

# Protecting Yourself From Sexual Violence

## HEALTH GOAL

- I will practice strategies to help protect myself from sexual violence.

Images of sexual violence are all too common in television shows and movies. Some music lyrics make references to sexual violence. These images and references can lead to mistaken ideas about rape, sexual abuse, sexual harassment, and stalking, which can put teens at risk. Sexual violence and abuse is always wrong. It is never the victim's fault if sexual violence or abuse occurs. This lesson will teach you how to better protect yourself against sexual violence and abuse.

## What You'll Learn

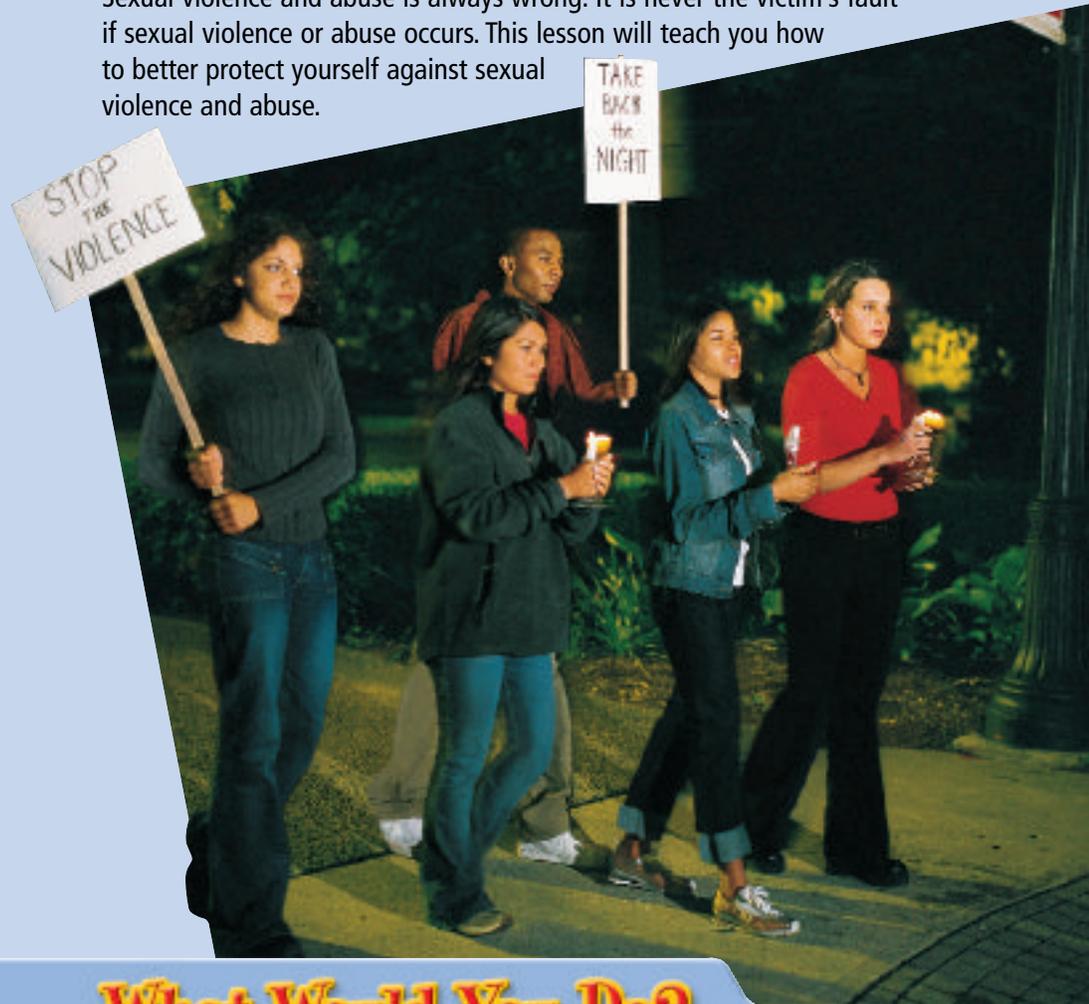
1. Explain the relationship between alcohol and other drugs and date rape. (p. 688)
2. Identify guidelines to follow to reduce the risk of date rape. (p. 689)
3. Discuss sexual abuse. (p. 691)
4. List steps to take if you are sexually harassed or stalked. (p. 692)
5. Discuss the legal and ethical consequences of sexual assault, harassment, abuse, and rape. (pp. 688, 691, 693)
6. Identify steps victims can take to better recover from sexual violence or abuse. (p. 694)

