

COUNSELING CAPSULES

An information service of the UTEP Counseling Center
visit our web site at: <http://sa.utep.edu/counsel/>

Acquaintance/Date Rape

Acquaintance rape occurs when someone is forced to have sexual intercourse against their will by someone they know. The rapist may be a friend, date, neighbor, partner or spouse. Acquaintance rape is a crime. Estimates suggest that nine out of ten rapes go unreported and that 75% of all rapes are committed by an acquaintance.

Rapists use many different types of force. These include threats, manipulation, coercion, intimidation, or even weapons. You cannot always avoid acquaintance rape, but you can minimize your chances of being raped.

REDUCING THE RISK:

- Know your sexual desires and limits.
- Clearly communicate your desires and limits.
Men: Don't assume a woman wants to have sex because she is dressed a certain way, appears friendly or has been drinking. Listen to what a woman says and accept her sexual limits.
- Avoid excessive alcohol or drugs. They may prevent you from making clear choices about sex.
If a person is drunk or unable to give consent, having sex with that individual is rape.
- If you feel uncomfortable in a situation, pay attention to the feeling and do something about it.

IF YOU'RE IN DANGER:

- Try to stay calm. Think about your options and how safe it would be to resist.
- Say "NO" strongly.
- Use active resistance. Try screaming, fighting or fleeing, if possible.
- Say you have HIV or a sexually transmitted disease.
- Trust your feelings about the situation. Sometimes you will have no choice but to submit.

IF YOU ARE RAPED:

- Do not shower or bathe since this may destroy evidence.
- Seek medical help. It is important to be examined for internal injury or sexually transmitted disease and/or pregnancy. Medical evidence is also necessary if you decide to press charges.
- Talk to a friend or advocate who can offer support.
- Report the attack to the police and university officials at once.

HELPFUL NUMBERS:

Campus Police 747-5611
STARS 533-7700
Sierra Medical Center 747-2660
Crisis Line 779-1800

HELP! WHERE TO FIND IT:

University Counseling Center...747-5302
202 West Union: 8-7 M-T / 8-5 W-F