

**Sexual Assault
Help Line
1-800-461-2929**

The Informer

A Little Background On Date Rape...

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You can't always avoid date rape and unfortunately there's no perfect way to protect yourself.

Remember...

85% of all sexual assaults of teenagers occur between people who know each other (e.g. a date, a friend or someone you've just seen around). People are sexually assaulted in their homes, in cars, at school, at parties, at the beach... you

sexually assaulted if you've been forced or pressured into going further sexually than you feel comfortable with. In other words, if you've been kissed, touched or had intercourse without agreeing to it, that is Sexual Assault. It's defined as any unwanted act of a sexual nature forced by one person on another.

Sexual Assault Is Against The Law

It is always the guy's responsibility to control his behavior and accept your sexual limits. It is the girl's responsibility to communicate these limits to him.

Dating Violence: Facts To Consider

Every week, at least one woman in Canada is murdered by a boyfriend or spouse.

As many as 1 out of 5 young women in high school are in abusive relationships.

Since the age of sixteen, 51% of Canadian women report having experienced at least one incident of physical or sexual violence.

60% of students indicated that they have been exposed to dating violence either directly as victims or by having witnessed an incident

Date Rape has the lowest reporting rate of all forms of rape. It is estimated that only 1% of date rapes are reported to the authorities.

65% of boys and 47% of girls in grade 6 to 9 found it acceptable for a man to force a woman to have sex if they have been in a dating relationship for more than 6 months.

Women who are physically assaulted in dating relationships cite jealousy and attempts to end a romantic relationship as the most common reason for the assaults.

In the time it took you to read this a woman or girl somewhere in Canada was sexually assaulted.



There are about
10,000,000
women in Canada
old enough
to be at
**risk of
rape.**

Dating Violence: Facts to Consider

- Every week, at least one woman in Canada is murdered by a boyfriend or spouse
- As many as 1 out of 5 young women in high school are in abusive relationships
- Since the age of sixteen, 51% of Canadian women report having experienced at least one incident of physical or sexual violence
- 60% of students indicated that they have been exposed to dating violence either directly as victims or by having witnessed an incident

What Is Sexual Harassment?

Sexual harassment is any unwanted, uninvited remarks, gestures, sounds or actions of a sexual nature that make you feel unsafe, degraded or uncomfortable. It creates an intimidating, hostile or offensive school environment.

Some examples are:

- Unwanted, unwelcome physical contact like touching, grabbing or patting
- Rude jokes or suggestive remarks

- of a sexual nature
- Demeaning nicknames like “chick” “sexy” “stud” or “babe”
- Cat calls, rating, or embarrassing whistles
- Insulting remarks about sexual orientation
- Sexually insulting remarks about race, culture, ability or class
- Your name written on walls or

desks e.g. “for a good time call...”

- Stalking

Sexual Harassment is **NOT**:

- A hug between friends
- Mutual flirtation
- Sincere and personal compliments

Relationship Rights

- I have the right not to be abused – physically, emotionally, or sexually
- I have the right to “fall out of love” with someone and live with no threats
- I have the right to express my own opinions
- I have the right to have my needs be as important as my partner’s needs.
- I have the right to grow as an individual in my own way and not be criticized for it.
- I have the right to accept responsibility for my own behavior, not someone else’s behavior.
- I have the right to change my mind
- I have the right to have friends of my own
- I have the right to be respected and loved, and to live a peaceful life

Love Is...

- Responsibility
- Hard Work
- Pleasure
- Commitment
- Caring
- Honesty
- Sex
- Trust
- Communication

- Compromising
- Closeness
- Recognizing Differences
- Openness
- Respect
- Friendship

Love is not...

- Jealousy
- Possessiveness

- Pain
- Violence
- Sex
- Obsession
- Being Selfish
- Cruelty
- Getting Pregnant
- Giving Up Yourself
- Intimidation
- Scoring

32% of women are assaulted more than **10 times** by their male partner.

Types of Abuse

Physical Abuse

- Any physical attack (repeated or occurring just once);
- Any physical harm caused by lack of care.

Emotional Abuse

- Constant yelling;
- Demeaning remarks;
- Being rejected or ignored;
- Threats;
- Verbal attacks;
- Exposure to domestic violence.

Sexual Abuse

- Invitation to sexual touching;
- Being touched sexually;
- Exposing genitals.
- Exposing to Pornography

Neglect

- Failing to provide:
- Adequate food and shelter;
 - Safety;
 - Medical or psychological treatment;
 - Supervision;
 - Clothing.

