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# Mission

We, the women and men of United Against Sexual Assault, working in partnership with the community, strive to eliminate all forms of violence, with a special focus on sexual assault and abuse. Sexual assault is an unacceptable and unconscionable form of oppression, which is destructive to the lives of survivors, their families, and friends. UASA facilitates healing and promotes the prevention of violence by providing counseling, advocacy, intervention, and education, in our communities.

# Philosophy

We promote social justice and equality for all women, men and children who have been sexually assaulted. We are committed to ending sexual violence by working to eliminate those conditions that cause or tolerate it. We recognize that the process of ending violence in our community involves a partnership of individuals, groups and institutions. We are an active partner in that effort as a member of the community.

# Brief History

United Against Sexual Assault of Sonoma County (UASA) was founded in 1974 as Women Against Rape, a grassroots organization for women who were traumatized by rape. The agency consisted of a phone number women could call for emotional support. That crisis line is still the only one of its kind in Sonoma County, operating 24 hours a day, 7 days a week. Today UASA is governed by a board of directors numbering up to 12, with day-to-day operations performed by a paid staff of 14 and more than 40 volunteers.



# UASA Milestones

1980: Implementation of the first child abuse prevention program (CAPP) in Sonoma County. CAPP empowers children to protect and seek help for themselves, and help one another.

1985: Expansion of the prevention program to include a teen assault prevention program (TAPP). UASA spearheaded a consortium of anti-violence groups and designed an anti-violence curriculum for teens dealing with issues of incest, abuse, family violence, date rape, myths, victim blaming, and relationship violence. (See below for UASA's prevention program details.)

2000: Organization name change from Women Against Rape to United Against Sexual Assault (UASA) to reflect the current mission of serving BOTH male and female sexual assault victims.

2001: Establishment of a unique men's program featuring men educating men and working together to promote social change, learning what they can do to actively participate in the elimination of sexual assault.

2002: Expansion of violence prevention outreach with the establishment of a bilingual Spanish/English section, 'Teens Speaking Out' on UASA's website [www.uasonoma.org/teens](http://www.uasonoma.org/teens) to serve Hispanic teens whose cultural orientation might otherwise prohibit discussion or education; a customized curriculum for at-risk youth residing in group/foster homes; teen peer education training (teens teaching teens about non-violent dating); a teen support group; and an anti-racism curriculum which addresses the growing violence against lesbian, gay, bisexual, and transgender populations and all people who face human rights violations.

2003: UASA plays a key role in creating the county's pioneering SART (sexual assault response team) program, which unites law enforcement, mental health, legal, and advocacy agencies into a single team dedicated to supporting the victim and her/his family. SART defines and outlines a compassionate and thorough protocol for the handling of victims of violence from the point of first

contact. By consolidating all local services and making them easily accessible, this collaborative effort strives to minimize the stress felt by victims and reduce the risk that they or their affected family members might “fall through the cracks”.

2004: UASA collaborates with more than 15 victim-serving agencies in developing a countywide Family Justice Center to be implemented in 2005 by the Office of the District Attorney.



UASA's 24/7-sexual assault crisis line is 100% confidential. Our Crisis Line Counselors are not mandated reporters. All of UASA's Crisis Line Counselors take an oath of confidentiality during their extensive 45-hour training. Even in a court of law we cannot disclose any conversation between the survivor and the Crisis Line Counselor, it's the law! (evidence code 1035.4)

Who is a Mandated Reporter? Mandated Reporters are teachers, doctors, nurses, counselors, and other people who act in supervisory positions over children under the age of 18. When a sexual assault is disclosed to the people above, it's the law that they report the incident(s) to Law Enforcement and Child Protective Services.

Please remember that any conversation between you and UASA's Crisis Line Counselors is 100% confidential; we know it's hard to break the silence and we'd like you to know that we're here to listen to you twenty four hours a day, seven days a week.

## **Client Services**

Each year, UASA provides one-on-one counseling to over 200 victims of sexual assault, and group counseling to 100 victims of sexual assault.

### **Individual Therapy**

UASA offers free counseling services to survivors of sexual assault and their significant others, who may be struggling with their own feelings. Services are provided by State of California Certified Rape Trauma Counselors, who can meet with you and your loved ones. Twelve free sessions are offered, with additional sessions considered on a case-by-case basis and provided on a sliding scale fee.

