berg.

© 1996 ETR Associates. Revised 2000. Reviewed 2008. All rights reserved. It is a violation of U.S. copyright law to reproduce any portion of this publication.

ETR
Associates

1-800-321-4407
www.etr.org

A nonprofit organization Title No. H136

Rape

Am I at Risk?



- ☒ **A**
- ☒ **Self-**
- ☒ **Protection**
- ☒ **Checklist**

Know the Warning Signs

Knowing the warning signs can help you lower your risk. Not all people with these traits are rapists.

But many rapists:

- ☐ Don't respect women.
- ☐ Think they are being sexy when they are actually being violent.
- ☐ Act rude to women in positions of authority.
- ☐ Get too close and/or physical with a woman too soon.
- ☐ Keep touching a woman after she asks them to stop.
- ☐ Think it's normal to be aggressive and violent.
- ☐ Demand that things be done on their terms.
- ☐ Abuse alcohol and/or drugs.

Mixed-Up Signals

Sometimes a rape can happen when sexual signals get mixed up. Talk with your partner about sexual feelings before the heat of passion gets in the way. Being clear about sexual limits may keep a sexual situation from getting out of control.



2

Am I at Risk?

From Someone I Know

If you know what to look for, it can help you get out of a dangerous situation.

You are helping to protect yourself if you:

- ☐ Know what situations are risky and how to avoid or get out of them.
- ☐ Know the traits of rapists and watch for them.
- ☐ Are clear about how far you are willing to go sexually with a partner *before* you are alone together.
- ☐ Are careful about using alcohol and other drugs, especially in sexual situations.
- ☐ Have a plan for what to do in a dangerous situation.

From Someone I Don't Know

You are helping to protect yourself if you:

- ☐ Check to see who it is when someone knocks at the door.
- ☐ Ask for ID when people come to work in your house.
- ☐ Don't tell unknown phone callers you're alone.
- ☐ Always lock windows and doors.
- ☐ Don't accept rides from strangers.
- ☐ Vary your route if you walk or run regularly by yourself.
- ☐ Walk where there are people and lights at night.
- ☐ Are aware of what's going on around you in unfamiliar situations.

3

- ☐ Have a plan for getting out of an uncomfortable situation right away.

Lower Your Risk

Here's a checklist of things you can do to help protect yourself.

When You Are with Someone

- ☐ Know what you feel comfortable with sexually.
- ☐ Talk with your partner about what you want and don't want. Be sure he knows you mean what you say.
- ☐ Pay attention if you start to feel uncomfortable. Let the person know.
- ☐ Be careful about using alcohol and other drugs, especially in sexual situations.

When You Are Alone

- ☐ **Be aware!** Pay close attention to what's going on around you at all times.
- ☐ **Have a plan!** Know what you would do in a dangerous situation.
- ☐ **Trust yourself!** Gut-level feelings are usually right. If you sense danger, take safety steps at once.
- ☐ **Learn all you can!** Contact your local rape crisis center for information about sexual violence. Find out what services they offer.



4