

## If It Happens To Someone You Know

1. Support them with any needed follow-up such as calling the police, contacting a hotline, or going to the hospital.
2. Listen, don't judge.
3. Give comfort. Let them know that they are not to blame.

## Date Rape Drugs

Rohypnol and GHB are called "date rape" drugs because they can be slipped into someone's drink and a sexual assault can take place without the victim's consent or knowledge. When the drugs are put in a drink, they are colorless, odorless, and may even be tasteless.

### Rohypnol

Street names include roofies, roopies, circles, and the forget pills. It works like a tranquilizer by causing muscle weakness, fatigue, slurred speech, loss of motor coordination and judgment, and amnesia that lasts up to 24 hours. It looks like an aspirin—small, white and round.

### GHB

Also known as liquid X, vita-G, G-juice, salt water, or scoop. It can cause quick sedation. Its effects are drowsiness, nausea, vomiting, headaches, dizziness, coma, and death. It's most common form is a clear liquid although it can also be a white, grainy powder.

## Taking Care Of Yourself And Your Friends

- + Be careful when drinking with someone you don't know well.
- + Be wary of exchanging drinks or leaving your drink unattended.
- + Don't drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).
- + Appoint a designated "sober" person when you go to parties or bars. Have a plan to periodically check up on each other.

- + If one of your friends appears very intoxicated, gets sick after drinking a beverage, passes out and is difficult to awaken, seems to be having difficulty breathing, or is behaving in an uncharacteristic way, take steps to get help. Call 911 for emergency medical assistance.

## Resource Numbers:

Sexual assault counseling and/or advocacy services include:

- + BIHA (Black, Indian, Hispanic & Asian Women in Action) ..... 612-870-1193
- + Chicanos Latinos Unidos En Servicios (CLUES) ..... 651-292-0117
- + Men's Line ..... 612-379-6367
- + MCASA (MN Coalition Against Sexual Assault) ..... 612-313-2797
- + MN Indian Women's Resource Center ... 612-728-2032
- + Rape and Sexual Abuse Center ..... 612-825-4357
- + Sexual Violence Center ..... 612-871-5111
- + U of M Sexual Violence Program..... 612-626-2929 or ..... 612-625-5000
- + Women's Association of Hmong & Lao Sexual Assault Program ..... 651-772-4788

English: Attention. If you want help translating this information, call 612-673-3737

Spanish: Atención. Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700

Somali: Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

Hmong: Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800

Sign Language: TTY 612-673-2626

If you need this material in an alternative format, please contact the Minneapolis Police Department at 612-673-2912.

**ACQUAINTANCE  
RAPE**

**Information and Resource Guide**

**Community Crime  
Prevention/SAFE**

## Acquaintance Rape

*Acquaintance rape, often referred to as date rape, is when a person is forced, threatened, or coerced to have unwanted sexual activity by someone the person knows. The rapist could be a classmate, a co-worker, a neighbor, a boyfriend, or a girlfriend. It may include unwanted sexual touch and/or penetration. Acquaintance rape can happen anywhere, at anytime, to anyone.*

*The victim often does not seek assistance or tell anyone about the rape because they don't identify the experience as rape. They may feel ashamed, guilty, betrayed and frightened after being raped by someone they know.*

*Victims of sexual assault knew their assailants 91% of the time according to the Department of Justice. Forty-six percent of sexually active college women reported having had unwanted intercourse.*

*There is no single solution to preventing acquaintance rape. Everyone needs to be aware that it can happen. The following suggestions may help prevent acquaintance rape.*

### Know What You Want and Take Precautions

- + Decide what your sexual limits are and make those limits clear to your partner.
- + You have the right to change your mind—but remember, your partner only knows what you say.
- + Trust your gut feelings. If the way your date acts makes you nervous or uneasy, get out of the situation.
- + Check out a first date or a blind date with friends.
- + Meet at public places when you're getting to know someone, especially on-line acquaintances. Going to an empty apartment, or a secluded area puts you in an isolated, vulnerable position.

- + Be wary of people who are hostile or domineering, and/or act jealous.
- + Carry money for a phone call or taxi, or take your own car.
- + Don't leave a social event with someone you've just met or don't know well.
- + Know that giving someone a ride, or accepting a ride (whether you know them or not) is a risk.
- + Be careful not to let alcohol or other drugs decrease your ability to take care of yourself and make sensible decisions.
- + End the date early if the person you are with becomes intoxicated.
- + When you say "No," say it like you mean it. If you are ignored, it is okay to get angry.
- + Be willing to make a scene to attempt to get out of a troubling encounter.
- + Have an agreement with a friend or relative that you can call them at any time and they will come and get you with no questions asked.
- + Consider taking a self-defense class to increase your confidence, learn to act more assertively, and attack forcefully if needed.

### Remember...

- + If you use force against someone to have sex, you are committing a crime, even if: he or she flirted or led you on, had sex with you or one of your friends before, or agreed to have sex with you and then decided not to.
- + Believe a person when they say no. NO means NO. Everyone has the right to set the limits for their body.
- + Don't assume that you know what a person wants. Ask. Give them time to decide, without pressure from you.
- + Your ability to make smart decisions is lessened when you are drunk or high.
- + If your date is not sober enough to give consent and you force or coerce sex—that is still rape.

## If You Are Attacked

Every rape situation is different. Only you can decide which course of action is appropriate. Be aware that some of the following actions could help you to escape from a potential rape or they could expose you to further harm.

- + Look for distractions to take his/her mind off of you. That second or minute of distraction might give you time to escape or seek help.
- + Use your voice. Scream "I'm being attacked! Call 911!"
- + Use your body. Use a self-defense tactic on vulnerable target areas — eyes, neck, nose, ribs, instep, knees, and groin.
- + Know your effective weapons—fists, feet, knees, elbows, head, teeth, fingernails and keys.
- + Consider passive resistance such as vomiting, urinating, or telling the attacker that you have a disease.

## After An Acquaintance Rape

1. **Do not bathe, shower, douche, or change clothes.** Be aware that date rape drugs cannot be detected after you've urinated once.
2. Call 911 immediately to report the rape to the police. They will recommend that you be seen by a health care professional who will keep medical information on record to support a case.
3. Sexual assault exams can be obtained at any of these hospitals: Hennepin County Medical Center, Abbott Northwestern, North Memorial, Methodist, and Fairview Riverside, University or Southdale.
4. Do not disturb the crime scene by straightening up or cleaning.
5. Consult a trained rape crisis counselor, rape crisis hotline, hospital, mental health center, or trusted friend who can give you emotional support.