Sessions are held in a safe, supportive atmosphere. Anything you tell us is confidential within the Agency. This means we will not tell anyone that you are being supported by us and we will not tell anyone what you have told us, unless you ask us to. You will be asked to sign a consent form before we release information to anyone outside the agency.

Counselors have intensive training and supervision in Rape Trauma Syndrome and the social aspects and psychological effects of surviving sexual assault.

Survivors of any type of sexual assault, past or present, as well as their friends and family, are welcome. The focus of counseling is as much on getting your life to feel and work better, as on the sexual assault itself. Counselors guide survivors toward increased coping skills, which assist in the recovery process.

Counseling sessions are by appointment. Call the Intake Coordinator at 707-545-7270, extension 14, for an appointment. Leave your first name and telephone number.

Types of counseling provided:

- Individual counseling
- Group counseling
- Couple counseling



Counseling Hours and Location:

- Monday through Friday, 9:00 a.m. – 8:00 p.m. (closed on holidays)
- 835 Piner Road, Suite D, Santa Rosa

Counseling is available in English, Spanish and German. Other languages may be available.

United Against Sexual Assault of Sonoma County is committed to providing services based on a survivor's needs and wants, with the intention of wellness and health as the underlying goal.

UASA Maintains 100% Confidentiality.

# What to Do if You Have Been Assaulted

Get to a safe place as soon as possible. Your immediate safety comes first.

Call a friend or family member; someone you trust, for support.

Call UASA's 24/7 Hotline to speak confidentially with a victim advocate: **707-545-RAPE (7273)**.

Get immediate medical attention. Medical care is important, to protect you from sexually transmitted diseases and to attend to any injuries. A medical exam is also an important part of the DNA evidence collection needed to file a police report. Evidence should be collected within 72 hours. An advocate can meet you at the designated hospital in Santa Rosa, CA. The advocate can stay with you to provide support and answer questions. To reach an advocate at any time call 707-545-7273.

Call the police. Reporting the assault to the police is a matter of choice. If you decide not to go to the police right away, write down everything you can remember about what happened and save it in case you change your mind later.

If you think you may want to press legal charges:

**Do not** bathe

**Do not** brush your teeth, smoke, eat or drink

**Do not** change your clothes (but do take a change of clothes with you to the hospital)

Evidence should be collected within 72 hour

See "Reasons to Report" on page 10 of this guide

Remember: Sexual Assault is **NOT** your fault.

**You have a right to:** 

Be treated with dignity, courtesy and respect

Determine whether to report the crime to the police

Ask for a female police officer if you choose to report

Demand privacy when meeting with a counselor or a police officer

Have a personal support person present during interviews

Locate an attorney to represent you (the prosecutor is not your attorney)

Sue the rapist in civil court for money

Refuse to have evidence collected

Have a sexual assault counselor/victim advocate accompany you to medical, law enforcement and legal proceedings. (penal code 679.04)

Be considered a rape victim/survivor regardless of the rapist's relationship to you

Not be judged because of race, age, class, gender, sexual orientation, disabilities or occupation

Ask any questions AND GET ANSWERS about tests, exams, medications, treatment or police reports

Voice complaints and expect to have them heard and accepted

Make sure you understand any forms you are asked to sign

Ask about any necessary follow-up care and testing

### **Please consider:**

**Immediate Confidential Support:** UASA's hotline offers free and confidential support 24 hours a day, 7 days a week, in English and Spanish 707-545-7273.

**Counseling:** Free counseling is available to you and to those closest to you. It is never too late to get help.

**Accompaniment:** UASA's Advocates go to court with victims to lend support and give information.

**Support:** UASA offers support groups and skill building groups in addition to individual counseling.

UASA's counseling and advocacy services are free to victims. Please call 707-545-7270 for details.

## Reactions to Sexual Assault:

As a survivor of sexual assault you may find yourself experiencing some of the following:

### Physical Reactions

Nervous energy, jitters, muscle tension  
Upset stomach  
Rapid heart rate  
Dizziness  
Lack of energy, fatigue  
Loss or gain in weight  
Teeth grinding  
Difficulty sleeping  
Chronic health problems

### Emotional Reactions

Fear, inability to feel safe  
Anxiety  
Sadness, grief, depression  
Guilt, shame  
Anger, irritability  
Numbness, lack of feelings  
Inability to enjoy anything  
Loss of trust  
Feeling helpless  
Loss of self-esteem  
Emotional distance from others, disconnected  
Intense or extreme feelings  
Feeling chronically empty