Danger Signals:

Look Out For These Guys

Listen to your gut feeling about the guy you're with. Keep in mind other people's opinions of him, be aware and pay attention to guys behavior that doesn't seem or feel right like:

- Guys who don't listen to you, ignore you or talk over you, these guys have no respect for women
- Guys who sit or stand too close to you, make you feel uncomfortable and enjoy making you feel this way.
- Guys who POWER STARE, you know, when a guy is looking right

Are You A Harasser?

1 If I see a cute girl or guy walking down the hall, I think it's OK to make a comment about her or his great body or cool clothes.

YES NO

2 I impress my friends by making remarks to or about kids I think are different just to get a laugh.

YES NO

3 I tell really wild sexual jokes to kids at school.

YES NO

4 I make loud and obvious noises at kids in school to embarrass them and make my friends laugh.

YES NO

5 I stare at girls or guys I think are attractive, even when they turn red, turn away or in some way make it clear that they're uncomfortable.

YES NO

6 I keep asking out the same girl or guy, even when she or he has already turned me down in plain language.

YES NO

7 I keep asking out the same girl or guy, even when she or he has already turned me down in plain language.

YES NO

8 I touch girls or guys without their consent.

YES NO

9 I touch girls or guys without their consent.

YES NO

10 I pressure a girl or guy to have sex with me, even when they've made it clear they don't want to.

YES NO

If you answered "Yes" to any of these questions you could be a harasser. Watch your words and actions. Prevent harassment.

through you or down at you.

- Guys who do only what they want or push or grab you to get what they want.
- Guys who express anger and violence towards women either through words (e.g. You bitch, I'm going to kill you) or pushing, shoving or biting.
- Guys with a bad attitude toward women (e.g. women are meant to be seen and not heard. A woman's place is in the kitchen so that she can serve a man).
- Guys who are overly jealous or possessive, these guys can be very controlling
- Guys who drink or use drugs heavily.
- Guys with a reputation for scoring. They are likely to pressure you for sex when you go out with them.

How To Help A Friend...

Let her know you care and want to help.

Use patience and understanding. Let her decide what help she wants from you. It is very important that she make her own decisions. You can listen and offer suggestions and encouragement but she must choose what will be best for her.

Let her know she is not to blame.

You may be to do this over and over again. It is important that she knows the offender is to blame, not her. Avoid asking blaming questions such as "Why did you go there with him?" or "Why didn't you scream?"

Respect her right to privacy by letting her be in control of who she wants to tell. You should not repeat her story unless she has specifically asked you to.

Put aside your feelings and deal

with them somewhere else. It is very difficult to listen to the hurt, anger and pain someone close to you is having without you feeling that way too. It is important that you talk about these feelings with someone else because it is difficult enough for her to deal with her own feelings without having to deal with yours as well.

Find resources and services that she can contact. Such as:

- Police
- Sexual Assault Services
- Women's Shelters
- Victims Services
- Help Lines



She is never the one to blame in the situation.

63% of women attacked by their male partner are assaulted more than once

What If It Happens To Me?

- Be with someone who cares. This is not a time to be alone. You need to talk to someone you can trust and get comforted by them. You also need to make yourself feel safe. Take whatever steps you need to make yourself feel safe.
- Get medical attention. This is important in order to check for injuries, sexually transmitted diseases and to prevent pregnancy. It's also very important for gathering evidence if you want to press charges. You should not shower or clean yourself first.
- Decide whether you want to report to the police. This is your decision to make even if you have gone to the hospital for a medical exam.
- Decide who you want to tell. Who of your friends or family can you tell who you know will try to understand and help? It is very important to tell someone and be able to talk about the sexual assault. This will help you deal with it now rather than have it continue to bother you for years after.
- Talk to a trained counselor by phone on the rape crisis line or in person at a sexual assault care Centre. A doctor or school counselor could help you contact someone. This is very important because you have been through a trauma and will need help to deal with the situation and your feelings. Friends and family can be helpful, however, they often do not know how they can best help you. Women who go to counseling to talk about their experience cope with it much faster and with fewer long-lasting effects than those women who do not go for help.
- **DO NOT Blame yourself.** You were not responsible for the sexual assault, he was. Often women blame themselves because thinking back, they see many things they "should have" or "shouldn't have" done. It is impossible for you to know that this man would sexually assault you. Even if you believe you were (naïve) not careful or even foolish, you did not ask to be sexually assaulted. Your behavior did not cause the sexual assault, he did!

