

## What is Rape?

Rape is non-consensual sexual contact. The law makes many distinctions among the types of sexual contact and the level of force used to obligate a victim to have sexual contact. There are many types of sexual abuse and assault.

Acquaintance Rape (Links to place on the page below)

Marital or Spousal Rape

Stranger Rape

Multiple Assailant / "Gang" Rape

Drug-Facilitate Rape

Child Sexual Abuse and Assault

Incest

Often, survivors of any type of sexual assault experience similar reactions to the trauma. This collection of reactions is called Rape Trauma Syndrome.

## Acquaintance Rape

Acquaintance rape is a sexual assault crime committed by someone who knows the victim. Here are some facts about acquaintance rape:

- It can happen any time and any place
- The rapist may be a date, neighbor, boss, colleague, delivery person, repair worker, spouse or anyone else you know. Rapists are not usually strangers. Studies show:
  - Over 80% of rape survivors were assaulted by someone they knew.
  - 47% were raped by dates.
- One in four college women were victims of rape or attempted rape while they were students. Eight-four percent of them knew the rapist. Fifty-seven percent of the rapes happened during a date. (Dr. Mary Koss, researcher at Kent State University)
- Acquaintance rape is rarely reported to police. Less than 2% of acquaintance rape victims reported the assault; 21% of women raped by strangers report the crime to police.
- Twelve percent of college men reported that they had physically restrained a woman to gain sexual advantage.

**REMEMBER: Date rape can occur despite all precautions. It is NOT your fault!! The only person responsible for rape is the rapist!!!!**

# TYPES OF SEXUAL ASSULT

## Marital Rape

A marriage license does not require someone to submit to sexual contact on demand. Everyone has the right to say “no” to any kind of sexual contact. Forced sexual contact within a marriage or relationship is not different than if forced by a stranger. Marital rape is against the law in Illinois.

It is wrong for your partner to:

- Force or pressure you to perform sexual acts against your will.
- Make your life miserable if you refuse sex.
- Physically attack the sexual parts of your body.
- Treat your body like a sex object.
- Control what you do, who you see, and talk to, where you go, etc.
- Put you down, try to make you feel bad about yourself, call you names, make you think you are crazy.
- Use threats, expressions, actions, gestures, loud voice in order to make you afraid.
- Physically hurt you in any way.
- Demand “make up sex” after your partner has hurt you when you are too exhausted and hurt to refuse.

*If these things are happening in your relationship, please seek assistance and/or consult our pages on domestic violence for further information.*

## Stranger Rape

Only 22% of perpetrators do not know their victims prior to the assault. However, stranger rapes are planned attacks. The perpetrator seeks out someone who may be in a vulnerable position. This is an act of power and control. Victims often experience a great deal of fear after the attack and may be afraid to return to the scene, even if it is at or near their own home. Survivors experience the same reactions to a stranger attack as to many other forms of sexual assault.

## Multiple Assailants / “Gang Rape”

Victims who have been assaulted by more than one person are traumatized by the same issues as other survivors but they have the additional burden of humiliation that the assault was witnessed by someone. Furthermore, survivors with multiple assailants have endured a type of abuse that is ritualistic in nature.

## Drug-Facilitated Rape

The misuse of alcohol and other substances to facilitate rape is not a new phenomenon. Recently, however, such reports seem to be on the rise. Here are some things you should know:

- Alcohol remains the most popular drug used to facilitate rape.
- Rohypnol is only one of many drugs used as a “date rape” drug. Other such drugs include GHB, ketamine, other benzodiazepines (valium, zanax, etc.), and barbiturates.
- Some of these drugs can be mixed in home laboratories and kitchens. Others are readily available on the street for very little money.
- Most of these drugs have NO odor, color, taste, or other means to tell if a drink (be it alcohol or soda) has been tampered with other than specialized laboratory testing.
- Coasters, strips, and other such items meant to test for these drugs do NOT work!!!
- **These drugs can be life threatening!**

*Signs that a person may be under the influence of such drugs may include:*

- Drowsiness
- Loss of coordination or motor control
- Loss of inhibition
- Dizziness
- Confusion
- Intoxication out of proportion to intake
- Unconsciousness
- Memory loss may occur for a brief period of time or in “flashes”
- Possible extreme agitation and aggression

Individuals react differently to sedating substances depending on the dosage, metabolism, and other drug or alcohol use

# TYPES OF SEXUAL ASSULT

## If You or Someone You Know Has Been Drugged.....

If you think you or someone you know has been drugged, go to the hospital emergency room immediately.

