



Center News



Special Edition Summer 2006

The Red Zone - What Is It?

The Red Zone is the time period between freshmen move in and fall break wherein there is a particularly high incidence of sexual assaults on college campuses. During this time, first-year students are at a higher risk of victimization.

Did You Know?

1 in 4 college women is a victim of rape or attempted rape at least once during her four years at college?

78% of all forcible rape victims know their attackers?

90% of all acquaintance rapes involve alcohol?

Why?

Young women are good targets because they don't know campus routine.

- They are feeling insecure and alone.
- They are eager to test the limits of a parentless society by drinking heavily and partying enthusiastically.

atically.

Young men are also good targets for peer pressure relating to sexual activity.

College parties are likely to bring men and women together in an environment where testing these limits may have negative consequences. One such consequence may be acquaintance rape. What does this mean for you?

- Be aware of where you are.
- Go to parties with trustworthy friends who won't leave you behind.
- Heed advice of resident/dorm assistants or trustworthy upper-class students who might know more than you do.

**Women ages 16 to 24
Satisfy experience the highest per capita
rates of intimate violence-nearly
20 per 1,000 women.**

-Bureau of Justice Special Report: Intimate Partner Violence, May 2000.

**51% of college males admit perpetrating
one or more sexual assault incidents during
college.**

-Berkowitz, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault,"
College Health, 1992.

Sexual Assault - What Is It?

Rape is forced sexual intercourse, including both psychological coercion and physical force. Forced sexual intercourse means vaginal, anal or oral penetration by the offender(s). This category includes incident where the penetration is from a foreign object such as a bottle. This definition includes attempted rapes, male and female victims, and heterosexual and homosexual rape.

Sexual assault includes a wide range of victimizations, distinct from rape or attempted rape. These crimes include completed or attempted attacks generally involving unwanted sexual contact between the victim and offender. Sexual assaults may or may not involve force and include such things as grabbing or fondling. Sexual assault also includes verbal threats.

Sexual assault occurs anytime a person is forced, coerced, and/or manipulated into unwanted sexual activity. Assault is not limited only to intercourse. The term applies to **any** unwanted sexual activity or contact. Rape is a crime. It is motivated by a need to control, humiliate, and harm. It is **not** motivated by sexual desire. Rapists use sex as a weapon to dominate others.

Sexual Assault Is Never Your Fault

It does not matter if you: were drinking (even underage).

were flirting. were wearing revealing clothes. initiated sexual contact. have had sex with that person before.

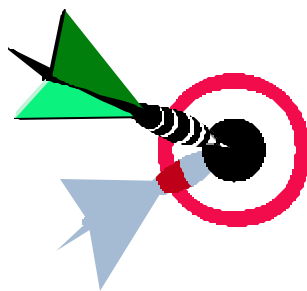


Learn all you can both inside the classroom and out!

Acquaintance & Date Rape

It is a common misconception that strangers commit most sexual assaults. You are most likely to be sexually assaulted by someone you know- a boyfriend or partner, friend, date, neighbor - than by a stranger in a dark alley.

Acquaintance rape occurs when someone you know uses physical strength, emotional bargaining, intimidation, blackmail, authority, or mind games to force you to have sexual intercourse. This type of rape will often involve the use of weapons. If you do not consent to sex and someone has intercourse with you anyway, it is a crime.



More than 80% of all rapes are acquaintance rapes, and a majority of sexual assaults actually occur within the residence (or dorm room) of one of the parties involved.

-U.S. Department of Justice

60% of acquaintance rapes on college campuses occur in casual or steady dating relationships.

-Johnson and Sigler, "Forced Sexual Intercourse on Campus," *Journal of Contemporary Criminal Justice*, 1996

Consent

Non-Consent

Determining whether consent has been given is a critical factor in any sex offense case. What does it mean to give consent? Consent is the active giving of permission to take a particular action. Preferably, consent is given verbally but may also be given through body language or other nonverbal indicators. Consent can only be given when there is equal power between the two parties. The use of force, threats of force, or coercion does not constitute consent.