## Why It's Important

To avoid sexual violence and abuse, you have to be alert to possible problems and warning signs. Your awareness helps protect you as well as those around you.

## Key Terms

- sexual assault
- rape
- date-rape drugs
- sexual abuse
- incest
- sexual harassment
- stalking
- restraining order
- rape survivor
- rape trauma syndrome



## What Would You Do?

**Writing About Sexual Violence** Suppose that a friend tells you that she was recently raped and asks you not to tell anyone. How would you respond? After you read the information about recovering from violence on page 694, write a letter to your friend in your health journal explaining why it is important to report the rape and to have a physical examination.



Health TEKS covered by Lesson 66: 11, 5C, 5D, 7A, 7B, 7E, 7F, 7G, 7J, 8B, 13E, 14B, 15A, 15C, 16A, 17B

# Rape

Any type of unwanted sexual contact is **sexual assault**. Rape is a form of sexual assault. **Rape** is the threatened or actual use of physical force to get someone to have sex without giving consent. Though many people may believe that sexual assault is the same thing as rape, rape is only one form of sexual assault. Verbal threats, grabbing, or fondling are some other forms of sexual assault.

## What to Know About Rape

**Rape** Though anyone can be a victim of rape, the majority of victims are women. And, although anyone can be a perpetrator of rape, the majority of perpetrators are male. A perpetrator of rape can be a stranger to a victim, though most perpetrators know the victim in some way. In all forms of sexual assault and rape, anger and a need for power usually are the motivating factors. All forms of sexual assault and rape are forms of violence, and all are unethical and illegal.

**Acquaintance rape** The majority of rape cases involve a form of rape called acquaintance rape. **Acquaintance rape** is when a person who is raped knows the rapist. **Date rape** is when rape occurs in a dating situation.

**Facts about date rape** Teens sometimes are confused about date rape. They may believe that sex without consent is acceptable in some situations. Sex without consent is never acceptable—it is rape. Rape is never the victim's fault. Circumstances do not change this definition of unlawful behavior.

Some males may believe that the male role is to be the aggressor and the female role is to be the resister. Some males might believe that when a female says "no," she really means "maybe" or "yes." As a result, these

males might ignore messages of non-consent and force a female to have sex. They have committed rape. Some males might misinterpret signs of affection. They might believe that cuddling or kissing indicate a desire to have sex. They might believe females say "no" because they think that is what females are supposed to say, but that they don't really mean "no." These males might ignore female resistance and force sex. But males must stop when a female says "no." Forcing a person to have sex is rape.

At all times, people must be consistent, say "no" clearly, and not encourage sexual advances. People should keep their limits clear when they express affection. If a male becomes more forceful, a female should resist more forcefully. Say "no" firmly and yell, scream, or run away, if necessary. Males must stop when a female says "no." Forcing a person to have sex is rape.

If a female puts herself in a risk situation—perhaps by accompanying a male to his home or by being alone with a male she doesn't know very well—do her actions indicate consent to have sex even if she says "no"? No, they do not. If a male forces a female to have sex, even when she is in a risk situation, he has committed rape. Females should avoid putting

## Did You Know?

### Known Assailants

Approximately 66 percent of rape victims know their assailant, 30 percent are raped by a stranger, and in 4 percent of rapes, the relationship is unknown. Of the 66 percent who know their assailant, 48 percent are raped by a friend or acquaintance, 16 percent by an intimate, and 2 percent by a relative.

