

## Rape and Sexual Assault

**Are** motivated by power & control.

**Are NOT** motivated by:

- ❖ The need for sexual gratification
- ❖ The way a person is dressed
- ❖ Overactive hormones
- ❖ Drug or alcohol use

Rape & sexual assault are acts of **violence** and can happen to **anyone, anywhere, & at any time.**

**Rape** is sexual intercourse with any person without consent. Rape can involve force, including physical violence, coercion, or threat of harm. Rape is also when a person cannot give consent due to their age, mental disability, and/or being mentally incapacitated or physically helpless, or any situation where the person is incapable of giving consent. Being physically helpless includes being intoxicated, drugged, asleep, or unconscious. Consent can be given or taken away at any time. Silence, or a lack of a **NO**, does not equal consent. Rape can be committed by a stranger, an acquaintance, a friend, a relative, a date, & 70% of sexual violence cases are committed by someone known to the victim.

If you are a victim of rape or sexual assault, or feel unsafe in a situation; find a **safe place** & call 911.

- ❖ Call CVC at **(631) 689-2672** for Crisis Support and Counseling Services at no cost.
- ❖ Preserve all physical evidence.
- ❖ Call **(631) 332-9234** (24 hrs./day) for the information & support you need to make informed decisions and to know your rights.



CRIME VICTIMS CENTER  
*Parents for Megan's Law*  
Empowering Victims & Crime Prevention

**(631) 689-2672**

[www.CrimeVictimsCenter.org](http://www.CrimeVictimsCenter.org)  
[www.ParentsForMeganslaw.org](http://www.ParentsForMeganslaw.org)

**If You Have Been the Victim of a Sexual Assault or other Violent Crime and Need Support, Call:**

**(631) 689-2672**

**24 Hour Rape Crisis Hotline:  
(631) 332-9234**

**Remember:  
You are not alone.  
You are a survivor.**



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**Ronkonkoma & Patchogue**  
[www.CrimeVictimsCenter.org](http://www.CrimeVictimsCenter.org)  
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**Staying Safe:**  
*Empower Yourself with  
Information & Safety Skills*

- ❖ **Rape & Sexual Assault Defined**
- ❖ **Resources & Support Services**
- ❖ **Safety Skills Identified**
- ❖ **Bystander Intervention Strategies**
- ❖ **Risk Factors Identified**
- ❖ **What to do if someone is pressuring you?**
- ❖ **What to do if someone discloses to you?**

The Crime Victims Center is a not-for-profit organization dedicated to the prevention & treatment of sexual abuse and the provision of services to all victims of violent crime. Accessible services for persons with disabilities.

## Safety Tips

**Don't** drink anything from a punch bowl, or something with an unexpected color, appearance, or smell.

**Don't** drink anything from an open container or a beverage that tastes salty when it shouldn't.

**Don't** leave drinks unattended or share/exchange drinks.

**Don't** accept drinks without seeing their origin.

**Do** pay attention to anyone joking about date rape drugs. This should be a warning to leave the party or that individual.

**Do** make a pact with friends to look out for each other & to leave together.

**Do** take action if something feels wrong.

**Do** intervene in a positive way.

**Remember: your voice and your actions matter.**

## Positive Bystander Intervention

- ❖ Be a role model by promoting healthy relationship behavior
- ❖ Challenge the beliefs and attitudes of the rape culture, like standing up against rape jokes or sexist comments
- ❖ **3 D's:** Direct, Distract, Delegate
- ❖ **Direct:** you directly step in to stop an assault or attack
- ❖ **Distract:** you say/do something to remove the perpetrator or the potential victim by distracting them
- ❖ **Delegate:** you ask someone for help to dissolve the situation before it happens
- ❖ Call **911**: never put your safety at risk

## Risk Factors

### Alcohol

- ❖ Most significant risk factor
- ❖ Victimization occurs frequently when either/both parties are drinking.
- ❖ Impairs cognitive ability
- ❖ Interferes with communication
- ❖ Negatively impacts mobility
- ❖ Decreases inhibitions
- ❖ Binge drinking can result in unconsciousness and memory loss.
- ❖ **Remember:** drinking alcohol does not cause sexual assault.

### Date Rape Drugs

- ❖ Including, but not limited to, Rohypnol, GHB, GBL, Ecstasy, Soma, Ketamine, and Bath Salts
- ❖ Can be odorless, colorless, tasteless
- ❖ Fast acting and fast leaving, making it difficult to detect drugs were used
- ❖ Memory impairment
- ❖ Causes dizziness, confusion, or unconsciousness

### Isolated Areas

- ❖ Be aware of your surroundings, *especially* when wearing headphones
- ❖ You're at increased risk for assault by a *stranger* or an *acquaintance* in isolated areas
- ❖ Do not continue walking to your car if someone approaches you in a parking lot, run to safety
- ❖ **Always** consider where help is

## If Someone is Pressuring You:

- ❖ Know it is **never** your fault
- ❖ Always trust your gut feeling.
- ❖ Only do what feels right to you and what makes you feel comfortable.
- ❖ Create a *code word* with friends and family that means you need help. This way you can communicate your concern and get help without alerting the person who is pressuring you.
- ❖ You can always lie to make an excuse for an exit if you are concerned about angering or upsetting someone.
- ❖ Always know what your escape strategy would be if you need to leave a situation safely.

## If Someone Discloses to You:

**Believe Them.** Tell them you are sorry this happened to them and thank them for telling you. Let them know it was not their fault.

**Listen.** Don't ask too many questions & never gossip about the disclosure. Listen to your friend and respect their boundaries.

**Get Help.** Encourage your friend to get the help they need and tell them they don't have to handle this alone. Remember, for abusive relationships, the most dangerous time for the survivor is at the time of the breakup.

**Support Them.** You may feel shock, anger, sadness, or disgust, but it would not be helpful to display these emotions when they are disclosing. Encourage them to use support services, or see a therapist.

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