### Mental Reactions

Changes in the way you think about yourself, other people and the world  
Heightened awareness of your surroundings (hypervigilance)  
Lessened awareness, disconnection from yourself (dissociation)  
Difficulty concentrating  
Poor attention or memory problems  
Expecting danger where none exists  
Difficulty making decisions  
Intrusive images (flashbacks)  
Nightmares

### Behavioral Reactions

Becoming withdrawn or isolated from others  
Easily startled  
Avoiding places or situations  
Becoming confrontational and aggressive  
Change in eating habits  
Restlessness  
Increase or decrease in sexual activity  
Using chemicals to numb out  
Self-injuring



All of these feelings are normal. UASA's Crisis Line Counselors are available 24/7 to help you overcome the devastating effects of sexual violence. You are not alone, UASA is only a phone call away. 707-545-7273.

### **Try to remember:**

You are not at fault for what happened. You did not deserve it. You are alive, you have survived, and now is the time to begin the process of recovery. Reaching out and accepting support is part of the healing process. Call UASA for help.

### **Reasons to report the assault to the police:**

Reporting within 72 hours of the sexual assault will allow for valuable DNA evidence to be collected. Should the District Attorney file charges on your behalf, this evidence collection is important for a successful prosecution.

By allowing survivors to take action against the perpetrator of this violent crime, reporting gives survivors back some of their personal control.

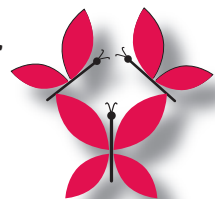
Reporting is empowering; it gives survivors a chance to discuss what has happened.

Reporting the crime will ensure that medical expenses, including a forensic medical exam and costs for emergency care, may be paid by public compensation funds.

Reporting and prosecuting are essential to sexual assault prevention and the protection of other potential victims by stopping or deterring repeat offenders.

Reporting attests to the fact that sexual assault really happens and that this crime will not be suffered in silence.

**Remember, you are not alone.**



# Men's Pledge to End Rape\*

All men can play a vital role in rape prevention. Here are a few of the ways:

**Be aware of language...** words are very powerful, especially when spoken by people with power over others. We live in a society in which words are often used to put women down, where calling a girl or woman a “bitch,” “freak,” “whore,” “baby,” or “dog” is common. Such language sends a message that females are less than fully human. When we see women as inferior, it becomes easier to treat them with less respect, disregard their rights, and ignore their well-being.

**Communicate...** sexual violence often goes hand in hand with poor communication. Our discomfort with talking honestly and openly about sex dramatically raises the risk of rape. By learning effective sexual communication—stating your desires clearly, listening to your partner, and asking when the situation is unclear—men make sex safer for themselves and others.

**Speak up...** you will probably never see a rape in progress, but you will see and hear attitudes and behaviors that degrade women and promote rape. When your best friend tells a joke about rape, say you don't find it funny. When you read an article that blames a rape survivor for being assaulted, write a letter to the editor. When laws are proposed that limit women's rights, let politicians know that you won't support them. Do anything but remain silent.

**Support survivors of rape...** rape will not be taken seriously until everyone knows how common it is.

In the U.S. in 2003, it was estimated that there were 198,850 rapes and sexual assaults against victims over the age of 12.<sup>1</sup> By learning to sensitively support survivors in their lives, men can help both women and other men feel safer to speak out about being raped and let the world know how serious a problem rape is.



\*All information on pages 9 to 13 found at the Men Can Stop Rape website: <http://www.mencanstoprape.org>, except where otherwise noted.

**Contribute your time and money...** join or donate to an organization working to prevent violence against women. Rape crisis centers, domestic violence agencies, and men's anti-rape groups count on donations for their survival and always need volunteers to share the workload.

**Talk with women...** about how the risk of being raped affects their daily lives; about how they want to be supported if it has happened to them; about what they think men can do to prevent sexual violence. If you're willing to listen, you can learn a lot from women about the impact of rape and how to stop it.

**Talk with men...** about how it feels to be seen as a potential rapist; about the fact that approximately 3% of American men have experienced an attempt or completed rape in their lifetime;<sup>1</sup> about whether they know someone who's been raped. Learn about how sexual violence touches the lives of men and what we can do to stop it.

**Organize...** form your own organization of men focused on stopping sexual violence. Men's anti-rape groups are becoming more and more common around the country, especially on college campuses. If you have the time and the drive, it is a wonderful way to make a difference in your community.