## Health TEKS

**7J (covered on page 687):** Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse, such as date rape.

### Quick Quiz:

Why is it important for teens to have healthy strategies in place to help prevent date rape?

## Make the Connection

### Resisting Sexual Violence

For more information on resistance skills, see page 47 in Lesson 5.

## Health TEKS

**14B (covered on page 688):** Examine the legal and ethical ramifications of unacceptable behaviors, such as harassment, acquaintance rape, and sexual abuse.

### Quick Quiz:

Is being drunk or high on drugs ever an excuse, legally or ethically, for rape?

When teens are in a social setting, they should never leave their water or soda unattended because someone might slip a date-rape drug into their drink.

themselves in risk situations. If they do put themselves in a risky situation, it can be difficult to defend themselves or to get help if sexual advances occur. Males must always stop when a female says "no."

If a female wears clothes that a male considers to be revealing, do her clothes indicate consent to have sex even if she says "no"? No, they do not. If a male assumes that a female wants to have sex and forces her to do so, he has committed rape. While people have the right to wear what they want without the threat of harm, females should realize that others might not respect that right. Males must realize that the clothing a female wears does not equal consent for sex. Forced sex is always rape. Both males and females must understand that rape is never the victim's fault. The perpetrator is always the one at fault.

**Laws concerning rape** As mentioned earlier, rape is the threatened or actual use of physical force to get someone to have sex without giving consent. An important part of this definition are the words "with-

out consent." There are laws to interpret what "without consent" means. If a person does not willingly agree to have sex, there is no consent, and sex in this case is considered rape. The law states that people under a certain age and people who do not have certain mental abilities are considered unable to give consent, even if they agree to have sex. A person who has sex with someone described as not able to give consent is guilty of committing rape.

Anyone under the influence of alcohol or other drugs cannot give legal consent to have sex. In other words, having sex with someone who has been drinking or using drugs can be considered rape in a court of law, even if the person did not say "no." Drunkenness or being high on drugs is not considered a legal defense against rape.

## Alcohol and Other Drug Use

The use of alcohol and other drugs greatly increases the possibility that rape might occur because of the following reasons.

**Increased likelihood that you might be in a risk situation** If females use alcohol and/or drugs, they might make wrong decisions concerning their personal safety. They might not be able to think clearly and, thus, not be able to follow their gut instincts about a person's character. Females must be careful about whom they spend time with, especially if they are going to be alone with a person. If a female is in a risk situation, it may be difficult for her to defend herself from sexual advances or rape.

**Impaired judgment** If males use alcohol and/or drugs, they also might



# Activity: Using Life Skills

## Resistance Skills: Reducing the Risk of Date Rape

Rape is always the perpetrator's fault. However, there are several steps that you can take to help reduce your risk of becoming a victim of date rape. If you are raped, contact the police and seek medical treatment.

**1** Say "no" with self-confidence, and give reasons for saying "no."

Set clear limits for sexual behavior, and communicate these limits to people whom you date. Firmly tell a person to stop when you experience unwanted sexual advances.

**2** Repeat your "no" response several times, and use nonverbal behavior to match verbal behavior. Respond by yelling, screaming, or running away if the person does not stop.

**3** Influence others to make responsible decisions. Spend time with friends and family that you trust.

**4** Avoid situations in which there will be pressure to make wrong decisions, avoid people who make wrong decisions, and resist pressure to engage in illegal behavior. Avoid dating or being in the company of someone who is very controlling or demanding, and avoid drinking alcohol and using other drugs that interfere with your judgment and ability to respond. Also, avoid being in isolated places.



make wrong decisions. They might not be able to think clearly, and so they might ignore messages of non-consent from females and force sex because their judgment is impaired. But drunkenness or being high on drugs is not a legal defense against rape.

