

# It can happen to anyone...

**"I can't believe this happened to me. He was my brother's best friend. I trusted him."**  
Lynn, age 15

**"The last thing I remember we were standing by the cooler. I only had one drink. The next thing I knew, I woke up in my dorm room, and I was undressed. It was horrible. I couldn't remember anything. I found out later he had slipped a Roofie in my drink."**  
Elsa, age 21

**"We had been going out for about two months. Jeff kept pressuring me to have sex. I told him I wanted to wait until I was married. I never believed he would force me. Now I feel like I can't trust anyone."**  
Keisha, age 17

**"We met in a chat room on the internet. We had so much in common. He said he was 16, and wanted to meet me. When we met, he was nothing like what he had said, he was a grown man. He forced me into his car, beat me and raped me. The doctors said I was lucky to be alive."**  
Name withheld, age 16

**"I never thought I would feel normal again. After I was raped by my ex-boyfriend, I was so depressed, I couldn't eat. All I wanted to do was sleep, but I kept having nightmares. The counseling at VIBS helped so much. Now I know it wasn't my fault."**  
Terry, age 18

## The Bill of Personal Rights

**I have the right to be treated with respect**

**I have the right to express my opinions**

**I have the right to show my feelings**

**I have the right to feel safe**

**I have the right to have other friends and outside interests**

**I have the right to privacy and time alone**

**I have the right to say "No"**

**I have the right to start a relationship slowly**

**I have the right to be myself**

**I have the right to spend time with my own friends**

**I have the right to tell a partner that violence will not be tolerated**

**I have the right to end a relationship**

## What to Do After a Sexual Assault:

**Get medical care** – Go directly to the nearest hospital. Even if you do not think you have been physically injured, it is important to be checked out. Try not to wash, shower, eat, drink or change clothes before you get to the hospital. This could get rid of evidence if you decide to press charges.

**Call VIBS** – or have the hospital call VIBS. We will send an emergency room companion (ERC) to meet you at the hospital. ERCs are specially trained volunteers who provide emotional support and information to you. Anything you say about the assault to the ERC is strictly confidential.

**Call the police** – Rape is a serious crime, even when it is someone you know. The police can take a statement at the hospital. Or, if you need more time to decide, the evidence collected at the hospital will be held for thirty days, so you can decide to press charges later.

**Get Support** – Talk to someone you trust. Call VIBS for free and confidential counseling or for legal advocacy. An advocate can go with you to court if you press charges. Talking about the assault with a counselor can help speed recovery. Remember, you did nothing wrong, you are not to blame.



**VIBS 24 HOUR HOTLINE**  
**631-360-3606**

on the web: [www.vibs.org](http://www.vibs.org)  
e-mail: [hotline@vibs.org](mailto:hotline@vibs.org)  
[teens@vibs.org](mailto:teens@vibs.org)

Printing of this brochure provided by the  
Suffolk County Department of Health

Photos are for illustrative purposes only;  
any person depicted in this brochure is a model.

## Date Rape

**When It's Someone You Know...**



# What is Date Rape



If someone pressures or forces you to have sex, without your consent, it is rape. Rape is an act of violence and it is a crime. Rape is about power and control. When a rapist is someone you know, it is called date rape or acquaintance rape.

**In fact, 84% of all rapes are committed by someone known to the victim.** Rape is never the victim's fault. No one ever asks for or deserves to be raped. The only person responsible for the rape is the rapist. Anyone can be the victim of an acquaintance rape..

## To the guys:

*You may think this stuff doesn't matter to you, because most rape victims are girls and women. But think about the women in your life. They may need this information one day, and they will need your support. Boys and men are victims of sexual assault, too. As many as one out of seven boys are sexually abused as children, and yes, even teens and adult men can be raped. It affects all of us.*

## Am I normal? I feel so...

shocked, mistrustful, guilty, angry, scared, betrayed, hurt. Right after the assault you may feel a number of things.

You may have trouble sleeping, flashbacks to the rape, nightmares, trouble concentrating, or physical symptoms (headaches, stomachaches, body pains).

You may even feel like you are going crazy and will never feel safe again. All of these feelings are **normal**. These reactions are called rape trauma syndrome. You have experienced a traumatic event, and you can be yourself again. You will survive, you already have.



## For Your Safety:

Alcohol plays a huge role in date rape. As many as 90% of acquaintance rapes involve alcohol, and alcohol is a factor in almost 100% of gang rapes. Drinking is often a common occurrence at parties and on dates.

The best way to protect yourself is to stay in control of yourself. Don't get so drunk or high that you don't know what's going on around you. Remember, someone under the influence of alcohol or drugs cannot consent to having sex.

**The number one date rape drug is alcohol!**

## How to Reduce Your Risk

### For the Men:

- \* Don't fall for the stereotype: She is saying no but she really means yes – Respect what your partner says!
- \* Don't assume that because a woman drinks heavily, dresses in revealing clothes, or agrees to go to your room that she agrees to sex
- \* Just because you're hooking up does not mean she wants to go all the way

### For the Women:

- \* If you don't feel comfortable in a situation – leave.
- \* Don't get in a car alone with someone you recently met; go out in a group.
- \* Be aware of your surroundings and trust your instincts!

## Date Rape Drugs

are becoming more common. Drugs such as Rohypnol (Roofies) and GHB can cause a person to pass out and forget events that occur while under the influence. Rohypnol is made in tablet form, while GHB is a liquid. Both drugs are colorless, odorless and tasteless when added to a victim's drink (GHB can be slightly salty). Within 15-30 minutes you can begin to feel dizzy, sleepy and sick to your stomach.

When added to alcohol, these drugs act faster, and can lead to coma or death. If you think a friend was given one of these drugs, take him or her to the hospital.

**The Internet** is a wonderful and fun resource when used properly. However, in the wrong hands it can be dangerous ...even deadly.

For your own safety, NEVER give your name, school, work place, address, or telephone number to someone you meet on-line. NEVER arrange to meet someone you meet on-line by yourself. **Be extremely cautious** about meeting anyone you have met on-line.