**Work to end other oppressions...** rape feeds off many other forms of prejudice—including racism, homophobia, and religious discrimination. By speaking out against any beliefs and behaviors, including rape, that promote one group of people as superior to another and deny other groups their full humanity, you support everyone's equality.

## Men Rape

Males commit the great majority of all sexually violent crimes. Even when men are sexually victimized, other men are most often the perpetrators.



## **Men Are Raped**

We don't like to think about it, and we don't like to talk about it, but the fact is that men are also sexually assaulted. Studies show that a staggering 2.78 million men are sexually violated at some point in their lives.<sup>1</sup> Men are not immune to the epidemic of sexual violence, nor are male survivors safe from the stigma that society attaches to victims of rape. Male survivors are often disbelieved, called gay, and blamed for their own victimization when they report being assaulted. Frequently, they respond, as do many female survivors, by remaining silent and suffering alone.



## **Rape Confines Men**

When some men rape, and when 70%<sup>1</sup> of those who are raped know the man who attacked them, it becomes virtually impossible to distinguish men who are safe from men who are dangerous, men who can be trusted from men who can't, men who will rape from men who won't. The result is a society with its guard up, where relationships with men are approached with fear and mistrust, where intimacy is limited by the constant threat of violence, and where all men are labeled "potential rapists."

## **Men Know Survivors**

At some point in every man's life, someone close to him will likely disclose that they are a survivor of sexual violence and ask for help. Men must be prepared to respond with care, sensitivity, compassion, and understanding. Ignorance on the part of men about rape and its impact can only hinder the healing process and may even contribute to the survivor's feeling further victimized. A supportive male presence during a survivor's recovery, however, can be invaluable.

## **Men Can Stop Rape!**

Rape is a choice men make to use sex as a weapon for power and control. For rape to stop, men who are violent must be empowered to make different choices. All men can play a vital role in this

process by challenging rape-supporting attitudes and behaviors and raising awareness about the damaging impact of sexual violence. Every time a man's voice joins those of women in speaking out against rape, the world becomes safer for us all.

## **What you should know about men who have been sexually assaulted**

Rape is a men's issue for many reasons. One we don't often talk about is the fact that men are sexually assaulted. We need to start recognizing the presence of male survivors and acknowledging their unique experience. The following questions and answers can help us all learn about male survivors so that we stop treating them as invisible and start helping them heal:

### **How often are men sexually assaulted?**

In 2003, one in every ten rape victims were male.<sup>1</sup> That translates into tens of thousands of boys and men assaulted each year alongside hundreds of thousands of girls and women.

### **If there are so many male survivors, why don't I know any?**

Like female survivors, most male survivors never report being assaulted, even to people they know and trust. They fear being ignored, laughed at, disbelieved, shamed, accused of weakness, or questioned about being gay. Perhaps worst of all, men fear being blamed for the assault because they were not "man enough" to protect themselves in the face of an attack. For all these reasons, many male survivors remain silent and alone rather than risk further violation by those around them.

### **Can a woman sexually assault a man?**

Yes, but it's not nearly as common as male-on-male assault. A recent study shows that more than 86% of male survivors are sexually abused by another male. That is not to say, however, that we should overlook boys or men who are victimized by females. It may

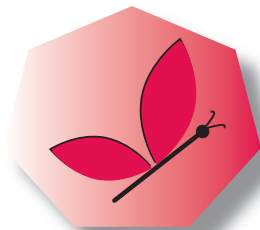
be tempting to dismiss such experiences as wanted sexual initiation (especially in the case of an older female assaulting a younger male), but the reality is that the impact of female-on-male assault can be just as damaging.

## **Don't only men in prison get raped?**

While prison rape is a serious problem and a serious crime, many male survivors are assaulted in everyday environments (at parties, at home, at church, at school, on the playground), often by people they know --friends, teammates, relatives, teachers, clergy, bosses, partners. As with female survivors, men are also sometimes raped by strangers. These situations tend to be more violent and more often involve a group of attackers rather than a single offender.

## **How does rape affect men differently from women?**

Rape affects men in many ways similar to women. Anxiety, anger, sadness, confusion, fear, numbness, self-blame, helplessness, hopelessness, suicidal feelings and shame are common reactions of both male and female survivors. In some ways, though, men react uniquely to being sexually assaulted. Immediately after an assault, men may show more hostility and aggression rather than tearfulness and fear. Over time, they may also question their sexual identity, act out in a sexually aggressive manner, and even downplay the impact of the assault.