1. Victims make up stories about being sexually assaulted

MYTH

FACT

2. People who are sexually assaulted were "asking for it" because of the way they dress, they act or they were out late or drinking

MYTH

FACT

3. The victim does not have to scream or fight back for the behavior to be a sexual assault

MYTH

FACT

4. Sexual assaults are committed by mentally sick or sex starved men

MYTH

FACT

5. Sexual assaults are most often committed by an individual that is known to the victim

MYTH

FACT

6. Sexual assault doesn't happen very often in Canada

MYTH

FACT

7. Boys and men can also get sexually assaulted

MYTH

FACT

8. Sexual assault can happen in lesbian and gay relationships

MYTH

FACT



57% of rapes happen while on dates

The **majority** of date and acquaintance rape victims are **young women aged 16 to 24.**

Danger Signals: The Words He Can Use

Beware of guys who use come-on lines like these to get you into bed:

Pressuring for sex:

"If you loved me you would"

"You're not the only girl I could date"

Trying to make you feel bad or guilty:

"Don't you like me?"

"Are you weird or something?"

Blackmail:

"I'll kill myself if you break up with me"

"If you don't, I'll tell everyone you did anyway"

Thinks sex is his right no matter what:

"You turned me on, now you have to do it."

"We've had sex before so you can't say no now"

Doesn't take no for an answer.:

"You can't say no because I spent all that money on you."

"You really want it. You're just saying no to protect your reputation, girls are supposed to do that."

The dating scene is a confusing place. The guy's expected to "get all he can" whether he really wants to or not and a woman is expected to say "no" whether she really wants to or not.

If no one is talking straight how is anyone to know what the other person really wants? No knowing what the other person wants sexually could result in pushing someone further than they want to go. This is Sexual Assault:

Here are some pointers to consider to help guys prevent sexual assault:

- Don't assume what your date wants – always ask her. Her desire for affection (e.g. kissing, cuddling, etc.) is not the same as a desire for intercourse.
- Check out what her desire is, wait for a straight answer before you act, people don't want to be persuaded.
- Check out what levels of intimacy you both want. She may be interested in sharing some forms of sex other than intercourse (e.g. kissing or petting). Sex is more enjoyable if you share rather than take.
- No means No. When you hear No, STOP. Don't argue with your date. If you don't accept her NO

you are committing sexual assault or rape. This is ILLEGAL.

- A woman who turns you down for sex is not necessarily rejecting you as a person. Her "No" is expressing her decision not to be part of a single act.
- Be aware of your sexual desires. Do not let your desires control your behavior. You are responsible for your behavior regardless of your desires.
- Tell your date your sexual desires honestly and as early as possible – that way she can decide whether to continue the date or not.
- Stay Straight. You are responsible for your actions whether you are sober or not. Being "high" or "drunk" is not a legal defense for sexual assault.
- Don't take advantage of a person who is physically or mentally incapable of saying "Yes", like someone who is stoned or drunk. Having sex with a woman who is not in control of herself is sexual assault.
- Remember sex is not a payback. Your date never owes you sex no matter how much money you have

spent or what you many have done fore her.

- It's okay not to score. Not having sex does not mean you are not a real man. A real man respects others' wishes and respects himself.

In **51%** of all incidents of dating violence reported by Canadian women, the perpetrator was under the influence of alcohol.

Date Rape Prevention: Listen Up Guys

- Understand that forced sex is NEVER acceptable; it is against the law.
- Accept "no" as "no." Don't read other meanings into that word.
- Know the difference between desire and action. Being sexually aroused does not give you permission to force sex on another.
- Be responsible for your own sexual limits and actions; they are your responsibility.
- Realize that dating for a long time, spending money or previous sexual intercourse does not obligate a woman to have sex.
- Avoid excessive use of alcohol and/or other drugs.
- Don't make assumptions. Just because your date welcomes some sexual contact doesn't mean she wants other types of sexual contact.

Myth Fact

Rape is committed by crazed strangers.

A woman who gets raped deserves it, especially if she agreed to go to the man's house or ride in his car.

Women who don't fight back haven't been raped.

If there's no gun or knife, you haven't been raped.

It's not really rape if the victim isn't a virgin.

If a woman lets a man buy her dinner or pay for a movie or drinks, she owes him sex.

