

ALCOHOL and DRUGS:

Remember alcohol always does more harm than good. It affects your decision-making process, and can be used by others to take advantage of your diminished capacity. Statistics show that in the majority of date rapes reported to police, alcohol was a contributing factor, whether it was used by the victim, the perpetrator, or most often, both. In addition to alcohol there are also several dangerous drugs in use on college campuses today. These drugs are being used to sedate potential rape victims. They are powerful, odorless and tasteless drugs like “Gammahydroxybutyrate”, also known as G.H.B., “Liquid E”, “Liquid X”, and “Grievous Bodily Harm”. Another common drug is “Rohypnol”, also known as “Roofies”, “Laroche”, “R-Z”, “rib”, and “the forget pill”. These drugs dissolve quickly and invisibly into liquids and can be secretly used to spike a person’s drink. The drugs cause rapid and severe intoxication, dramatically reduced inhibitions and memory loss.

If you go to a party keep the following tips in mind:

- * Keep your drink in your hand, if you leave your drink unattended, get a new drink.
- * Never accept a drink from someone you don’t know and trust.
- * Never leave the party alone.
- * Leave the party with the people you went to the party with.
- * Don’t be afraid to check on a friend that looks like they have had too much to drink.
- * If you see a friend involved with someone they do not know, check on them to make sure they are o.k. and in a situation they want to be in.
- * It is **always OK** to **not** drink alcoholic beverages or take drugs in any social situation.



Other Area and Campus Resources.

Emergency 9-1-1

Center Against Sexual & Domestic Abuse
(715)392-3136, Toll free 800-649-2921

Rape Program (218)726-1442
24 Hour Crisis Line (218)726-1931

Campus Health/Counseling Services
(715)394-8236

Campus Counseling Services
(715)394-8290

If you or anyone you know has been the victim of a sexual assault or if you would like more information, you may contact the above offices.



PROVIDING SERVICE AND STRIVING FOR SAFETY

Public Safety Department
P.O. Box 2000
Superior, WI 54880

Phone: (715)394-8114
Fax: (715)394-8071

E-mail: campus_safety@uwsuper.edu



PROVIDING SERVICE AND STRIVING FOR SAFETY

*University of Wisconsin-Superior
Campus Safety Office*

DATE RAPE

**It's Not Just
WRONG
It's A
CRIME**



Emergency Dial 9-1-1

Non-Emergency (715)394-8114

**[http://www.uwsuper.edu/safety/
index.cfm](http://www.uwsuper.edu/safety/index.cfm)**

UNIVERSITY of WISCONSIN

Superior

DATE RAPE:

It's Not Just WRONG...

It's A CRIME

IF IT HAPPENS TO YOU:

One of the most important things to remember is to tell someone—the police, Campus Safety, a friend, your house fellow, the Dean of Students office, the CASDA Center, or a counselor.

Don't isolate yourself, blame yourself, or try to ignore that it happened. Rape, whether it is by someone you know or by a stranger, is a violation of your body and your trust.

- * Even though it may be an immediate reaction, do not shower, wash, douche or change your clothes. (This is important evidence.)
- * Seek Medical attention.
- * If you choose to press charges, the evidence will be there.
- * You may have internal injuries that need medical attention.
- * Don't live with the fear of STD's, AIDS or pregnancy.

Seek counseling to help you through this difficult time.

It is hard to think of someone as familiar as a date, a steady boyfriend, or a casual acquaintance as a rapist. Familiarity makes you less inclined to trust your instincts. Being forced into having sex, even if it's someone you know, is still **RAPE**, and it's a **CRIME**. Nothing you do, say or wear, gives anyone the right to assault you, sexually or otherwise. Men and women share the responsibility for preventing sexual assault and rape. Poor communication, mixed or confusing signals, and body language that contradicts the spoken word, are often factors in Date Rape.

IF IT HAPPENS TO SOMEONE YOU KNOW:

- * **Listen!** Do not judge.
- * **Give comfort.** Let her know she's not to blame. Realize she may be dealing with fear, embarrassment, humiliation, and guilt.
- * **Encourage action.** Stand by her decision to call the police, contact a hotline, and go to the hospital.
- * **Do not be overly protective.** Empower her to make decisions and take control as soon as she feels able.
- * **Be Strong.** Don't let your own feelings get in the way of helping.

REMEMBER:

- * **You have the right to set limits.**
- * Communicate these limits **CLEARLY**. Do not assume the other person knows your limits.
- * Trust your instincts. If a situation doesn't feel right, it probably isn't. Change the situation, or get out.
- * Be aware of sex-role stereotypes such as "it's macho to score" and "being assertive is unfeminine." These attitudes get in the way of good honest relationships.
- * **Speak up!** Let others know where you stand.
- * **Drugs and Alcohol** decrease your ability to take care of yourself and make sensible decisions.

PLAN AHEAD:

- * First date, or a blind date? Check him/her out with other friends and acquaintances. Meet in a public place. Go to a movie, restaurant, or campus event, and always go with friends, not alone.
- * Don't leave a party, concert, or bar with someone you just met, or don't know well, no matter how charming they are.
- * Be wary of behavior that makes you feel uncomfortable. If it persists, leave.
- * Stand up for yourself. If someone is trying to pressure you, say that you don't like it and **MEAN IT**.

ATTENTION MEN:

You must remember that it is **NEVER** all right to force yourself on a woman, even if:

- * *You think she is teasing you, or is dressed provocatively.*
- * *She says "NO" and you think she means "YES".*
- * *You've had sex with her before.*
- * *You've paid for a night on the town or an expensive gift.*
- * *You've been dating for a long time and you think it's time.*



Some other things males need to keep in mind:

- * Do not assume you both want the same degree of intimacy.
- * If you have doubts about what the other person wants, **STOP** and ask. **Clarify!** Protect yourself from a charge of rape because you didn't ask.
- * Take **"NO"** for the answer.
- * Being drunk or stoned is **not** a defense or an excuse.
- * Having sex with someone that is drunk or stoned can be rape.
- * Gang rape, a dare, a joke, a party game... Absolutely not. It's **Rape**, and it's a **Crime**.

Before you think about committing a rape, ask yourself how you would feel if it happened to someone you know, your sister, or your mother.

SAME-SEX RELATIONSHIPS:

Possibly the most under reported area of Date Rape may lie in same-sex relationships.

- * Fears of coming out, police response, and fear that you will not be believed all play a part.
- * The myth that rape can not happen in same-sex relationships is false.
- * Similar power dynamics that occur in straight date rape can be present in same-sex relationships.
- * Protect yourself by knowing whom you are with, monitoring alcohol and drug consumption and removing yourself from situations where you feel uncomfortable.



Be Informed...!

Be Careful...!

Be Aware...!

Be Safe...!