# Family Members, Spouses and Partners

Your help is important to the survivor of sexual assault. It is natural for her (him) to feel a tremendous loss of power and control over life. You can emphasize that just surviving is an accomplishment, and whatever s(he) did to survive was the right thing. It shows strength.

A survivor may feel anger, guilt, fear, anxiety, shame or depression. You may feel pain, sorrow, disgust—or be impatient with the recovery process. You may blame yourself, or the survivor — or want revenge. Here are a few things you can do to help the survivor.

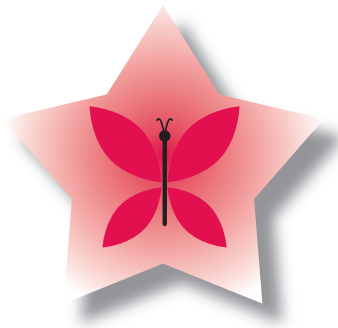
- Tell them you believe them, and it's not their fault.
- Listen, but be honest and gently tell them if you cannot handle the details.
- Do not push them to talk, but be available to listen and help if needed.
- Help the survivor with options for immediate medical and legal concerns.
- Do not take control. Support the survivor's decisions, even if you disagree.
- Encourage them to seek support from trained professionals.

Deal with your own feelings and don't let them overshadow those of the survivor. Learn more about sexual assault so you can help in the healing process. Do not hesitate to seek help from trained professionals in dealing with your feelings.

## **If my partner has been assaulted, how do I deal with our sexual relationship?**

If your partner wants to refrain from sexual activity, it is essential that you honor those wishes. Otherwise, (s)he may feel rushed or frightened by your desire to be sexual. Try to talk openly and gently about this with your partner. It is vital to communicate. Let your partner's needs guide your actions.

<b>The Myth</b>	<b>The Fact</b>
When a girl says “no” she really means “yes”	No means No in any situation. In the U.S. 1 out of 6 women has been the victim of an attempted or completed rape. <sup>3</sup>
If a girl dresses sexy, she’s asking to be raped	FBI statistics show that a girl dressed in a sexy shirt and a girl dressed conservatively are equally as likely to be raped.
Most girls/guys are raped by strangers	At least 70% of all rape victims know the rapist. <sup>1</sup>
A guy can’t be raped	1 in every 10 rape victims is male. <sup>1</sup>
Girl + Guy + Alcohol = Sex	Girl + Guy + Alcohol = Rape  When under the influence of any drug/alcohol a person is unable to give consent.
If a guy gets raped, it will make him gay	Nothing can “make” the guy gay if he’s not really attracted to other gays.
A girl can’t rape a girl	Rape means not only unwanted penetration by a penis, but also fingers and objects.



# Types of Sexual Assault

## Sexual Harassment:

**Verbal:** Name calling, Rude Comments, Verbal Disrespect

**Physical:** Touching, i.e.—butt smacking, bra snapping, groping

**Visual:** Visually obscene images, photographs, drawings, body gestures

## Molestation:



The sexual assault of a child by a non-family member

## Incest:

Any inappropriate sexual behavior towards a family member, i.e. adult family member to child; sibling to sibling/cousin

## Rape:

**Acquaintance:** Approximately 70% of female rape victims and 74% of male rape victims know their assailant<sup>1</sup>

**Spousal:** Approximately 1.5 million women and 834,732 men are raped and/or physically assaulted by an intimate partner annually<sup>4</sup>

**Stranger:** At least 26% of all rapes are committed by a stranger<sup>1</sup>

**Date Rape:** Forced or coerced sex, both physically and emotionally

## What is 'Consent?'

Consent is to voluntarily agree to what is done, or proposed by another under no threat or coercion.

A person is **unable** to give consent when

1. Under the age of 18 years old
2. Under the influence of drugs or alcohol
3. Unconscious
4. Developmentally disabled



## Consent Checklist:

(Check any of the following if they apply to you)

- had sex when you did not know if you really wanted to or not
- went all the way with someone because you were never asked how far you wanted to go
- had sex with someone who didn't listen when you said no
- felt you had to have sex with someone because you felt pressured, and he/she wouldn't stop
- had sex because you were drunk or stoned
- went all the way because you were verbally or physically threatened

If you've checked **any** of these, **you did not give your consent** and may have been sexually assaulted. If you are raped:

Get to a safe place.

