



**Student Wellness Center**  
OFFICE OF STUDENT LIFE

**OSU Sexual Violence Education and Support**  
**B130 RPAC**

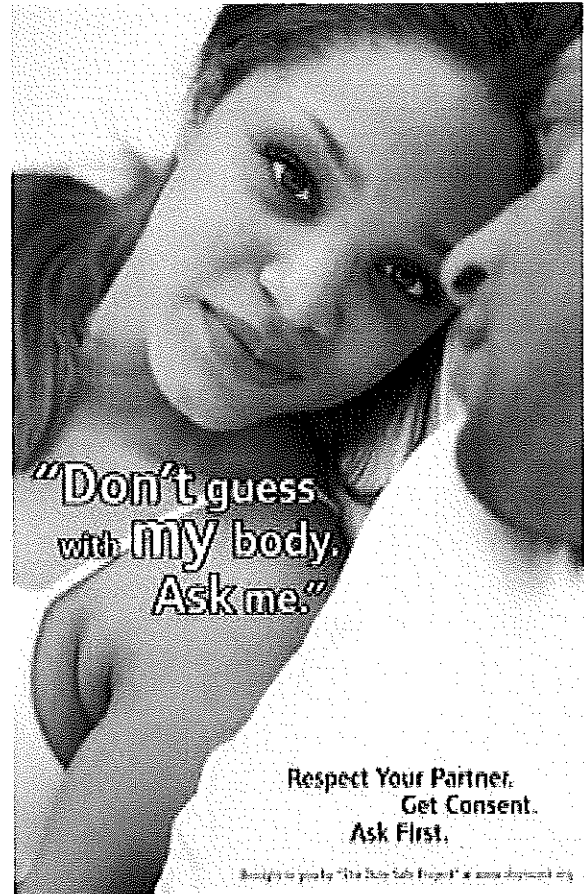
**Sexual Violence Assistance Fund**

**614-292-4527, sves@osu.edu**

**Condom Club! \$5 for 50 condoms per day. Inside the SWC.**

**Check out all our other awesome things for students: [www.swc.osu.edu](http://www.swc.osu.edu)**

**24 hour rape helpline (SARNCO)**  
**614-267-7020**



**FRIENDS DON'T LET FRIENDS HAVE SEX WITH DRUNK OR UNCONSCIOUS PEOPLE!**

**Someone who is drunk or passed out cannot give consent for sex.**

It is sexual assault to have sex with someone who is substantially impaired by alcohol or other drugs.

Substantial impairment can look like:

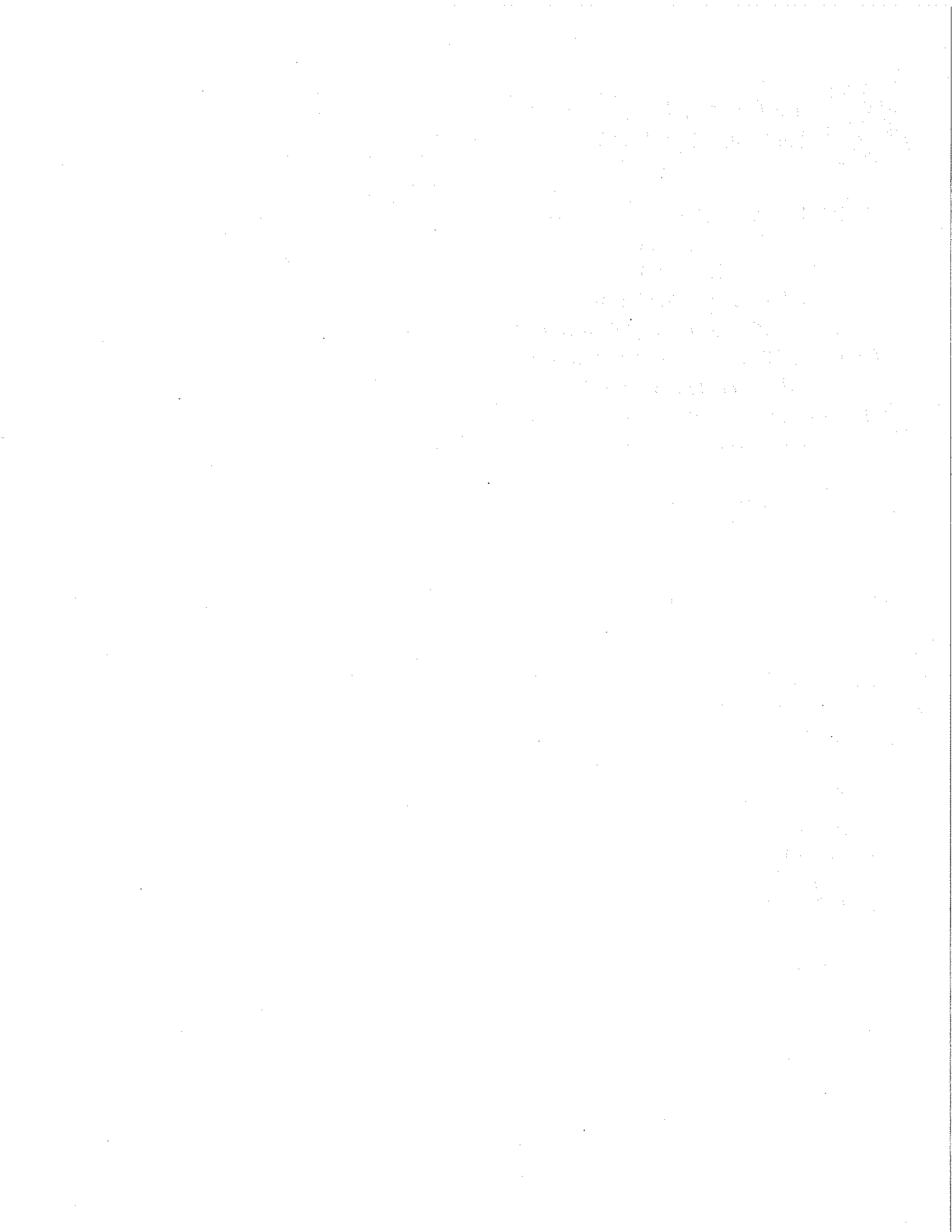
- Slurred speech
- passing out
- vomiting
- stumbling
- falling down

