HIGH SCHOOL
LESSON XII
RAPE/DATE RAPE

Objectives
Students will
- Define rape and date/acquaintance rape
- Identify and dispel common myths about rape
- Know ways to prevent rape or date rape
- Understand rape and other sex crimes as violent, not sexual acts
- Identify medical, legal and social resources available to victims of sexual assaults
- Discuss the psychological processes involved for victims of sexual assault

Concepts
RAPE
1. All rapes should be reported to parents, counselor, nurse, doctor, or police (any adult who can help).
2. Rape victims are women, men, children, of all economic or ethnic groups.
3. Profile of a rapist
   A. 85% of all rapists have previous criminal records.
   B. 85% of all rapists did not complete high school.
   C. 75% are not strangers to their victims.
   D. Over 50% were drinking heavily or drunk at the time of the rape.
   E. Rape is not committed by men who are oversexed, as once commonly believed.
   F. Rape is committed by angry hostile people who want power and an opportunity to dominate others.
4. It is estimated that one-half million people are raped every year in the United States.
5. In the last few years, incidence of rape had increased by over forty per cent.
6. Rape is never a victim’s fault.
7. Regardless of how well a person knows the rapist, if sex is forced against a person’s will, it is rape.
8. One way to prevent rape from happening again is to report it. This can be difficult and embarrassing, but it is the victim’s responsibility. If the rape goes unreported, the rapist does not get needed help and will likely rape again.
9. Most victims are female, however, the number of male victims is rising. Usually the rapist is also a male. Many times these rapes are not reported.
10. Victims often think “it won’t happen to me” and don’t take appropriate precautions.
11. Many rapists were raped or sexually abused as a child, and lack the necessary skills for coping responsibly with every day life.
12. Rape victim usually experiences a three stage psychological reaction:
   A. The first, most devastating feeling, is the complete loss of control in the rape situation. Few people can understand the feeling of helplessness and terror that accompanies a physical, life threatening assault. The victim may be in a state of
shock, crying, hysterical, or she may be calm, controlled, quiet or dazed. No two are the same.

B. The second stage of the victims’ reaction begins within a few days or a few weeks after the attack. This stage is called “apparent resolution,” and during this time the woman may feel that she should not, or cannot, talk about her experience with those around her. She may fear that people will think she is crazy, or that she is acting abnormally. At this stage, it is usually common for victims to tell those around them that everything is OK. Unfortunately, this isn’t quite true, and the woman is actually experiencing a denial of some feelings of fear, anger, shame, guilt, embarrassment, and vulnerability.

C. The third stage of reaction is called “resolution.” This is the time when the victim can talk about what has happened to her, can verbalize her feelings about the attack, and can incorporate the experience into her life history without feeling abnormal or unwomanly. Generally, a woman’s long-term psychological reaction to a sexual assault will be determined by her previous history and her coping skills related to crisis situations.

**DATE RAPE/ACQUAINTANCE RAPE**

1. One of the most commonly reported cases of date rape involves women who meet men at social gatherings or bars or accept rides from friends.

2. Preventive techniques for date rape situations involve good decision-making skills in determining who to socialize with; who to invite into the home; who has access to information about a woman’s personal life.

3. It is very important for a woman to be clear and articulate about what is expected in a dating or social situation, to avoid misrepresentation that might be perceived by the man involved as an invitation.

4. Teenagers are often the victims of date rape situations because they have not developed an acute awareness of interpersonal communications.

5. Teens are at the highest risk of being assaulted of any group.

6. It has only been in the last few years that teens have begun reporting sex crimes to authorities.

7. One half of all victims of sex assault know who their assailant is.

8. The drug Flunitrazepam or brand name **Rohypnol** (ruffies, roche, R-2, rib, and rope) is also known as the “date rape” or “club drug.” Often taken to enhance other drugs, it is typically taken orally and has the effects of a sleeping pill. It is a physically and psychologically dangerous drug. Rohypnol is being used to lower the inhibitions of young ladies causing impaired judgement, impaired motor skills, and amnesia. Many young women have reported waking up in unfamiliar surroundings and having been sexually assaulted while under the influence of the drug.