**Intensified feelings and the need for control** Date rape is an act of violence. A person who is a rapist often has an increased need to control a companion. The rapist may try to get the victim in an isolated location and then use threats or intimidation to control and assault the victim. He also is more likely to act upon that need after using alcohol or other drugs. Indeed, many rapes have reportedly happened after alcohol or other drug use has occurred.

### Date-Rape Drugs

Some drugs are used to sedate and depress a person's central ner-

vous system, leaving him or her vulnerable to sexual assault. These types of drugs are called **date-rape drugs**, and are dangerous because they can be slipped into a person's beverage without his or her knowledge. A person might not be able to see, smell, or taste the drug. People have died after these drugs have been slipped into their drinks. Be careful in any type of social setting because a date-rape drug could be slipped into your drink without your knowledge. Avoid setting your drink down, and never leave it alone if you plan to continue drinking it.

Flunitrazepam (also known as roofies), GHB, and ketamine are drugs that have been used as date-rape drugs. See Facts About on the next page for more information on date-rape drugs.

▲ It is important for teens to date people who share their commitment to set limits on sexual behavior.

### Mini-Review

1. What does "without consent" mean?
2. Why are date-rape drugs dangerous?

# FACTS ABOUT DATE-RAPE DRUGS

What are date-rape drugs? Reports of the use of drugs, such as flunitrazepam (more commonly known as roofies), Gamma-Hydroxybutyrate (GHB), and ketamine, to facilitate a date rape have been increasing since the early 1990s. Many times, these drugs are dropped into a person's drink at a bar or party without his or her knowledge.

## Roofies

Roofies, a pill sometimes referred to as rophies, R2, roaches, Mexican valium, or the forget-me-pill, is a prescription sedative/depressant that is used as a treatment for insomnia or as a pre-anesthetic in other countries. Roofies are not manufactured or sold legally in North America. When dissolved in liquid, including water, the drug is often undetectable. It is tasteless and odorless.

**Effects** The effects of roofies include impaired judgment, motor skills, and memory loss, including amnesia. Dizziness, drowsiness, confusion, and a state of semiconsciousness also can result from its use. All of these effects increase in intensity and duration if roofies are taken in combination with alcohol or other drugs. Noticeable effects occur within 15–20 minutes of administration. The effects can last up to 12 hours. The drug is detectable in urine for up to 72 hours after administration.

## GHB

GHB, sometimes called liquid ecstasy, Clear X, Liquid X, liquid dream, and Chemical X, is a colorless, odorless liquid that is a depressant/anesthetic. Although GHB used to be marketed as a body-building supplement, the manufacture, distribution, and possession of GHB has been illegal in the United States since 2000. The effects of GHB include dizziness, nausea, drowsiness, amnesia, hallucinations, and coma. The effects can be felt within 15–30 minutes after administration and can last from 3 to 6 hours.



▲ Roofies (the pills), GHB (the liquid), and ketamine (the powder) can easily be slipped into a drink.

## Ketamine

Ketamine, also called Special K, Super K, KO, and Ket Kat, is a legal drug used as a veterinary sedative or as an anesthetic on humans. Effects include delirium, hallucinations, amnesia, and coma. If ingested, the effects can be felt in about 10–20 minutes and are short-lived compared to those of roofies and GHB, lasting only 3 hours.

**Dangers of date-rape drugs** The effects of all of these drugs leave the user vulnerable to sexual attack. These drugs remain detectable in the body for only a limited time after use. In many instances, if an assault is not reported immediately, there might be no physical evidence that these drugs were used in a sexual attack.

## Investigating the Issue

Visit [tx.healthmh.com](http://tx.healthmh.com) to research more information about date-rape drugs.

- Find out more information about the test strips and coasters that can be used to determine the presence of a date-rape drug in a drink. How do these work?
- What precautions can you take at clubs and parties to avoid ingesting a date-rape drug?