Agreeing to kiss or neck or pet with a man means that a woman has agreed to have intercourse with him.

When men are sexually aroused, they need to have sex or they will get "blue balls." Also, once they get turned on, men can't help themselves from forcing sex on a woman.

Women lie about being raped, especially when they accuse men they date

Most women are raped by "normal" acquaintances.

No one, male or female, deserves to be raped. Being in a man's house or car does not mean a woman has agreed to have sex with him.

You have been raped when you are forced to have sex against your will, whether you fight back or not.

It's rape whether the rapist uses a weapon or his fists, verbal threats, drugs or alcohol, physical isolation, your own diminished physical or mental state, or simply the weight of his body to overcome you.

Rape is rape, even if the woman isn't a virgin, even if she willingly had sex with the man before.

No one owes sex as a payment to anyone else, no matter how expensive the date.

Everyone has the right to say "no" to sexual activity, regardless of what has preceded it, and to have that "no" respected.

Men don't physically need to have sex after becoming aroused any more than women do. Moreover, men are still able to control themselves even after becoming sexually excited.

Rape really happens -- to people you know, by people you know.

Only 1% of date rapes are reported to the police.

Only 6% of sexual assaults are reported to the police.



51% of all Canadian women experienced at least one incident of sexual or physical violence.

Healthy Relationships

Muskoka

Sexual Assault Services
Located in the
Women's Resource Centre
29-1 Manitoba Street
Bracebridge, P1L 1S4
Phone 705-646-2122,
fax 705-645-7839
1-877-406-1268

Parry Sound

Sexual Assault Services
Located
7 William St Suite 5
Phone: 774-9083
Fax 774-9728
1-877-851-6662

**SEXUAL ASSAULT
HELP LINE
1-800-461-2929**

We're On The Web

www.daphnewymn.com

Love means something different to everyone, but there are certain behaviors that are signs of a healthy relationship. A healthy relationship is a partnership of equals, where both partners have a say, both partners are valued and respected, and neither partner is ever afraid of the other.

Healthy relationships include:

- Honesty
- Respect
- Openness
- Trust
- Equality
- Compromise
- Sharing
- Support
- Caring
- Kind words
- Touching only with consent
- Two-way communication
- Working out conflicts with respectful words, NEVER with violence.

All relationships have conflict, but dealing with conflict should never result in abuse. No matter what your boyfriend or girlfriend says or does, violence in a relationship is NEVER justified.

You have the **right** to...

- Trust your instincts;
- Not be physically, sexually or emotionally abused;
- Change your mind;
- Refuse a date;
- Be honest and express your feelings;
- Break up with someone who makes you feel bad;
- Say "No!"
- Be RESPECTED!

All relationships have conflict, but dealing with conflict does not have to result in abuse. No matter what your boyfriend or girlfriend says or does, violence in a relationship is NEVER justified.

Myths and Facts: Answers

1. Victims don't usually lie about sexual assault. It is very hard for a person to tell someone that he or she has been sexually assaulted, especially if the offender is someone known and trusted. If someone tells you that he or she was sexually assaulted, you should believe him or her and find a way to help.
2. The offender, not the victim, is ALWAYS responsible for the sexual assault. Wearing a short skirt, acting a certain way, staying out late or drinking is NOT "asking to be sexually assaulted".
3. There are many reasons why victims do not scream or fight their attacker. Many individuals who have been sexually assaulted are threatened by the offender. Others may become paralyzed with fear and are unable to fight back. There is also the fear that the attacker will cause more harm if you don't do what they tell you to do.
4. Sexual assaults are committed every day by healthy, ordinary looking individuals. They do not look strange. The offender may even be someone that you know... a brother, a cousin, a date, a neighbour.
5. Studies show that about three out of four sexual assaults are committed by someone known and often this person was trusted like a baby-sitter, coach or friend. More than half of the assaults are committed in the home of the victim or the offender. Research tells us that by age 19, one in every four girls and one in every six boys will have experienced some type of sexual assault. You probably know a person who has been sexually assaulted. Most victims that have been sexually assaulted have not told anyone, so the actual assaults that police are told are low.
6. Almost as many boys as girls will be sexually assaulted by the age of 18. In 1984, a study in Canada found that one in six boys under the age of 18 had been sexually assaulted compared to one in 4 girls at the same age.
7. Sexual violence can happen in any relationship when one person has the potential to have power and control over another. This can include same-sex relationships as well as opposite-sex relationships.