**What is sexual assault?**

- Unwanted sexual contact.
- The absence of consent related to alcohol or other drugs, coercion, force, or threat of force.

**What is sexual consent?**

- Both people are in mutual agreement about every sexual activity that will occur.
- Both people can stop a sexual activity at any time.



## **Resource Guide for OSU Students Who Have Experienced Violence**

The following is a list of services and support that you may wish to use. If you have experienced a sexual assault the following hospitals provide advocates and more-

<b>OSU Medical Center</b>	<b>293-8333</b>
<b>Grant Medical Center</b>	<b>566-9270</b>
<b>Riverside Methodist Hospital</b>	<b>566-5321</b>
<b>Doctor's Hospital</b>	<b>429-6050</b>
<b>Mount Carmel St. Ann's Emergency Department</b>	<b>898-4000</b>
<b>Mount Carmel East Emergency Department</b>	<b>234-6030</b>
<b>Mount Carmel West Emergency Department</b>	<b>234-1862</b>

**Consider seeking medical attention and/or evidence collection by a Sexual Assault Nurse Examiner especially if the assault occurred within the last 72 hours. Accompaniment by a trained volunteer advocate who can provide emotional support, crisis-intervention and referrals is available**

**Student Health Center** 292-4321

Student Health Services can provide confidential information and services concerning sexually transmitted diseases, pregnancy and general medical issues.

**OSU Campus Police** 292-2121  
**Columbus Police Department (CPD) Sexual Abuse Squad** 645-4701  
**CPD Domestic Violence & Stalking Unit** 645-6232

File a report with The OSU campus police if the assault occurred on campus. If the assault occurred off-campus, contact the Columbus Police Department or the local police with jurisdiction.

**OSU Counseling and Consultation Service** 292-5766

Free, confidential counseling services are available to students at any time in the recovery process.

**Faculty/Staff Assistance Program** 292-4472

Free, confidential counseling services are available to staff and faculty.

**Student Judicial Affairs** 292-0748

OSU has a disciplinary hearing process for incidents of misconduct involving OSU students. This process can be discussed with the Director of Student Judicial Affairs without filing a complaint.

**OSU, Student Wellness Center, Sexual Violence Education and Support (SVES) 292-4527**

The Student Wellness Center @RPAC houses the office that works with students dealing with sexual assault, relationship violence and stalking. Speak with SVES for support in understanding and your medical and legal options, and for support throughout criminal or OSU judicial proceedings.

**OSU Student Advocacy Center** 292-1111

This program can assist you with academic, housing, and financial concerns.

**The Office of International Education** 292-6101

Assists with incidents involving international students and scholars.

**24-Hour Rape Helpline** 267-7020

Provided by the Sexual Assault Response Network of Central Ohio, this hotline can provide anonymous support and information.

**CHOICES – (Domestic Violence 24-hour hotline)** 224-4663

**Residence Halls - Your Hall Director can assist in identifying additional resources.**



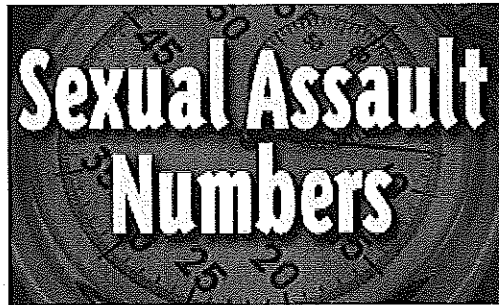
## Statistics



1 in 6 women - & 1 in 33 men - will be sexually assaulted in their lifetime.