Create a pamphlet that contains facts about date-rape drugs and what precautions can be taken against becoming a victim.

# Sexual Abuse

**M**altreatment that involves any sexual contact that is forced on a person without his or her consent is *sexual abuse*. Sexual abuse can take many different forms. It can consist of a single incident of sexual contact, or it can consist of repeated incidents of sexual contact.

## What to Know About Sexual Abuse

**Sexual abuse** Sexual abuse behaviors can include rape, incest, or any type of sexual contact. Exploitation of children under the age of 18 can consist of promoting minors to engage in sex acts, using minors to produce pornography, or encouraging and promoting prostitution. All forms of sexual abuse are wrong, and the perpetrator is always the one at fault. Victims of sexual abuse are never the ones at fault.

**Incest** Sexual abuse in which the abuser is a close relative of the victim is called *incest*. Incest is the most common form of sexual abuse. Children often do not recognize incest as abuse. It might be considered as favoritism by a child. Incest is always wrong, and the perpetrator is always the one at fault. Although victims might feel that they did something to cause the abuse, they need to understand that they are not to blame. Incest is never the fault of the victim.

A child or teen who is sexually abused might have difficulty sharing information about the abuse. The young person might fear that his or her parent will be penalized by law enforcement authorities. The young person might worry that the family will break up. As a result, he or she is reluctant to report the abuse. The young person needs to realize that

these things might occur, but that he or she needs to report the abuse to make it stop. The abuser needs to get help to stop the abuse. The young person also needs to get help to recover from the abuse.

A young person also might feel unjustly ashamed and guilty. A young person might disclose sexual abuse immediately after an incident, or it may take several months, or even years, before he or she discloses the abuse or it is discovered by someone else. Often a young person does not disclose sexual abuse out of fear that a perpetrator will harm him or her further. He or she also is likely to feel shame and embarrassment, which hinder disclosure. The young person should remember that the abuse is not his or her fault and that seeking help can stop it from occurring.

**Laws** All states have laws that prohibit sexual abuse and require teachers and health professionals to report suspected cases of abuse. The identity of the person who is reporting the suspected abuse remains confidential when an abuse case is filed with child welfare agencies or the police. If an investigation reveals that a child is in danger, that child will be placed in protective custody or in a foster home.

### Did You Know?

**Sexual Abuse** In 2000, 93 percent of juvenile sexual assault victims knew their attacker: 34.2 percent were family members and 58.7 percent were acquaintances. Only 7 percent of the perpetrators were strangers to the victim.

# Sexual Harassment and Stalking

Unwanted sexual behavior that ranges from making sexual comments to forcing another person into unwanted sexual acts is **sexual harassment**. Examples of sexual harassment include telling sexual jokes, making inappropriate gestures, staring at someone in a sexual manner, and touching someone in sexual ways. **Stalking** is repeatedly engaging in harassing or threatening behavior, such as following or making harassing phone calls to a person.

## What to Do if You Are Sexually Harassed or Stalked

### Did You Know?

**Stalking** It is estimated that one out of every 12 U.S. women (8.2 million) has been stalked at some time in her life, and one out of every 45 U.S. men (2 million) has been stalked at some time in his life.

### Sexual Harassment

**Ask the person who is harassing you to stop.** Be direct about what behavior is bothering you. The person might interpret a lack of response as encouragement.

**Keep a record of what happened.** Write down the date and time, describe the situation and behavior, and explain how you handled the situation. Save any notes, letters, or pictures.

**Check to see if there are guidelines to follow for the specific situation.** For example, if the harassment occurred at school, check school guidelines. If the harassment occurred at work, check work guidelines.

**Report the harassment to the appropriate person in charge.** This person may be a boss, teacher, or school counselor.

**Determine if you want to take legal action.** Sexual harassment is against all companies' policies. It also is a violation of the Civil Rights Act of 1964.

### Stalking

**Tell a trusted adult.** Tell your parents or guardian and school officials what is happening. As much as possible, avoid being alone.

