

## If you are a victim of sexual violence...

- ▶ Talk to someone you trust.
- ▶ Reach out for help. Remember you are not alone. It is not your fault.
- ▶ Get to a safe place.
- ▶ Reporting is your choice. If you decide to report the crime, call 911. Reporting as soon as possible may preserve evidence.
- ▶ If you are thinking about reporting, don't shower, bathe, wash, douche, change clothes or go to the bathroom until you have been examined medically. Doing so may alter valuable evidence that could be used if the case is prosecuted.
- ▶ Go to a hospital emergency room for assistance and treatment. Ask if your community has a rape crisis center program that allows an advocate to be with you to provide support and information.
- ▶ Get support. Rape crisis centers can provide referral information and confidential support services.
- ▶ Whether or not you report the sexual assault to law enforcement, you should still protect your health. It is best to be treated for sexually transmitted diseases within the first 72 hours after being assaulted. Consult your health care provider for information about HIV/AIDS and other sexually transmitted diseases.

No is never wrong.  
It's your right.

CALL  
US.

SOMEONE IS WAITING TO LISTEN AND TO HELP.

For  
more  
information  
contact  
the center  
in your  
area.

**CONTACT Huntington Rape Crisis Counseling**  
Huntington  
304-399-1111

**Family Refuge Center**  
Lewisburg  
304-645-6334

**REACH Family Service of Kanawha Valley**  
Charleston  
304-340-3676

**Hope, Inc.**  
Fairmont  
304-367-1100

**Rape and Domestic Violence Information Center**  
Morgantown  
304-292-5100

**Sexual Assault Help Center**  
Wheeling  
304-234-8519

**Shenandoah Women's Center**  
Martinsburg  
304-263-8292

**Women's Aid In Crisis**  
Elkins  
1-800-339-1185

**Women's Resource Center**  
Beckley  
304-255-2559

Or

**The National Sexual Assault Hotline**  
1-800-656-HOPE



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# Acquaintance Rape

## Definitions

## Ways to Reduce Your Risk

## If You Are A Victim



West Virginia Foundation for Rape Information and Services, Inc.

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## What is forced sex?

Force is not always physical. Often the rapist uses a threat or tries to intimidate you. Some examples of this kind of force are:

- threatening to harm you, a friend or family member.
- having sex with you when you're too drunk or high to say "no".
- not taking "no" for an answer.
- implying that something even worse will happen if you don't give in.
- saying things such as, "If you don't, I'll hurt myself."

## The right to say "no".

You always have the right to say "no", even if:

- you have been drinking or taking drugs.
- you are wearing sexy clothes.
- you agreed to go to a secluded place.
- you agreed at first and then changed your mind.
- you have had sex before.
- your date has spent a lot of money.
- you think your date will get mad.
- you have been going out for a long time.

If you decide you do not want to have sex, you have the right to say "no". Your body belongs to you and you alone.

## How to say "no".

If someone is pressuring you to have sex when you don't want to,

- say "no" clearly and forcefully.
- move away from the person.
- make an excuse to get out of the room—"I have to go to the bathroom."—then leave or call for help.
- fight back if you feel you can.
- yell loudly for help. Don't be afraid to yell "rape"!
- get away as soon as you can.

# What is acquaintance rape?

Acquaintance rape occurs when someone you know forces you to have sex. Most rapes (over 80%) are acquaintance rapes. The rapist can be a friend, family member, neighbor, or a co-worker.

It can happen when someone you are dating forces you to have sex. It can happen on a first date or when you have been going out for a long time. More than 50% of all sexual assaults happen on dates.

**In West Virginia, the laws are very specific about sexual abuse and sexual assault.**

Sexual abuse occurs when a person subjects another person to sexual contact without their consent, and that lack of consent is due to physical force, threat or intimidation.

Sexual assault is vaginal, anal, or oral penetration of a person's body without consent, by any part of another person's body or object. The lack of consent is due to force, physical helplessness (which could include being drunk or drugged), or being mentally incapacitated.

West Virginia law specifically states that anyone under the age of sixteen is incapable of giving consent.

West  
Virginia  
Law

## Ways to reduce your risk of acquaintance rape.

### Use Caution

- ▶ Do not go off alone with someone you do not know well or who makes you feel uncomfortable.
- ▶ Trust your instincts; if it doesn't seem right, it probably isn't.
- ▶ Be cautious in new relationships. Go out with a group of friends until you know that person better.

### Stay Alert

- ▶ Pay attention to your surroundings. Avoid isolated places.
- ▶ Know the effects of drugs and alcohol. Be aware of what you are drinking and how much you are drinking. In reported rapes 75% of males and 55% of females had been drinking or taking drugs.
- ▶ Do not leave beverages unattended or accept drinks from anyone you don't know well or trust.

### Stay in Charge

- ▶ Staying in charge means saying what you want and knowing what you are doing.
- ▶ Always carry a cell phone and money to make a call. Call your family or a trusted friend to come get you if you feel unsafe. Remember, it is better to get into trouble for being somewhere you shouldn't be than to be raped.

### Set Limits

- ▶ Communicate your limits clearly and directly. Insist on being treated with respect.

Against your will  
is against the law.