College age women are 4 times more likely to be sexually assaulted.

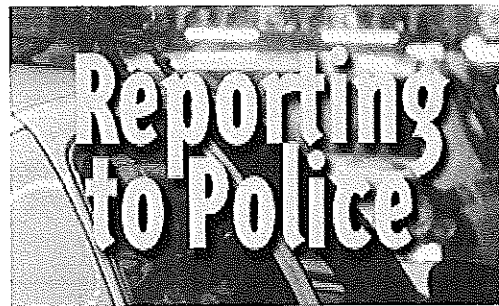
[Learn more victim statistics](#)



In 2007, there were 248,300 victims of sexual assault.

Every 2 minutes someone in the U.S. is sexually assaulted.

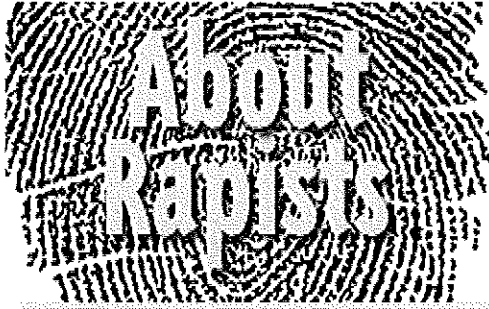
[Learn more sexual assault numbers](#)



60% of sexual assaults are not reported to the police.

Reporting has increased by 1/3 since 1993.

[Learn more reporting statistics](#)



Approximately 73% of rape victims know their assailants.

Only 6% of rapists will ever spend a day in jail.

[Learn more statistics about rapists](#)

---

### About Victims

- 1 in 6 women and 1 in 33 men will be a victim of sexual assault in their lifetime.
- College age women are 4 times more likely to be sexually assaulted.

[Learn more victim statistics](#)

### Sexual Assault Numbers

- In 2007, there were 248,300 victims of sexual assault.
- Every 2 minutes, someone in the U.S. is sexually assaulted.

[Read more sexual assault numbers](#)

### Reporting to Police

- 60% of sexual assaults are not reported to the police.
- Reporting has increased by 1/3 since 1993.

[Learn more reporting statistics](#)

### About Rapists

- Approximately 73% of rape victims know their assailants.
- Only 6% of rapists will ever spend a day in jail.

[Learn more statistics about rapists](#)

---



Published on RAINN | Rape, Abuse and Incest National Network (<http://www.rainn.org>)

---

## Dating and Domestic Violence

**Dating and domestic violence:** any act, attempt, or threat of force by a family member or intimate partner against another family member.

Dating and domestic violence occurs in all socio-economic, educational, racial, and age groups. The issues of power and control are at the heart of family violence. The batterer uses acts of violence and a series of behaviors to gain power and control.

### Behavioral Signs:

- **Intimidation:** Smashing things, abusing pets, destroying victim's property, displaying weapons.
- **Threats:** Making and/or carrying out threats to harm the victim, to commit suicide, to report him or her to child welfare, to make him or her drop charges.
- **Isolation:** Controlling what the victim does, sees, and reads, limiting who the victim talks to.
- **Emotional abuse:** Putting the victim down, calling him or her names, making him or her think he or she's crazy, playing mind games.

### Warning Signs:

Someone involved in an abusive relationship might display certain behavioral signs including:

- **Inconsistent explanations:** Victims may provide inconsistent explanations as to the cause of their injuries due to fear of alerting others to the severity of their situation.
- **Alcohol abuse:** Victims may use alcohol as a means of escape from their everyday reality of abuse.
- **Injuries in multiple stages of healing:** Bruises are the most common form of injury and have the following stages of healing: purple to green to yellow.

### Why Does the Victim Stay?

- **Financial dependence:** Batterers may have forbidden their partners from getting or keeping a job or may have kept secret the location and balance of bank accounts.
- **Lack of social support:** Batterer may have controlled victim's contact with friends,

family, and the outside world. Such isolation limits her or his ability to obtain help with an escape.

- **Fear of severe physical attack:** Batterer may use threats of attack to keep victim in a state of perpetual fear. The batterers may tell their victims that, if they leave, they will be killed.
- **Self-blame:** It is not uncommon for victims to believe that the abuse is a result of their real or imagined offenses.
- **Belief that the violence is temporary or caused by unusual circumstances:** Often batterers place blame for abuse on external sources, alcohol, work pressures, etc. and do not take responsibility for their actions.

### **Additional Resources**

National Coalition Against Domestic Violence

National Domestic Violence Hotline

---

### **Reference:**

The information in this section is adapted from materials provided by the Texas Association Against Sexual Assault.