**Keep a record of each case of stalking.** Write down the date, time, what was said, and what happened.

**Save evidence.** Evidence would include notes and letters that might have been written to you, and answering machine tapes with messages left on them.

**Try to obtain a restraining order.** A **restraining order** is an order by a court that forbids a person from coming within a certain distance of the victim.

**Contact the police department to report the stalking.** Consider pressing charges against the person who is stalking you.

**Seek counseling.** Seek appropriate counseling or join a support group for victims of stalking.



“If a woman wears skimpy clothing or puts herself in risky situations, is she asking to be raped?”

“If a rapist is overcome with the desire to have sex, then is rape a crime of passion?”

“When a woman says ‘no,’ she means ‘yes.’ Then she falsely reports a rape.”

**the FACTS** No one asks to be raped and no one deserves it. If you force a person to have sex, you have committed rape. Rape victims range from infants to the elderly. Three out of every 20 rape victims are under the age of 12. More than 13,000 people are raped at work every year. No victim asks for or deserves to be raped.

**the FACTS** Rape is an act of violence—a way of humiliating and controlling another human being. About 70 percent of rapes are planned in advance. Many convicted rapists are married or have sexual partners at the time of the rape. The victims of this crime feel the violence both physically and emotionally. Many suffer from rape trauma syndrome.

**the FACTS** Some men believe that they are supposed to be the aggressor in a relationship. They think that a woman who refuses to have sex is just playing “hard to get.” These men cannot imagine that a woman actually does not want to have sex with them, so they rape her. According to the FBI, approximately 8 percent of reported rapes are found to be unfounded. On the other hand, over half of rape victims do not even report the crime.

## Sexual Harassment and Stalking Laws

**Sexual harassment** Sexual harassment is illegal. The federal law, Title VII of the Civil Rights Act of 1964, strictly prohibits sexual harassment in the workplace. Title IX, also a federal law, makes it clear that sexual harassment should never occur in a school. People have a right to be free from sexual harassment, and these laws help to protect their rights. Many states also have laws that protect against sexual harassment. In addition, most schools have developed policies to deal with sexual harassment. Many schools and places of employment train employees on how to prevent and deal with sexual harassment.

**Stalking** Some people who stalk others are trying to form a relationship or extend a relationship with the person they are stalking. In some cases, a stalker takes further action, and stalking leads to injury or murder. Before anti-stalking laws began to be passed in the 1990s, victims of stalking had

few opportunities for protection. Many were victimized by prolonged intimidation and physical harm because there were no laws available to protect victims from stalking crimes. In 1992, the United States Congress passed an anti-stalking law to serve as a model for states. This law encouraged states to pass similar laws, making stalking a felony offense with stiff penalties.

In 1994, the Violence Against Women Act (VAWA) made it a federal crime for a person to cross a state line with the intent to injure, harass, or intimidate his or her spouse or intimate partner. Since California became the first state to pass an anti-stalking law, every state and the District of Columbia have passed anti-stalking laws. These laws give law enforcement agencies more power to arrest and prosecute stalkers, and they give more protection to stalking victims. Victims of stalking need to become familiar with the current anti-stalking laws in the state and community in which they live. Support groups also offer information.

### Mini-Review

1. What is the definition of sexual harassment?
2. What are two things to do if you are sexually harassed?
3. What are two things to do if someone is stalking you?

# Recovery from Violence

Survivors of sexual violence and abuse often experience feelings of anger, fear, shock, confusion, and depression. In many instances, they blame themselves for what happened. The world that they may have felt was safe and predictable is suddenly unsafe and unpredictable. The survivor may ask, “Why me?”

## What to Know About Recovery for Survivors

### Make the Connection

#### Survivor Recovery

For more information on recovery for survivors, see page 683 in Lesson 65.