Do not bathe, shower or douche. Valuable evidence could easily be destroyed.

Get medical attention as soon as possible.

Contact a friend, family member or UASA's Crisis Line for support and information.

Consider calling the police.

Remember that you are not to blame for what happened. You are alive. You are a survivor. Now is the time to begin the process of recovery.

24/7 Crisis Line: 707-545-7273

## If someone you know is raped:



Let them know that you care.

Be willing to just listen, without giving advice or telling them what to do.

Believe what they tell you.

Don't ask for details of the assault.

Reassure them that they are not to blame and did nothing wrong.

Let them decide who to tell about the assault.

Don't tell them what to do.

Call UASA's Crisis Line for them and for yourself:  
707-545-7273

Help your friend find resources.

<b>As a Guy</b>	<b>As a Girl</b>
Be respectful	Be aware
Use the Buddy System	Use the Buddy System
Be responsible if you decide to party	Have confidence
Educate yourself	Educate yourself
Refrain from sexual activity if you decide to party	Refrain from sexual activity if you decide to party
Use clear communication—set boundaries	Use clear communication —set boundaries



# Sexual Assault

Teens 16 to 19 are 3.5 times more likely than the general population to be victims of rape, attempted rape or sexual assault.<sup>5</sup>

According to the U.S. Department of Justice, victims of rape and sexual assault report that in nearly 3 out of 4 incidents, the offender **was not a stranger**. Based on police-recorded incident data, in 90% of the rapes of children younger than 12, the child knew the offender. Two-thirds of the victims 18 to 29 years old have a prior relationship with the rapist.<sup>2</sup>

51% of the sexual assault cases studied in the Women's Safety Project survey were committed against young women between 16 and 21 years old.<sup>2</sup>

The National Violence Against Women Survey found that rape is a crime committed primarily against youth. Of the women who reported being raped at some time in their lives, 21.6% were under 12 years old, 32.4% were 12 - 17 years, 29% were 18 - 24 old, and 16.6% were over 25 years old when they were first raped. This translates to 54% of women victims who were under 18 at the time of the first rape and 83% of women victims who were under the age of 25.<sup>2</sup>

## How Often It Happens

According to 2000 Crime Clock calculations: there is one forcible rape every 54 minutes in the state of California and 1 forcible rape every 6 minutes nationwide.<sup>2</sup>

In 2003, there was an estimated 198,850 rapes and sexual assaults in the United States.<sup>1</sup>

## Perpetrators

A study of 1,600 juvenile sexual assault offenders nationwide indicated that only about 1/3 of the juveniles perceived sex as a way to demonstrate love or caring for another person. 23.5% perceived sex as a way to feel power and control, 9.4% as a way to dissipate anger, 8.4% as a way to punish.<sup>2</sup>

The typical child sex offender molests an average of 117 children, most of whom do not report the offense.<sup>2</sup>

## Child/Teen Victimization



Juvenile victims (77%) of sexual assault were more likely than adults (55%) to be victimized in their residence. Older juveniles (12 - 17 years of age) were more likely to be victimized in locations such as: roadways, fields/woods, schools, hotels/motels.<sup>2</sup>

Among rape victims, 67% are under 18 years old.<sup>6</sup>

Between 1/3 and 2/3 of known sexual assault victims are age 15 or younger.<sup>2</sup>

Of the 22.3 million adolescents in the U.S., 1.8 million have been victims of serious sexual assault.<sup>2</sup>

A survey of high school adolescents showed that 17% of girls were physically abused and 12% were sexually abused, while 12% of boys were physically abused and 5% were sexual abused.<sup>2</sup>

## Date Rape

In a study surveying more than 6,000 students at 32 colleges and universities in the U.S., 84% knew their attacker, and 57% of the rapes happened on dates.<sup>2</sup>

A study of 1,000 female students indicated that 12% of unwanted sexual acts were perpetrated by casual dates and 43% by steady dating partners.<sup>2</sup>

## Drugs Commonly Used in Date Rape

**Ecstasy:** Causes heightened energy and emotional warmth, euphoria, and trust. Not a good combination when partying and in sexual situations.

**GHB:** A sedative that is clear and liquid, easy to slip into unattended drinks. Causes relaxation and the inability to make conscious decisions.