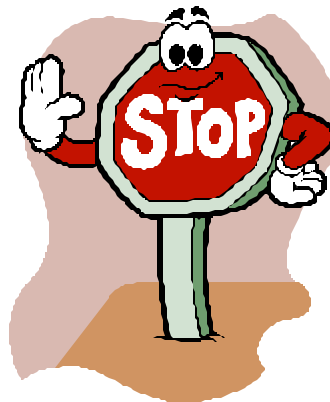
Most importantly, consent cannot be given if the person is intoxicated, under the influence of drugs, physically or mentally impaired, unconscious, underage or asleep.

There are several parts of consent, all of which must be present before people can participate mutually and equally in a sexual relationship:

1. They must understand what they have agreed to do.
2. They must be aware of the consequences of and alternatives to their actions.
3. They must know that their decision not to participate will be respected as much as their decision to participate.
4. They must voluntarily agree.
5. They must be mentally competent (not underage, drunk or high)

All of these criteria must be present in order to give full con-

Know the Signs



Verbal Refusal: When someone says “no” or “don’t do that” or “please stop” or “I don’t want to do this.”

Implied Verbal Refusal: When someone says “I don’t think I want to go this fast” or “I’m not sure I want to do this.”

Physical Resistance: Trying to get away, trying to leave, rolling over or away, pushing the man off, moving the man’s hands, trying to put her clothes back on, etc. are signs of *not* giving consent.

If you continue with sexual activity after any of these indicators, you are committing a crime.

You *can’t* tell if someone is a rapist by looking at him. Many rapists look normal and act normally. But there are some warning signs.

Many rapists:

- don’t respect women. They make comments that degrade women or refer to them only as certain parts of their bodies.
- see women as sex objects.
- continue to touch a woman even when asked to stop.
- think violent behavior is normal.
- abusively drink and use drugs.
- ignore personal space boundaries.
- make you feel guilty or accuse you of being uptight for resisting sexual advances.

Risk Reductions

What Women Can Do

Here are some suggestions to help you reduce your risk of sexual assault and acquaintance rape.

Trust your gut. If you don't feel comfortable in a situation, leave.

Be in charge of your own life. Don't put yourself in a situation where you have to rely on other people to take care of you. When you're on a date, you never "owe" your date anything.

If you aren't sure about a new date, go out with a group of friends instead of alone or try to meet in a public place.

Don't ride alone with someone you recently met. Cars can be dangerous places. Try to drive yourself, or at least have money for the bus or cab fare home.

Be cautious inviting someone into your room or going to someone else's room. If you live in a room that adjoins or a quad, make sure that the adjoining or bathroom door is locked.

Don't mix sexual decisions with drugs and alcohol. Regardless of how smart you are, you can't make decisions drunk or high.

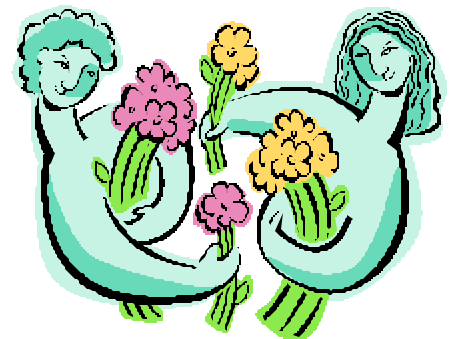
Walk near the curb, avoiding shrubbery and dark doorways. Walk near well lit entrances and street lights.

Avoid falling for lines such as "If you loved me..." If your partner loved you, he/she would respect your feelings and wait until you are ready.

Communicate and be assertive. Think about what you really want before you get into a sexual situation, and communicate clearly with your partner. If you think you are getting mixed messages, ask your date what he/she wants.

Don't fall into stereotypes: Many times women think, "I'm suppose to let guys be in charge. Guys like to think they can make the decisions." What happens if they want something we don't want? We're afraid they won't like us if we don't give in.