The purpose of recovery programs is to help victims survive the pain, heal, and move forward with self-confidence. This may be difficult for survivors. Recovery does not mean that they forget what happened. Instead, recovery is being able to understand and believe that being a victim was not their fault. A survivor will never forget what has happened, but with time and effort, a survivor can accept the reality of what has happened and work through his or her feelings. Survivors of rape or sexual abuse can and do recover. Recovery can be a powerful and positive step in the survivor’s life. There are several steps survivors can take to fully recover.

**Talk about what happened.** It is important to share feelings, thoughts, and experiences. Survivors need a support network of family members and trusted friends who can help them through the recovery process.

#### Get a complete medical examination.

Survivors of sexual violence and abuse need to get a complete examination. They need to have physical injuries treated. They might need blood tests to determine if they have become infected with a sexually transmitted disease and need to be tested for pregnancy.

**Seek counseling.** Survivors may need counseling and support services for emotional trauma. School counselors and physicians can tell them about the counseling and support services offered in the community.

**Join a support group.** There are support groups for survivors of sexual violence and abuse. Survivors might ask school counselors or look in the local phone directory or newspaper to find support groups.

**Practice self-defense strategies.** Survivors can gain confidence so that they can protect themselves from further harm. They can learn about risk



situations and how to avoid them. They can learn and practice self-defense strategies.

**Try to remain hopeful and optimistic about the future.** Survivors might not believe it right away, but the world is a wonderful place, and recovery and happiness are possible.

## Recovery Efforts for Rape Survivors

A **rape survivor** is a person who has been raped. Rape survivors often need treatment for both physical injuries and emotional damage. A rape survivor should not take a shower after a rape until a medical exam has been performed so health status can be determined and evidence collected. Rape survivors may become infected with HIV or other STDs. Female rape survivors may become pregnant.

**Rape trauma syndrome** After the rape, survivors might be in shock or feel frightened or guilty. They might feel responsible for the rape. They might wonder why they were chosen to be the rapist's victim. They might not want other people to know what happened to them. Some rape survivors experience rape trauma syndrome. **Rape trauma syndrome** is a condition in which a rape survivor experiences emotional responses and physical symptoms over a period of time. After a rape, survivors might feel ashamed, angry, afraid, guilty, and powerless.

Physical symptoms include nausea, headaches, and sleeplessness. Emotional responses may last from several weeks to several years. Rape



◀ Rape survivors sometimes gain confidence by learning and practicing self-defense strategies.

survivors might experience problems when becoming intimate with a person of the opposite sex. Many survivors fear retaliation from the rapist. They often change their living habits by changing their telephone numbers, moving, or moving in with others.

To recover and to avoid the lasting effects of rape trauma syndrome, survivors need treatment for both physical injuries and emotional damage. Sometimes victims are examined by sexual assault nurse examiners (SANEs), who are trained to deal with emotional damage caused by rape, as well as physical injuries.

**Resources** Many resources are available to help rape survivors in their recovery. Rape crisis centers are available in many communities. Hospitals and women's centers also offer counseling and support groups. Rape victims can call the National Sexual Assault Hotline at 1-800-656-HOPE (4673) for information on local support groups and resources.

**TABLE 66.1 National Resources for Victims of Sexual Violence**

| Name of Organization                             | What the Organization Does  |
|--|---|
| Office for Victims of Crime                      | Assists in victim recovery; provides information, statistics, and updates on victim issues                          |
| Violence Against Women Office                    | Provides information about violence against women; handles policy and legal issues regarding violence against women |
| Sexual Assault Resource Service (SARS)           | Offers information for nursing professionals who provide sexual assault evaluations                                 |
| Rape, Abuse, and Incest National Network (RAINN) | Provides statistics, prevention tips, and counseling information  |

**Providing support for a rape victim** If you know someone who has been raped, there are ways that you can provide support. Be sure never to blame the victim for the rape.

Give the victim time to feel comfortable with discussing the rape, but encourage the victim to share feelings and thoughts when he or she feels ready. When the victim does share their experiences, thoughts, or feelings with you, believe what the victim says about the experience and the feelings that are shared.