**Ketamine:** Commonly used in sexual assaults, causes impaired attention and memory loss. Usually liquid or powder form. Always watch your drinks and never leave them unattended.

**Roofies or Rohypnol:** Also commonly used in sexual assaults. Causes memory blackouts for up to 24 hours, intoxication, relaxation, confusion, and loss of judgement. Often dissolved in carbonated drinks. Once again, never leave your drinks unattended.

## Teen Dating Violence



How frequently does dating violence occur?

It is difficult to say as different surveys use different wording. Some ask about physical abuse, while others include questions regarding psychological and emotional abuse and sexual violence. Among middle and high school students, anywhere from 28% to 96% have experienced dating violence.<sup>7</sup>

In a recent survey, 1 in 11 high school students said that they have been physically abused and/or raped by a boyfriend or girlfriend.<sup>8</sup>

## Child Sexual Abuse

Child sexual abuse is sexual contact in which the child is forced, manipulated, tricked or threatened into sexual behavior with an adult or someone older than the child. The adult uses the child for his or her gratification, exploiting a child's innocence and vulnerability.



### Facts

- It occurs in every race, class, neighborhood, religion and cultural group.
- 1 in 7 sexual assault victims are under age 6.<sup>9</sup>
- Reports of very young children being molested are increasing.
- 90% of rape victims under 12 years old know the offender.<sup>10</sup>
- Offenders almost never stop without intervention. They simply move on to other children.

## Talk to your child

Most children don't get much information about prevention. Teach children basic rules about their body, and the importance of telling trusted adults if those rules are being challenged.



# How Much Do You Know About Rape?

Take this quiz, and check the answers below.

True or False?

1. Most rapes are violent attacks by strangers.
2. Most rapes are the result of sexual miscommunication and urges.
3. Women cry rape to get back at men as a form of revenge.
4. The most common form of sexual assault, acquaintance rape, is not physically violent.

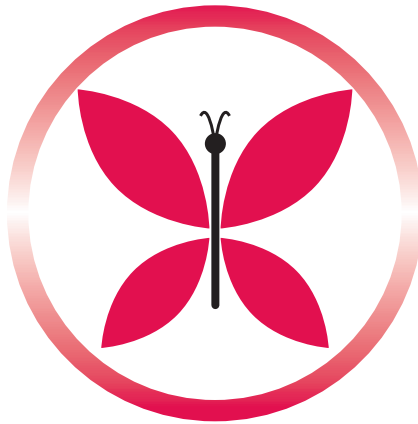
1. False. Seventy percent of female victims and 74% of male victims were assaulted by someone they knew -- including husbands and boyfriends.<sup>11</sup>

2. False. This attitude implies that the offender cannot control himself and it is the fault of the victim that he cannot. It falsely suggests that sex by intimidation, coercion, within relationships, or under the influence of drugs and alcohol, without overt consent is acceptable.

3. False. Only about 2.5 percent of all rape charges are determined to be un-prosecutable -- the same percentages of other felonies. In fact, many rape charges are dropped for reasons other than simple false testimony. Consider the reasons that women choose not to report - negative backlash, name calling, loss of privacy. Although researchers estimate that as few as 1 in 10 cases is reported to police, according to the U.S. Department of Justice (Read actual document ) 61.5% were not reported. Regardless of which statistic one uses, it is apparent that the majority of sexual assaults go unreported. It is a painful time and one that no person would wish to experience. Women are not 'conniving and vindictive' because they make a rape allegation. Women do not manipulate a situation by crying rape. Why would anyone want to cry rape? For what gain?

It is much more likely that women who do report are committed to pursuing justice, and much less likely to be exposing themselves to personal scrutiny for the sake of revenge.

4. False. Nearly half of all rape survivors face serious injury or death during a rape. Rape is a violent assault that is acted out sexually, and which violates the survivor's sense of safety and control.



# How Can You or Your Organization Help?



## Become a UASA Volunteer

Please give consideration to these volunteer positions. By volunteering at any level in the organization, you will learn about the true nature of sexual assault and how it affects each and every person in our society—from the actual victims and their families and loved ones, to the many prejudices and misconceptions that surround sexual violence and abuse (example: the way people are taught to fear all men because some men rape). The rewards are great. As a UASA volunteer, you not only have the opportunity to help people at a very fragile time of their life, but you now become a part of positive social change as well.