Men might think, "Women expect us to be in charge. They want guys who look like they know what they want and go for it. Girls probably like being pushed a little. They say 'no' but that's their job. They just don't want you to think they're easy. women mean 'yes' when they say 'no.'"



Risk Reductions

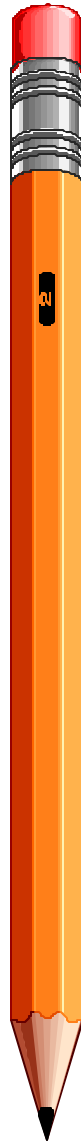
What Men Can Do

Most men don't rape, but most rapists are men. Historically, women have disproportionately been victims of sexual assault. Ending sexual violence means raising men's awareness and actively challenging them to examine what it means to be masculine. Men have the power to prevent sexual assault and create a safer place for mothers, sisters, friends, lovers, and daughters. Masculinity is about responsibility, not about control. Men don't have to force women to have sex or degrade women in order to be masculine.

Listen carefully to hear what a woman is saying. If she's giving a mixed message, ask for clarification.

Don't fall for the common stereotype that when a woman says "no" she really means "yes"

Don't assume that because a woman has had sex with you previously that she is willing to have sex with you again. Just because a woman consents to kissing or touching does not mean she is willing to have sexual intercourse.



Don't make assumptions about a woman's behavior. Don't automatically assume that a woman wants sex because she drinks heavily, dresses in sexy clothes, or agrees to go to your room.

If you see a male friend using force or pressuring a woman, don't be afraid to intervene.

Realize how other men's uncaring behavior or degrading comments ultimately hurt women.

Confront other men's rape jokes and remarks.

Confront other men's verbal or physical harassment. Most women are flattered.

Change other men's misconceptions about sexual assault.

Be support of a woman's actions to control her own life and make her own decisions.

If someone you know has expressed violent feelings or demonstrated violent behavior in a particular relationship, try to help her find help.

Date Rape Drugs

The use of drugs to facilitate date rapes is on the rise. Date rape drugs can be slipped into a drink, put in place of other drugs a person may be using, or put into food. Testers might not work on all date rape drugs, so never leave a drink unattended. In addition, try not to drink from community dispensers like punch bowls or slushy machines. The most common date rape drugs are below.

Rohypnol is a strong sleeping, anti-anxiety pill known as *roofies*, *rophies*, *roche* and *forget-me pill*. This can be in white tablets that can be taken whole, crushed, smoked or as a liquid that can be injected. It takes effect within 20 minutes and lasts up to 12 hours.

GHB is a sedative that can produce a high feeling known as *G*, *liquid ecstasy*, *grievous bodily harm* and *scoop*. GHB is a liquid with a salty taste that can be made into a powder to put into capsules. It can be felt as soon as 20 minutes and last from 2 to 6 hours.

Ketamine is a sedative and animal tranquilizer known as *K*, *special K*, *ket*, *vitamin K* and *cat valium*. This can be a liquid, a powder, or a pill. It is sometimes laced into marijuana or cigarettes. It takes effect within 4 minutes when injected or 10 minutes when swallowed and lasts up to 5 hours.

After a Sexual Assault

In order to ensure your own health and justice for the attacker, there are certain things you should do after you've been assaulted. At the time, you might feel lost and helpless, so you should know what to do beforehand.

What do date rape drugs do and how do they make you feel?

-Relaxed with lower inhibitions.

-Blurred vision and seeing things that aren't there.

-Nauseous.

-Numb and unable to speak or move. They can also cause shaking muscle spasms and seizures.

-Can cause a loss of consciousness.

-Can cause memory loss.

-GHB can lower blood pressure, heart rate, and breathing, reducing the amount of oxygen in your blood.

-Make sure you are out of immediate danger and go somewhere safe.

-Despite your desire to wash, do not change clothes, shower, rinse your mouth or use the bathroom. There might be evidence on you or your clothes that you do not want to wash away. Don't douche.