---



Published on RAINN | Rape, Abuse and Incest National Network (<http://www.rainn.org>)

---

# Stalking

[Read more about cyberstalking](#)

## Definition

The exact definition of stalking varies by state, but in general, stalking refers to “a course of conduct directed at a specific person that involves repeated visual or physical proximity, nonconsensual communication, or verbal, written, or implied threats, or a combination thereof, that would cause a reasonable person fear.” Examples of this behavior include:

- Repeated undesired contact (phone calls, emails, letters, show up unexpectedly, etc.).
- Following or laying in wait for the individual.
- Making threats to the individual or her/his family.
- Any other behavior used to contact, harass, track, or threaten the individual.

## Brief Overview

Each year in the United States about 3.4 million people are victims of stalking. Young adults are the primary targets; the majority of victims are 18-24 years old. Most victims know their stalker. About 1 in 4 victims experienced some form of cyberstalking. [Read more statistics.](#)

## If You Are Being Stalked You Should Consider:

- Avoiding all contact with the stalker.
- Informing family, friends, supervisors, and co-workers of what is going on.
- Reporting the stalking to your local police.
- Keeping an accurate journal or log of all incidents connected to the stalking.
- Keeping all evidence received from the stalker such as letters, packages, taped telephone messages, etc.

## Impact

The impact of stalking can be profound and life altering. Individuals who are stalked often change many of their behavior patterns and have strong emotional responses to the

stalking. Some responses to stalking include:

- Anxiety
- Fear
- Depression
- Nervousness
- Isolation

### **Stalking Laws**

All 50 states and the District of Columbia have anti-stalking laws. However, the legal definitions vary. For more information about your state's stalking laws, [CLICK HERE](#).

### **Stalking Resources**

[Stalking Resource Center](#)

[AWARE](#)

[End Stalking in America, Inc.](#)

[Privacy Rights Clearinghouse](#)

[Stalking Behavior](#)

### **Links to Federal Justice Websites**

[Bureau of Justice Statistics Stalking Victimization in the United States](#)

[Bureau of Justice Statistics FY 2008 NCHIP Stalking and Domestic Violence Records Improvement](#)

[Stalking | National Institute of Justice](#)

[Stalking Victimization](#)

[Office for Victims of Crime - Stalking](#)

[COPS Office: Stalking](#)

[Office for Victims of Crime - Publications](#)

[Help for Victims of Stalking: Office for Victims of Crime](#)

## **CYBERSTALKING**

### **Definition**

"[Cyberstalking](#) is threatening behavior or unwanted advances directed at another using the Internet and other forms of online and computer communications."

### **Brief Overview**

The Internet is another form of communication vulnerable to abuse by stalkers. Cyberstalking can take forms such as:

- Threatening/obscene emails
- Live chat harassment or flaming (online verbal abuse)
- Harassment through texting
- Hacking and/or monitoring a victim's computer and internet activity

- Forming a website in honor of a victim
- Can include off-line stalking/harassments such as following a victim or actual physical contact between a stalker and his/her victim

While cyberstalking is a specific kind of stalking, the possible severity of its emotional and physical threat is similar to the fear caused by offline stalking, with the same potential consequences. As a result of their victimization, many victims have physical and emotional reactions such as:

- Changes in sleeping and/or eating patterns
- Experiencing nightmares
- Feeling anxious or helpless
- Fearing for one's safety

The use of technology to stalk is increasing due to the rapid development of technology in today's world. Like offline stalking, cyberstalking is a form of personal terrorism. Similarly, cyberstalking may precede offline stalking, sexual assault, physical violence, or even murder.

#### **Cyberstalking Laws**

46 states have laws that explicitly include electronic forms of communication within stalking or harassment laws. New Jersey, New Mexico, Nebraska, Kentucky and the District of Columbia do not have cyberstalking laws. For more information on your state's laws, [CLICK HERE](#).

#### **Prevention Tips**

- Do not share personal information in public spaces anywhere online.
- Do not use your real name or nickname as your screen name or user ID. Pick a name that is gender- and age-neutral.
- Do not post personal information as part of any user profiles (i.e. Facebook, Myspace, Twitter).
- Use a "nonsense" password that has no relation to you as a person; use a combination of numbers, symbols, and letters and make sure it is at least 6 characters long. Also, try to change your password frequently and avoid using the same password for multiple accounts.
- Be VERY cautious about meeting online acquaintances in person. If you choose to meet, do so in a public place and take along a friend.
- Make sure that your Internet Service Provider (ISP) and Internet Relay Chat (IRC) network have an acceptable user policy that prohibits cyberstalking.
- If a situation online becomes hostile you should log off or surf elsewhere.
- Do not share passwords to email or social networking sites with friends or acquaintances.
- Activate password protection on cell phones.
- If a situation places you in fear, contact a local law enforcement agency.

