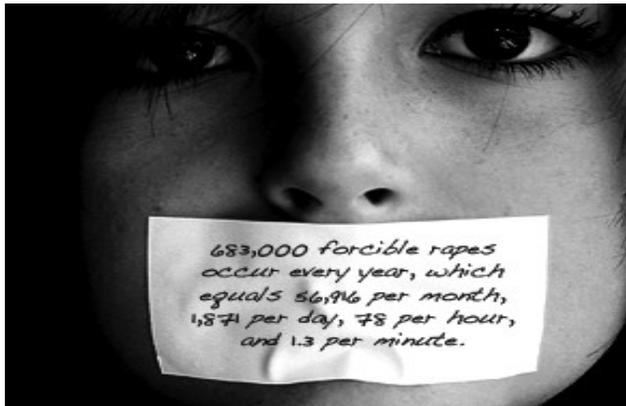


Getting Help

Unfortunately, even if someone takes every precaution, date rape can still happen. If you're raped, here are some things that you can do:

- If you're injured, go straight to the emergency room - most medical centers and hospital emergency departments have doctors and counselors who have been trained to take care of someone who has been raped.
- Call or find a friend, family member or someone you feel safe with and tell them what happened.
- If you want to report the rape call the police right away. Preserve all the physical evidence. Don't change clothes or wash.
- Write down as much as you can remember about the event.
- If you aren't sure what to do, call a rape crisis center. If you don't know the number, your local phone book will have hotline numbers.



Don't be afraid to ask questions and get information. You'll have lots of questions as you go through the process - such as whether to report the rape, who to tell, and the kinds of reactions you may get from others.

Rape isn't just physically damaging - it can be emotionally traumatic as well. It may be hard to think or talk about something as personal as being raped by someone you know. But talking with a trained rape crisis counselor or other mental health professional can give you the right emotional attention, care and support to begin the healing process. Working things through can help prevent lingering problems later on.

Date-rape drugs can be given to you without your knowledge. For example, a date-rape drug can be slipped into a drink (which may or may not be alcohol) at a bar, party or other social event. Once dissolved, the drink itself can mask any color or odor, so it cannot be seen or tasted. The drugs can lead you to do things you normally wouldn't. Or they can make you feel so relaxed or lose consciousness so that you are helpless to sexual assault. They may also damage your memory, so that you cannot remember a sexual assault well enough to make an effective report to police.



Rohypnol - more commonly known as the "date rape

Date Rape



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

Alcohol and Drugs

Date Rape

Date rape is defined as, "sexual intercourse forced by a man upon the woman with whom he has a date."

When people think of rape, they might think of a stranger jumping out of a shadowy place and sexually attacking someone. But it's not only strangers who rape. In fact, about half of all people who are raped know the person who attacked them.

Girls and women are most often raped - one in three women will be sexually assaulted in her life. Males can also be raped: 7% to 10% of rape victims are male.

Even though rape involves forced sex, rape is not about sex or passion. Rape has nothing to do with love. Rape is an act of aggression and violence.



Alcohol is often involved in date rapes. Drinking can loosen inhibitions, dull common sense and - for some people - allow aggressive tendencies to surface.

Drugs may also play a role. You may have heard about "date rape" drugs like rohypnol ("roofies"), gamma-hydroxybutyrate (GHB), and ketamine. Drugs like these can easily be mixed in drinks to make a person black out and forget things that happen. Both girls and guys who have been given these drugs report feeling paralyzed, having blurred vision and lack of memory.

Mixing these drugs with alcohol is highly dangerous and can kill.

"Date rape drug" is the name given to any drug that is used for the purpose of getting someone intoxicated to the point where forced or non-consensual sexual activity can take place more easily or with little resistance.

How do I protect myself from date rape drugs?

- **Always party with friends.** Make sure you keep close tabs on who you're with and don't let your friends leave with strangers or with people you don't feel comfortable with.
- **Know where your drink is coming from.** Watch your drink being poured by a professional bar tender or pour your drink yourself.
- **Watch your drink.** Keep your drink with you and don't leave it unattended.

Protecting Yourself

The best defense against date rape is to try to prevent it whenever possible. Here are some things both girls and guys can do:

- Avoid secluded places (this may even mean your room or your partner's) until you trust your partner.
- Don't spend time alone with someone who makes you feel uneasy or uncomfortable. This means following your instincts and removing yourself from situations that you don't feel good about.
- Stay sober and aware. If you're with someone you don't know very well, be aware of what's going on around you and try to stay in control. Also, be aware of your date's ability to consent to sexual activity - you may become guilty of committing rape if the other person is not in a condition to respond or react.
- Know what you want. Be clear about what kind of relationship you want with another person. If you are not sure, then ask the other person to respect your feelings and to give you time. Don't allow yourself to be subject to peer pressure or encouraged to do something that you don't want to do.
- Go out with a group of friends and watch out for each other.
- Don't be afraid to ask for help if you feel threatened.
- Take self-defense courses. These can build confidence and teach valuable physical techniques a person can use to get away from an attacker.