**Materials**

- Chalkboard/flip chart
- Handout “Protection Against Date Rape/Acquaintance Rape”
- Handout “What to do if Raped”
- Handout “Protecting Yourself Against Rape”
Activity Choices
1. Discuss the fact that “Everyone has the right to say no, or to change their mind.” No one has the right to force themselves upon another.
2. Role-play ways to handle a situation where one student changes their mind about sexual activity. How can one be assertive without making the other angry?
3. Invite a speaker from the Rape Crisis Center to speak to the class. Have the class make a list of questions they might want to ask.
4. Have students make posters illustrating protection against rape.
5. Discuss with students that date rape is a growing concern and occurs more frequently than many people realize. It often is not reported. It is critical that students consider ways to protect themselves and avoid getting into situations where they have less chance to get help or get away if necessary.
6. Discuss the use of “date rape” drugs to physically and mentally disable the victim.
7. Exceptional Education Inclusion Activity
   A. Allow students to work with a partner on the poster project.
   B. Provide them with a list of ways to protect oneself from rape.

Vocabulary
1. rape
2. date rape
3. acquaintance rape
PROTECTION AGAINST DATE RAPE/ACQUAINTANCE RAPE

Listed below are rape prevention strategies.

1. Know something about the person you date (reputation, friends, etc.).

2. Plan the first few dates to be group activities.

3. Do not spend a lot of time alone or in isolated places.

REPORTING A RAPE

ONE WAY TO PREVENT RAPE FROM HAPPENING TO YOU AGAIN OR TO SOMEONE ELSE IS TO REPORT IT.

1. The rape victim must decide if she/he is going to file charges.

2. To prove rape, police must have evidence that

   A. sexual intercourse occurred.

   B. intercourse was committed by force or threat of force.

   C. there was lack of consent on the part of the person raped.
WHAT TO DO IF RAPED

 STEPS TO TAKE IF RAPED:

1. Tell a parent or close friend.

2. Notify police immediately

3. Do not take a shower, change clothes, or douche. This is very important since the police will need all possible evidence.

4. Get a physical examination as soon as possible. A hospital is probably best equipped to care for a rape victim.

5. At the hospital, the following procedures will be necessary:
   A. Pelvic examination- important for verifying the rape as well as the checking for injuries.
   B. Some hospitals will give the victim an antibiotic to fight possible infections.
   C. The nurse or doctor will talk to the victim about possible pregnancy and what can be done.

6. Find someone or a group to help work through the emotional shock of rape. This is very important.

7. It is critical that the victim talk about personal emotions, fears and concerns. Many communities have a rape crisis center with specially trained counselors for this purpose.
PROTECTING YOURSELF AGAINST RAPE

PERHAPS THE MOST IMPORTANT GUIDELINE TO USE IN PROTECTING YOURSELF IS TO EMPLOY COMMON SENSE.

1. Avoid risky situations.

2. It is safer to go places in groups.

3. Tell someone of your plans.

4. Walk briskly and with a purpose.

5. If someone is following you, or you feel threatened, go to a public place, run, yell fire, scream, or blow a whistle.

6. Stay in well-lighted, populated areas.

7. Have keys ready when approaching your vehicle or home.

8. Lock all doors and windows in a car and at home. Check inside the car before getting in.

9. Do not open doors to strangers.

10. Demand identification from all repairmen and service people who want to come into the home.

11. If car trouble occurs, stay locked inside the car with the windows up. Someone can help by calling the police.

12. Try to keep calm and think clearly.

13. Drugs and alcohol distort thinking and lower inhibitions. They cause one to be more vulnerable.

14. DO NOT HITCHHIKE! DO NOT PICK UP HITCHHIKERS!