- Be clear when telling nurses and doctors that you think someone may have given you drugs without your consent. You will need to give a urine sample. It is imperative that the urine sample be taken *as soon as possible* since some of these drugs have a half-life of only a few minutes! This means that within a matter of a few hours, the drug may be completely metabolized and undetectable.
- Try to keep a sample of the beverage and the container it was in for analysis.
- It is also important that you tell hospital personnel all of your symptoms because many of the drugs being discussed here are not part of routine drug screens at the hospital and most hospital labs do not have the equipment needed to test for some of these drugs. In this case the sample is sent to a lab with appropriate equipment.

**REMEMBER!** No matter how careful you are, IT IS NOT YOUR FAULT IF YOU ARE RAPED!!! No one deserves to be sexually assaulted or abused and it is always the fault of the perpetrator, NOT the victim.

For more information on Date Rape Drugs, try:

<http://www.4woman.gov/faq/rohypnol.htm>

## Child Sexual Abuse

Child Sexual Abuse may refer to:

- ⇒ Any forced or coerced sexual activity involving a child
- ⇒ Sexual contact between a child and another person (whether it is an adult or another child) in which treats, bribes, or other tricks are used to get the child to participate in the activity
- ⇒ Any sexual contact between an adult and a child.

Some sexual abuse is physical contact. Some is violent in other ways. This might include:

- ⇒ Sexual talk
- ⇒ Flashing of sexual body parts or exposure to sex acts
- ⇒ Voyeurism or peeping activities
- ⇒ Child Pornography
- ⇒ Encouraging or promoting child prostitution

Statistics show that 93% of children know their perpetrator. Please visit [www.darkness2light.org](http://www.darkness2light.org) to see recommendations for keeping children safe from sexual abuse.

Any suspicion of Child Sexual Abuse should be reported to the authorities (in Illinois) at 1-(800) 252-2873.

Often, the abuser will persuade the child to cooperate and to keep the abuse a secret. This persuasion may involve the promise of special treats or privileges or threats of physical punishment and other consequences to loved ones or pets. Or, the abuser may not need to make any threats. Children are taught to obey adults and the abuser may take advantage of this, especially if he is a person the child knows and trusts.

## Reactions to Child Sexual Abuse

After the abuse, your child may change for a time. You may notice

- Heightened fear or anxiety
- Increased crying
- Disturbed sleeping patterns (fear of going to bed, fear of sleeping alone, bedwetting...)
- Loss of appetite
- Irritability, losing patience easily
- Temper Tantrums
- Isolation or secrecy
- Difficulty at school, such as poor concentration and loss of interest in classroom activities.

# TYPES OF SEXUAL ASSULT

Children also experience [Rape Trauma Syndrome \(Link\)](#) in their own way.

The absence or presence of these symptoms doesn't mean that the abuse did or did not occur. While you should be aware of any changes in your child's behavior or attitude, some children are not visibly changed by the experience.

All types of sexual assault are traumatic and can have a myriad of effects of victims. If you need help sorting out the emotions and concerns resulting from sexual assault, please contact us directly at 847-697-2380. Counselors are available 24 hours a day and are specially trained to respond to survivors of abuse. If you are not the victim of this type of crime, but you care about someone who is, please feel free to contact us as well. Sexual assault often affects the loved ones of a survivor.

## **Incest**

Just as most sexual assault against adults is committed by someone the victim knows, nearly all sexual abuse of children is committed by someone the child knows and trusts. Many times, that person is a family member.

As we teach our children to respect their parents and their elders, we also have to help them understand that sometimes adults do bad things. We have to help children understand that they have the right to say "no" to behavior that makes them uncomfortable, and at the same time help them to respect the adults in their lives as well.

Incest creates particular problems with trust in family relationships and causes cut-offs among parts of a family. Some of the reactions to incest may include:

- Victims are afraid to tell because of threats to harm other family members or threats that others will not believe the child. Exposing the abuse has a myriad of potential consequences for the child, as well as the possibility that she/he will be protected.
- Victims are bribed with treats or special privileges or love.
- Victims are confused by the behavior and don't want to get their loved one in trouble or lose the abuser from their lives.
- Family members may believe that their non-offending parent "should have known". Often children do not demonstrate any distress or give parents clues or information about the abuse. It's very difficult to maintain that the abuser has all of the responsibility in this situation. Other times, non-offending parents are unable to see the signs or refuse to believe the abuse is happening or did happen in their families.
- Trust is severely disrupted throughout the family in cases of incest. Rebuilding trust among non-offending family members may take a long time.

Children have many of the same reactions to incest as they may to child sexual abuse. See the section above about common reactions to child sexual abuse. If a child you know has been assaulted or abused, please encourage their parent or guardian to bring them for help.