

Date Rape

What is date rape?

When someone you know forces you to have sex it is called rape. Physical force does not have to be used. You could be threatened, intimidated, bullied or drugged. You may have met the person that night. You may have been, or may still be in a relationship with the person. It does not matter how long you know them or what your relationship is. It is a **crime** if you do not have are forced to have sex against your will. Date rape is often not reported. The person who was raped may be afraid that they somehow caused it to happen. Many people may feel shame or be afraid that someone will try to get back at them.

If you have been a victim of date rape, go to the nearest emergency room after the rape occurs, even if you do not have an injury.

What are some myths about date rape?

- **I'm a guy, only women are raped.** Both men and women can consent to sex. Both can be forced to have sex.
- **She was asking for it, the way she was dressed, and she was flirting.** No one wants to be raped. How a person dresses or acts does not another person the right to have sex with him or her.
- **We had sex before, so it can't be rape.** Having sex with someone before, does not mean that person has the right to have sex with you anytime they want it.
- **I didn't fight back, so it can't be considered rape.** You don't need to fight back. You only need to say no or show you do not want to have sex for it to be date rape.

How can I protect myself?

- Stay around friends, especially if you are worried about someone in particular.
- Always watch your drink and stay sober. Drugs can be slipped into drinks, foods, or added to other drugs. They can cause a person to have memory loss, feel paralyzed or feel drunk. Alcohol or other drugs may also make someone more at risk to be raped.
- Do not go alone to a place with someone you do not trust.

Call one of these resources in the Milwaukee area for more information or questions:

- Sexual Assault Treatment Services: 414-219-5555
- Children's Hospital of Wisconsin Emergency Room: 414-266-2626
- If you are not in the Milwaukee area, call the local police department.

ALERT: Call your doctor, nurse, or clinic if you have any questions or concerns or if you have special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.