#### **What To Do If You Are Being Cyberstalked**

- If you are receiving unwanted contact, make clear to that person that you would like him or her not to contact you again.
- Save all communications for evidence. Do not edit or alter them in any way. Also, keep a record of your contacts with Internet system administrators or law enforcement officials.
- You may want to consider blocking or filtering messages from the harasser. Although formats differ, a common chat room command to block someone would be to type: /ignore (without the brackets). However, in some circumstances (such as threats of violence), it may be more appropriate to save the information and contact law enforcement authorities.
- If harassment continues after you have asked the person to stop, contact the harasser's Internet Service Provider (ISP). Often, an ISP can try to stop the conduct by direct contact with the stalker or by closing their account. If you receive abusive e-mails, identify the domain (after the "@" sign) and contact that ISP. Most ISP's have an e-mail address such as abuse@ or postmaster@ that can be used for complaints. If the ISP has a website, visit the site for information on how to file a complaint.
- Contact your local police department and inform them of the situation in as much detail as possible.
- To obtain more information on how to report an Internet crime such as stalking, harassment, or exploitation, visit the U.S. Department of Justice website [Computer Crime and Intellectual Property Section](#).

#### Computer Safety Tips from RAINN

- [Cache and History Cleaning and Erasing Cookies](#)
- [Internet Safety](#)

#### Cyberstalking Resources

Below are resources you may find helpful.

#### [CyberAngels](#)

[The National Center for Victims of Crime: Stalking Resource Center](#)

[National Network to End Domestic Violence \(NNEDV\): Safety Net Project](#)

[Working to Halt Online Abuse \(WHOA\)](#)

[WiredSafety](#)

[Policy News](#)

---



Published on RAINN | Rape, Abuse and Incest National Network (<http://www.rainn.org>)

---

# Sexual Harassment

**Sexual harassment:** unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature in which submission to or rejection of such conduct explicitly or implicitly affects an individual's work or school performance or creates an intimidating, hostile, or offensive work or school environment.

## Sexual Harassment in the Workplace

### 2 Types of Sexual Harassment:

1. **Quid pro quo-** When a perpetrator makes conditions of employment contingent on the victim providing sexual favors. This type of harassment is less common.
2. **Hostile environment-** When unwelcome, severe and persistent sexual conduct on the part of a perpetrator creates an uncomfortable and hostile environment (e.g., jokes, lewd postures, leering, inappropriate touching, rape, etc.). This type of harassment constitutes up to 95% of all sexual harassment cases.

### Variety of Circumstances

- Survivor and harasser do not have to be of different genders; both can be men, both women, or they can be different genders.
- Similarly, as with sexual assault, women can be perpetrators.
- The harasser can be a supervisor, an agent of the employer, a supervisor in another area, a co-worker, or a non-employee.
- The survivor does not have to be the person that is directly harassed. It can be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the survivor.
- The harasser's conduct must be unwelcome.

### Common Emotional and Physical Reactions

- Poor concentration at work
- Stress on personal relationships
- Fear/anxiety
- Debilitating depression

- Sleep/weight problems
- Alcohol or drug use
- Staff turnover
- Increased absenteeism
- Tarnished company reputation
- Increased payouts for sick leave and medical benefits
- Vulnerability to hostile confrontations
- Legal and consultant costs
- Lower staff productivity
- Poor staff morale
- Less teamwork

#### Options for Action

- **Say "No" clearly-** Express in direct language (verbal or written) that behavior must stop.
- **Document the harassment-** Keep a written log, keep track of dates, times, and behavior.
- **Get emotional support-** Friends/family can be good outlets.
- **Document your work-** Keep copies of performance evaluations and memos that attest to the quality of your work.
- **Explore company channels-** Talk to a supervisor and/or contact the personnel officer or human resources department.
- **File a complaint-** If the problem can't be solved through company policy, you may choose to pursue a legal remedy.

### Sexual Harassment in the Schools

Sexual harassment is not limited to offices and work arenas. Increasingly, sexual harassment is being displayed in our nation's schools.

#### It Can Take Milder Forms

- Looks
- Jokes
- Graffiti on bathroom walls
- Comments about body parts

#### Or More Severe Forms

- Physical intrusion into personal space
- Grabbing
- Brushed up against in a sexual way

#### Common Reactions

- Less confident
- More self-conscious
- Ashamed

- Embarrassed
  - Consequently lower grades
- 

**Reference:**

This section was adapted from materials provided by the Texas Association Against Sexual Assault.

---





Published on RAINN | Rape, Abuse and Incest National Network (<http://www.rainn.org>)

---

## Acquaintance Rape

### Definition:

Acquaintance assault involves coercive sexual activities that occur against a person's will by means of force, violence, duress, or fear of bodily injury. These sexual activities are imposed upon them by someone they know (a friend, date, acquaintance, etc.).