-Don't eat, drink, or smoke.

-If you do change, put your clothes in a paper, *not* plastic, bag to preserve evidence.

-Do not wash or destroy clothing.

-Go to the hospital for a physical exam and request a rape kit exam. Even if you don't think you want to press charges at the time, the evidence from the rape kit exam will be kept on file should you change your mind. A medical exam is important. You may or may not have external injuries or bruises, but you could have internal injuries, such as trauma to the genitals and bleeding that may not be noticeable to you. These must be treated as soon as possible for your own health. You may also have concerns about pregnancy and sexually transmitted diseases.

-At the hospital, you have the right to have an advocate from the local sexual violence crisis center with you. If the medical facility does not inform you of this opportunity, ask! An advocate is there to talk with you, help provide information, listen to your concerns, or just hold your hand.

-A student victim typically has four reporting options: (1) **not report**, (2) **report only to the college campus security**, (3) **report only to local law enforcement** or (4) **report to both campus security and local law enforcement**.

29.3% of rape victims are under 11 years old

32.3% of rape victims are 11 to 17 years old

22.2% of rape victims are 18 to 24 years old

-National Victim Center, "Rape in America: A Report to the

Healthy Relationships: Four Important Principles

Respect

When two people are in a relationship, there should be mutual respect for each person as an individual, and for the joy that is created when they come together. A healthy partnership means learning about the other person and valuing what is important to him or her. Respect in a sexual relationship asks for each partner to feel valued enough to talk openly about their desires and fears on a sexual level. Each partner should have respect for his or her own body, and should feel comfortable choosing whether or not to be sexually active and if so, at what pace and level.

Honesty

Most people would agree that honesty is crucial to any relationship. At the same time, true honesty about our thoughts and feelings about what we want to happen in the relationship is a challenge to accomplish. Certainly in any type of relationship, especially a sexual one, honesty is very powerful, and for some people, downright scary. Men and women hide in a number of ways, from trying to portray themselves as someone they are not to not listening to their own thoughts or the other person's. A person may not be ready to have sex but fear honesty due to a lack of trust in the relationship. This brings us to our next building block.

Trust

Trust means you can count on each other and the other person will be there for you. Trust doesn't come easy, and for most people, needs to be earned over time. There is nothing worse than a broken promise to take away trust. Promises should not be taken lightly.

Communication

Communication is critical to the other three ingredients. It is how we show our respect, honesty, and trust. Listening to others and really "hearing" them, so we respond and follow through on what they are requesting, is a sign of a strong relationship. In a relationship that may be sexual, communication can't be compromised. Partners need to be able to talk about whether they are comfortable with the level of sexual activity they are considering *before* the fact.

In a good relationship:

You can state particular characteristics of this person that you like or admire.

Your partner is glad you have other friends.

Your partner is pleased at your accomplishments and supportive of your ambitions.

Your partner gives consideration to your opinion.

Your partner talks about his/her feelings.

Your partner and you have interests other than each other.

You consider your partner a friend as well as a lover and mate.

Your partner both talks and listens.

Your partner has good friends.

Your partner accepts responsibility for his or her actions and does not blame failures or negative results on others.

Communication Tips

Be clear with your intentions.

Be assertive.

Say what you mean.

Become comfortable saying "no."

Important Information

Numbers To Know

Numbers Off Campus

Campus Police

Emergency 508-999-9191

Business 508-999-8107

Women's Resource Center

Juli Parker, Director

508-910-4584

Health Services

Main Line

508-999-8982

Counseling Center

Main Line

508-999-8650

Judicial Coordinator

Mary Beckwith

508-999-9153

Associate Dean of Students

Lisa Evaneski

508-910-6402

Family Planning of New Bedford

508-984-533

Of Fall River

508-679-0198

The Women's Center of New Bedford

Main Line

Hot Line

508-996-3341

508-999-6636

Women's Resource Center

www.umassd.edu/wrc

