CAN DATE RAPE BE AVOIDED?

You can take steps that may lower your chances of being raped:

- **Avoid Alcohol and Other Drugs** - These make it harder for you to stay in control of the situation.
- **Express What You Want Clearly** - Make it clear what your limits are before you get into a sexual situation.
- **Don’t Leave Your Drink Alone** - And, don’t drink something you didn’t open or pour yourself. “Predatory drugs” put in a drink can cause intense drunkenness, difficulty moving and memory loss.
- **Bystander Intervention** - Always go to parties and bars with friends. Perpetrators are less likely to rape someone if they know that their potential victim is with a group of people who are watching out for her. Make sure that everyone who came together leaves together.

SACRAMENTO STATE’S SOURCES OF HELP FOR VICTIMS AND FRIENDS

- **PUBLIC SAFETY**: Phone: (916) 278-6851 http://www.csus.edu/police
- **VIOLENCE AND SEXUAL SUPPORT SERVICES**: Phone: (916) 278-3799 www.csus.edu/hlth/violence
- **COUNSELING SERVICES**: Phone: (916) 278-6416 http://www.csus.edu/psysrv/
- **WEAVE**: Phone: (916) 920-2952 www.weaveinc.org
- **THE ALCOHOL PROGRAM**: Phone: (916) 278-5422 www.csus.edu/alcohol
- **OFFICE OF STUDENT CONDUCT**: Phone: (916) 278-6060 http://www.csus.edu/student/conduct/

For more information about Sacramento State’s **Sexual Misconduct Policy**, visit: http://www.csus.edu/umanual/student/UMS16525.htm
WHAT IS DATE RAPE?

“Date rape” or “acquaintance rape” is a sexual act committed against your will by someone you know. The rapist could be someone you go out with, even your partner. It could also be anyone else you know such as a classmate, co-worker, boss, ex-partner, family member, or neighbor. Also, there is no one type of rapist. “Date Rape” occurs because perpetrators choose to rape - Rape is never the victim’s fault.

WHAT PREDA TORY DRUGS ARE USED TODAY?

- **Alcohol** - Alcohol is the #1 used predatory drug today. Alcohol dulls the senses, inhibits clear thinking, distorts judgment, can cause blackouts, can cause loss of control physically and consciously, and can increase tendency towards violence or aggressiveness.
- **GHB** - (liquid X, salt water, scoop) causes quick sedation. Its effects are drowsiness, coma, and death. The most common form is a clear liquid, although it also can be a white, grainy powder.

IF DATE RAPE HAPPENS TO YOU

- **Get Help Immediately** - Phone the police, a friend, a rape crisis center, a relative. Don’t isolate yourself, don’t feel guilty or ashamed, and don’t try to ignore it. It is a crime that should be reported. Contact someone who can give you emotional support like a friend, relative, or a rape crisis center.
- **Get Medical Attention ASAP** - Do not shower, wash, douche, or change your clothes. Valuable evidence could be destroyed. At a hospital you can get treatment for injuries and needed tests.
- **Get Counseling** - It’s normal to have strong emotions after a rape. A specially trained counselor can help you deal with these feelings.

REMEMBER THAT RAPE IS RAPE.

You are not to blame.

Know that action against the rapist can prevent others from becoming victims.

WHAT ARE THE EFFECTS OF DATE RAPE?

Date rape is a violation that can affect every area of a victim's life. It may cause:

- **Fear** - A victim may become afraid of friends, family and acquaintances, and try to avoid certain people and places.
- **Depression** - Victims of date rape may become angry and depressed.
- **Sexual Problems** - A victim’s emotional hurt may harm his or her relationships with sexual partners.
- **Loss of Trust** - The date rape victim may not trust people anymore or may not trust him or herself as a judge of character.
- **Guilt** - A victim may feel shame or guilt. He or she may even blame him or herself for the rape even though the victim is in no way responsible.