Try to be supportive, but not overly protective. Realize that it might take weeks, months, or years for the victim to begin working through the recovery process. As the person feels more comfortable, encourage the victim to get help from a rape crisis center, a counselor, or mental-health professional.

**Advice for family members and friends**

Friends, family members, spouses, boyfriends, or girlfriends of people who are victims of sexual assault also are victims. This is because the crime has affected their lives, too. Husbands, wives, boyfriends, or girlfriends of sexual assault victims might feel angry, inadequate, and guilty. They might worry that their partner is pregnant or infected with

a sexually transmitted disease, including HIV. Family members might have similar worries and fears. Family members might want to seek counseling to help them work through this difficult time.

**Recovery for Perpetrators**

If you have committed an act of sexual violence, you don't have to continue being violent. You can get help and change your behavior. Research shows that teenagers who have committed acts of sexual violence may be able to change their behavior so that they do not commit such acts in the future.

Changing this behavior requires entering and completing a treatment program that offers help from mental health professionals. Treatment programs include relapse prevention, which helps individuals develop skills so that they do not return to a previous pattern of inappropriate behavior.

Relapse prevention should teach offenders to understand any thoughts, feelings, or situations that trigger acts of sexual violence. It also helps individuals in treatment to identify thinking patterns that contribute to committing acts of sexual violence.

**Mini-Review**

1. What is rape trauma syndrome?
2. Why might family members of rape victims need counseling?



acquaintance rape  
date-rape drugs  
date rape  
incest  
rape  
rape survivor  
rape trauma  
syndrome  
restraining order  
sexual abuse  
sexual assault  
sexual harassment  
stalking

## 🔑 Key Terms Review

Match the definitions below with the lesson Key Terms on the left. Do not write in this book.

- obsessing about a person with the intent to threaten or harm that person
- having sexual contact with a family member
- any sexual contact forced on a person without his or her consent.
- any type of unwanted sexual contact
- an order by a court that forbids a person from coming within a certain distance of the victim
- a person who has been raped
- roofies, GHB, ketamine
- condition in which a rape survivor experiences emotional responses and physical symptoms over a period of time
- unwanted sexual behavior that ranges from making sexual comments to forcing another person into unwanted sexual acts
- the threatened or actual use of physical force to get someone to have sex without giving consent

## Recalling the Facts

- What is date rape, and is there ever a situation in which it is acceptable?
- Describe what “without consent” means in regard to date rape.
- How does alcohol and other drug use increase the risk of date rape?
- What actions can you take to decrease your risk of becoming a victim of rape?
- Why are date-rape drugs dangerous?
- What are the laws and ethical issues regarding sexual abuse, rape, and sexual harassment?
- What is the difference between sexual abuse and incest?
- How can a person recover from sexual violence?

## Critical Thinking

- Analyze the steps that you can take to protect yourself from rape and date rape.
- Why is any form of sexual assault, rape, or sexual abuse never the victim’s fault?
- Why would there be different interpretations about what “without consent” means?
- Why is it important for victims of harassment or stalking to keep detailed records?

## Activities

### Responsible Decision Making

- Write** Suppose a neighbor who is a friend of your family makes you feel uneasy. He or she stares at you and makes sexual comments and gestures to you. What should you do? Write a response to this situation in your health journal. Refer to the Responsible Decision-Making Model on page 61.

### Real-Life Applications

- What should you do if you think someone you know is being sexually abused?
- What would you do if someone was stalking you?
- What can you do to protect yourself from sexual harassment?
- How can you help someone who is recovering from sexual violence?

### Sharpen Your Life Skills

#### 28. Access Health Information

Examine the laws and legal consequences in your state, community, job, and school regarding sexual harassment, date rape, and sexual abuse. Gather information and write a one-page journal entry about the ethical and legal consequences of these behaviors.