### Key Reminders:

- A prior or current relationship or previous acts of intimacy are insufficient indicators of consent.
- Verbal consent must be obtained both in each instance of sexual intimacy and as the level of sexual intimacy increases (e.g., moving from kissing to petting, from petting to oral sex, from oral sex to intercourse or anal sex, etc.).
- Like other forms of sexual assault, acquaintance assault is motivated by a need to control, to humiliate, and to harm.

### Obstacles to Coping & Recovery:

- Common social myths (e.g. the attack was incited through suggestive dress or intimate acts such as kissing)
- Fear of:
  1. Retaliation
  2. Subsequent harassment
  3. Future harm
  4. Harassment from family and friends of the person responsible for the assault
- Returning to a normal routine (this is especially the case if the assailant is a part of the victim's daily routine)
- Family/friends may blame the survivor, or, worse, they may support the assailant.

**NOTE:** Despite the violation and reality of physical and emotional trauma, victims of acquaintance assault often do not identify their experience as sexual assault. Instead of focusing on the violation of the sexual assault, victims of acquaintance rape often blame themselves for the assault.

### Physical & Emotional Reactions:

- Sleeping and eating disturbances
- Mood swings
- Feelings of humiliation and self-blame
- Nightmares
- Anger
- Anxiety
- Fear
- Helplessness
- Substance abuse
- Suicidal ideation/behavior, self-harm
- Depression

### **Continued Trauma:**

Because the perpetrators are known to their victims and are often someone with whom they socialize, victims of acquaintance sexual assault often have to encounter their assailants after the rape. Fear of such encounters can cause increased distress and humiliation for the victims.

### **Prevention:**

In order to prevent acquaintance sexual assault we all need to be aware of the three stages of acquaintance rape so that, whenever possible, we can avoid or prevent such an event from occurring.

#### *Three Stages of Acquaintance Rape:*

1. Intrusion- Attempt by the offender to violate the victim's personal space and level of comfort. May draw close by revealing personal information or through "accidental" touches and stares.
2. Desensitization- Occurs when the victim feels comfortable with the offender and has come to regard intrusive actions as no longer or, at least less, threatening. The victim of the desensitization may feel uneasy but convinces himself or herself that the feeling is unfounded.
3. Isolation- The offender uses the victim's trust to isolate him or her from others.

#### *Social Norms:*

Social norms put pressure on many of us to be polite and passive. Relying on these norms, many victims of such assaults may suppress feelings of fear and discomfort in an attempt not to offend. Acquaintance assault prevention demands that we set aside such social norms and listen to our instinctual sense of fear and discomfort.

---

### **Reference:**

This section was adapted from materials provided by the Texas Association Against Sexual Assault.



Published on RAINN | Rape, Abuse and Incest National Network (<http://www.rainn.org>)

---

## Drug Facilitated Assault

**Drug facilitated assault:** when drugs or alcohol are used to compromise an individual's ability to consent to sexual activity. In addition, drugs and alcohol are often used in order to minimize the resistance and memory of the victim of a sexual assault.

Alcohol remains the most commonly used chemical in crimes of sexual assault, but there are also substances being used by perpetrators including: Rohypnol, GHB, GBL, etc.

### Diminished Capacity

Diminished capacity exists when an individual does not have the capacity to consent. Reasons for this inability to consent include, but are not limited to: sleeping, drugged, passed out, unconscious, mentally incapacitated, etc.

It is important to understand diminished capacity because oftentimes victims of sexual assault in these situations blame themselves because they drank, did drugs, etc. It is essential to emphasize that it is not his or her fault, that the aggressor is the one who took advantage of his or her diminished capacity.

### Rohypnol

Rohypnol is not approved for medical use in the United States. It is smuggled into the country and has become an increasingly popular street drug.

**Street Names:** Roofies, Roach, the Forget Pill, Circles, Mexican Valium, Rib, Roach-2, Roopies, Rophies, La Rochas, Rope, Poor Man's Quaalude, Whiteys, Trip-and-Fall, Mind Erasers, Lunch Money, and R-2.

**What is it?:** A small white tablet that looks a lot like aspirin. It quickly dissolves in liquid and can take effect within 30 minutes of being ingested. The effects peak within 2 hours and may have lingering effects for 8 hours or more.

### Effects

- Increased blood pressure
- Memory impairment

- Muscle relaxation
- Drowsiness
- Visual disturbances
- Dizziness
- Confusion
- Unconsciousness
- Nausea, aspiration on own vomit

## **GHB**

GHB has not been approved by the FDA since 1990. Therefore, it is illegal for distribution and sale in the U.S.