### **Volunteers are needed in all of the following areas:**

**CAPP/TAPP Educators:** We will train you to speak to youth on sexual assault, sexual harassment, and alternatives to violence. Leave a message in the Prevention Education Coordinator's voice mailbox (707) 545-7270 x13.

**Crisis Line Counselors Working the 24 Hour Crisis Line:** We will train you in listening skills, crisis counseling and community resources. Please leave a message in the Crisis Intervention Managers's voice mailbox at (707) 545-7270 x19.

**Board of Directors:** We are looking for energetic people committed to ending sexual violence. No previous board experience required, and we will train you. Please leave a message in the Executive Director's voice mailbox at (707) 545-7270 x21.

**Administrative Support and Fundraising:** Staff a table at a health fair, help in the office or join a committee sponsoring a fundraising event. Please leave a message in the Board of Director's voice mailbox at (707) 545-7270 x10.

## Make a financial contribution

United Against Sexual Assault's 24/7 sexual assault crisis hotline is at the heart of all our services for survivors of rape and sexual assault, and an entry-point to other services we offer. Rape crisis counselors let survivors know they are not alone, and that the assault was not their fault. We support survivors in making their own decisions, and empower them to take back control of their lives.

- Your gift of \$40 will help support an entire day for survivors, their friends and family members who call our 24/7 crisis hotline. Our counselors are available 365 days of the year. Your gift can help sustain this lifeline and ensure that survivors can get support whatever the day or time. If you would like to sponsor a day on the hotline, or sponsor a special day in honor of or in memory of someone, please contact the Development Department at (707) 545-7270 x10.
- Your gift of \$50 will provide one Prevention Education workshop to elementary or high school students in Sonoma County.
- \$50 will help teach self-defense techniques to 10 teenaged girls or 10 adult women.



# Online Resources

## UASA

[www.uasasonoma.org](http://www.uasasonoma.org)

## UASA Teen Site

[www.uasasonoma.org/teensite](http://www.uasasonoma.org/teensite)

## RAINN

[www.rainn.org](http://www.rainn.org)

## CALCASA

[www.calcasa.org](http://www.calcasa.org)

## Men Against Violence Webring

[www.interactivetheatre.org/mav/index.html](http://www.interactivetheatre.org/mav/index.html)

## Men Can Stop Rape

[www.mencanstoprape.org/index.html](http://www.mencanstoprape.org/index.html)

## Late Bloomer Publishing

[www.latebloomerpublishing.com/index1.htm](http://www.latebloomerpublishing.com/index1.htm)

Links to hundreds of web sites on surviving self injury, sexual assault, incest, eating disorders, and more, with a special focus on art and poetry.

## Scarleteen

[www.scarleteen.com](http://www.scarleteen.com)

“Teen sex education for the real world”



# Endnotes

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- 2 California Coalition Against Sexual Assault (CALCASA), 2005 *Report: Research on Rape and Violence*.
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- 4 U.S. Department of Justice, Office of Justice Programs. *National Violence Against Women Survey*. July 2000.
- 5 U.S. Department of Justice, Office of Justice Programs. *National Crime Victimization Survey*. 1996.
- 6 Finklehor, David and Richard Ormrod. U.S. Department of Justice. Office of Juvenile Justice and Delinquency Prevention. *Characteristics of Crimes Against Juveniles, Juvenile Justice Bulletin*. June 2000.
- 7 Jonson-Reid, M. and L. Bivens. *Foster Youth and Dating Violence. Journal of Interpersonal Violence*. 1999. (14(2), 1249-1262).
- 8 Centers for Disease Control and Prevention. *Youth Risk Behavior Surveillance—United States. 1999*. June 9, 2000. (CDC Surveillance Summaries). (MMWR 2000; 49 (no. SS-5), p.8).
- 9 U.S. Department of Justice. Bureau of Justice Statistics. *Sexual Assault of Young Children as Reported to Law Enforcement: Victim, Incident, and Offender Characteristics*. ONLINE. July 2000 Available: <http://www.ojp.usdoj.gov/bjs> [1 June 2005].
- 10 U.S. Department of Justice. Bureau of Justice Statistics. *Sex Offenses and Offenders*. ONLINE. Jan.-Feb. 1997. (NJC 163392). Available: <http://www.ojp.usdoj.gov/bjs> [1 June 2005].
11. U.S. Department of Justice, Bureau of Justice Statistics, *National Crime Victimization Survey*, “Criminal Victimization, 2003.” September 2004.