**Street Names:** Grievous Bodily Harm (GBH), Liquid X, Liquid E, G, Georgia Home Boys, Easy Lay, Cherry Meth, Soap, PM, Salt Water, Vita G, G-Juice, Great Hormones, Somatmax, Bedtime Scoop, Gook, Gamma 10, Energy Drink, and Goop.

**What is it?:** Pure GHB is commonly sold as a clear, odorless liquid or white crystalline powder. Because it is made in home labs, the effects are often unpredictable. Once ingested, GHB takes effect in approximately 15 minutes and can last 3-4 hours.

### **Effects**

- Sedation of the body
- Intense drowsiness
- Hampered mobility
- Verbal incoherence
- Slowed heart rate
- Nausea, aspiration on own vomit
- Headache
- Respiratory failure
- Unconsciousness
- Seizure-like activity
- Coma, death

## **GBL**

A GHB-like product, GBL is often sold under the guise of a dietary supplement or an industrial cleaner.

**What is it?:** When the body metabolizes GBL, it becomes twice as potent as GHB. It has a bitter taste that can easily be masked by strong-tasting drinks. GBL now comes in flavors such as lime, cinnamon, and cherry. Once ingested it takes approximately 30-45 minutes to take effect.

### **Effects**

- Severe amnesia

- Nausea, aspiration on own vomit
- Lethargy
- Confusion
- Hypothermia
- Coma
- Respiratory arrest
- Seizures
- Agitation
- Loss of bowel control
- Death

**NOTE:** People who take GBL may act normally (i.e., may not appear intoxicated or sedated) but will have no memory of the time period. This effect can make it difficult for friends or acquaintances to identify that the individual has been drugged.

## **Benzodiazepines**

**What is it?** Commonly prescribed as anti-anxiety and sleeping medications in the United States, these drugs can be put into an alcoholic drink or soft drink in powder or liquid form. These are legal forms of Rohypnol.

**What it does:** Like the other drugs described above, Benzodiazepines can markedly impair and even abolish functions that normally allow a person to resist, or even want to resist, sexual aggression or assault.

## **GHB, GBL, Rohypnol, & Benzodiazepines**

**NOTE:**For all of these drugs, alcohol increases the effects.

All four of these drugs have some common effects that make them appealing to perpetrators. These drugs are common weapons of sexual assault due to the combined efforts of the sedative effect and the memory-impairment qualities.

### **How they Work**

- They are typically odorless, colorless, and tasteless when placed in liquid (except for GBL).
- 5-30 minutes after ingestion, the victim of the drugging may struggle to talk or to move and may eventually pass out.
- At this point the drugged individual is vulnerable to assault.
- A survivor of such an assault may have virtually no memory of the events that occurred.

Another factor that makes these drugs dangerous and difficult to detect is that they leave the body rapidly, leaving little time for detection.

- Rohypnol- leaves in 36-72 hours
- GHB- leaves in 10-12 hours

- GLB- leaves the urinary system within 6 hours and the blood stream within 24 hours.

### Some Good News

The producers of Rohypnol have recently changed the chemistry of the pill so that it changes the color of clear drinks to bright blue and makes dark drinks go cloudy. It will, however, take a while for these new pills to hit the streets.

## Ketamine

A dissociative general anesthetic that has stimulant, hallucinogenic, and hypnotic properties. It is usually used by veterinarians.

**Street Names:** K, K-Hole, Special K, Vitamin K, Purple, Psychodelic Heroin, Kit Kat, Jet, Bump, Black Hole.

**What is it?:** A fast-acting liquid that can be slipped into drinks. It can be used to sedate and incapacitate individuals in order to sexually assault them. Ketamine is especially dangerous when mixed with other drugs or alcohol.

**What it does:** Ketamine causes individuals to feel detached from their bodies and their surroundings so that, while they may be aware of what is happening to them, they are unable to move or fight back. In addition it may cause amnesia so that they do not remember what happened.

### Effects

- Dizziness
- Confusion
- Hallucinations
- Agitation
- Disorientation
- Impaired motor skills
- High blood pressure
- Loss of consciousness
- Depression
- Potentially fatal respiratory failure

## Ecstasy

A toxic hallucinogenic and stimulant that has psychedelic effects. It is illegal to sell or to produce in the United States.

**Street Names:** E, X, X-TC, M&Ms, Adam, CK, Clarity, Hug Drug, Lover's Speed.

**What is it?:** Ecstasy is commonly sold as small pills or capsules and is also available in powder and liquid forms. It can be slipped into an individual's drink in order to facilitate sexual assault.

**What it does:** Ecstasy causes individuals to feel extreme relaxation and positivity towards others while it increases sensitivity to touch. When under the influence of ecstasy individuals are less likely to be able to sense danger and it may leave them unable to protect themselves from attack.

#### **Effects**

- Increased blood pressure, pulse, and body temperature
- Nausea
- Blurred vision
- Loss of consciousness
- Hallucinations
- Chills
- Sweating
- Tremors
- Strokes
- Seizures
- Hypothermia
- Heat stroke
- Heart failure

#### **RAINN's top safety tips for safe drinking:**

1. Don't leave your drink unattended while talking, dancing, using the ladie's room, or making a phone call.
2. At parties, don't drink from punch bowls or other large, common open containers.
3. If someone offers to get you a drink from the bar at the club or party, go with them to the bar to order it, watch it being poured, and carry it yourself.
4. Watch out for your friends, and vice versa. Always leave the party or bar together. If a friend seems out of it, is way too drunk for the amount of liquor she's had, or is acting out of character, get her to a safety place immediately.
5. If you think you or a friend has been drugged, call 911, and be explicit with doctors so they'll give you the right tests (you'll need a urine test and possibly others). The National Sexual Assault Hotline (800-656-HOPE) can often send an advocate to the hospital to help you through the whole process.

---

#### **References:**

Information for this section was adapted from [www.911rape.org](http://www.911rape.org) and materials provided by the [Texas Association Against Sexual Assault](#).

---



# Some Major Myths About Sexual Violence

By Ben Atherton-Zeman, 2007 ([www.voicesofmen.org](http://www.voicesofmen.org))

**Myth 1: It's the victim/survivor's fault.** Because she wore a short skirt, went up to his room, was attracted to him, she deserved to be raped.

**Reality Check 1:** Rape is never the victim/survivor's fault. Girls and women get to wear anything they want to – it is never an excuse to rape them. Girls and women get to be attracted to someone, get to go to someone's room – she should be safe there. Many victims of rape blame themselves for the rape – it's up to the rest of us to say clearly that it's never their fault, they're not alone and that help is available.

**Myth 2: Victim/survivors are all beautiful young women, who respond to being raped by crying.**

**Reality Check 2:** Rape and sexual assault can happen to women, men, and children. It can happen to straight people, lesbians, gay men, bisexuals and transgender folks. Most rapists are men – but most men do not rape, and can become part of the movement to end sexual violence. Every rape victim/survivor will respond in different ways to their rape – some will seem traumatized, some will seem numb, many will blame themselves. Some will pass judgment on victim/survivors, but we must support them.

**Myth 3: Rapists are all ugly, leering men on a dark street corner.**

**Reality Check 3:** Rapists, like batterers, can be charming, convincing and “model citizens.” Most rapists' parents and friends will defend the rapist, and might attack the survivor – challenging “her version” of the story. This myth of rapists helps charming rapists garner sympathy and collusion – any rapist should be held accountable, even if he is a “good guy.”

**Myth 4: A stranger jumping out from behind a bush using physical force is the worst form of rape.**

**Reality Check 4:** Most rapists know their victim – many are trusted friends and family members. Certainly stranger rape is very difficult for the survivor, but when the rapist is someone they know, the trauma can be as bad, or even worse. Many rapists do not use physical force – they use coercion and cajoling, alcohol and drugs. Survivors who succumbed to coercion often blame themselves for letting the person in the door, for drinking, for not saying no more strenuously – again, it is the rapist's fault, not the survivor's.

**Myth 5: Sexual assault and rape are usually “he said/she said” communication problems.**

**Reality Check 5:** There are many ways to say “No,” both verbal and nonverbal. Rapists choose to continue despite receiving clear messages that the person they are with is uncomfortable – they choose to try to “make them relax” rather than backing off. Many rapists will testify that the sex was consensual – usually this is the rapist minimizing the extent that they pressured or cajoled the victim/survivor.

**Myth 6: Men can't be expected to stop when they are aroused.**

**Reality Check 6:** Guys – imagine yourself in high school. You have a girlfriend and you're at her house, kissing. Her parents suddenly come home. You would stop then! So you can stop when she wants you to.

**Myth 7: Anti-rape advocates are also anti-male.**

**Reality Check 7:** Holding men accountable to our behavior is not anti-male – it is anti-rape. Since most rapists are men, it is our responsibility as a gender to support survivors and speak out against rape. We need to make these issues “men's issues” and support women who have been taking leadership in this movement for so many years. We need to interrupt rape-supportive behavior such as sexist jokes, pornography, degrading and objectifying images of women, sexism, racism, homophobia, etc. We need to support our local rape crisis center, and groups like Men Can Stop Rape [www.mencanstoprape.org](http://www.mencanstoprape.org). We need to keep raising our voices until this violence stops.

*If you or someone you know might be the victim of rape, call 1-800-656-HOPE to be connected to the rape crisis center closest to you. Or visit [www.rainn.org](http://www.rainn.org) to speak to an online advocate Mon-Fri 2-10 P.M. EST.*

