ACQUAINTANCE RAPE

WHEN THE RAPIST IS SOMEONE YOU KNOW

ILLINOIS COALITION AGAINST SEXUAL ASSAULT
This booklet is for both males and females who are sexually assaulted. In this booklet, the sexual assault victim is referred to as “she” because women are most commonly the victims of sexual assault.

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WHAT IS **ACQUAINTANCE RAPE?**

Acquaintance rape is a sexual assault crime committed by someone who knows the victim. As a sexual assault crime, acquaintance rape includes forced, manipulated or coerced sexual contact. If someone has forced you to have sex, that is rape – even if you know the attacker.

- The rapist may be a date, neighbor, boss, co-worker, delivery person, repair worker, spouse, relative or anyone you know.

- It can happen any time and any place.

If you are a victim of acquaintance rape, it may help if you tell someone about the assault or abuse and ask for help.

*If you have been raped, remember that it is not your fault.*
How Do I Get Help?

Rape Crisis Center
You may want to call a rape crisis center about the assault. The rape crisis center will give you support and information. The workers at the center will talk to you on the phone any time of the day or night. They will also go to the hospital emergency room and go with you to talk with the police.

Medical Advocacy: The rape crisis center worker will help you understand what happens when you go to the hospital emergency room.

Criminal Justice Advocacy: The rape crisis center worker will help you talk with the police or the prosecutor. They will also go to court with you.

Counseling: The rape crisis counselor will listen to you and help you find ways to feel better. She will have information and ideas that you can try.

The rape crisis center is there to help you. Remember that sexual violence is a serious, violent crime. These are crimes that could happen to anyone. No matter what happened to you, the sexual violence was not your fault.

Medical Care
You may want to get medical attention. The medical staff can examine you for injuries and test for infections and pregnancy. Hospital personnel can also inform you about emergency contraception. If you go to a hospital emergency room within 72 hours, the hospital can collect evidence of the assault.
LAW ENFORCEMENT
You may want to report the crime to the police and pursue prosecution of the offender.

THE IMPACT

Rape is traumatic and affects the victim physically and emotionally. Every victim reacts differently to being raped. Some feelings you might have include:

Emotional Feelings:
- Guilt
- Fear
- Depression
- Shock
- Shame
- Anxiety
- Anger
- Sadness
- Denial

Physical Reactions:
- You may not want to eat
- You may have trouble sleeping
- You may have nightmares
- You may be uncomfortable around others
- You may experience flashbacks

No matter how you feel, remember it wasn’t your fault. You can get help. Tell someone what happened to you. There is nothing wrong with you.
YOUR **Rights**

**IN A RELATIONSHIP:**
- You have the right to a **life without violence.**
- You have the right to **reject** unwanted attention.
- You have the right to **change your mind** whenever you want to.
- You have the right to **be yourself** without changing to please others.
- You have the right to **decide** whether you want physical and sexual contact.
- You have the right to **change a relationship** when your feelings change.
- You have the right to say "**NO.**"

**AFTER AN ASSAULT:**
- You have the right to **medical treatment** at a hospital emergency room.
- You have the right to **report** the assault to **police.**
- You have the right to be **treated fairly and with dignity** during the medical and criminal justice processes.
- You have the right to be **notified of court proceedings** related to your case.
- You have the right to **bring an advocate** or other support person to all court proceedings.
- You have the right to **restitution.**
**Male Victims**

As a man, you can be sexually assaulted by an acquaintance. You may be pressured or forced into unwanted sex by a friend, relative, date or other acquaintance. If this happens to you, you are entitled to the same services and legal remedies as any other victim.

It is important to remember that sexual assault is a crime. You are not at fault. You are entitled to support – to medical care, legal assistance and counseling. You may want to call a rape crisis center for help in getting these services.

**What About Alcohol?**

Women should be able to drink or go to a party without fear of rape. This is their right. Women should not be judged differently than men for drinking or going to a party.

Unfortunately, women are more vulnerable to sexual assault when they are drinking. To be safer, a woman may want to drink moderately and know her limits. She may also want to ask a friend along when going to a party or bar.

**What About Date Rape Drugs?**

Rapists can use a variety of drugs to make a woman defenseless. GHB and Royhpnol are among the more widely distributed. These drugs are often colorless, odorless and tasteless. They can cause a woman to lose mobility and even consciousness. When she wakes up, the woman may not have any memory of the assault.
To protect yourself against a rapist using drugs:

- Go to parties with friends and people that you trust.

- Do not leave your drink unattended. If you do, get a new drink.

- Do not use any unfamiliar substances offered to you at a party.

- If you feel dizzy or disoriented, ask a friend for help immediately.

- If you wake up with no memory of what happened the night before, go to an emergency medical center immediately.
The Law

Acquaintance rape is a crime in Illinois. There is no legal difference between sexual assault by a stranger and sexual assault by an acquaintance.

Under Illinois law, consent is one thing and one thing only: a clear “YES” to the sexual act in question. If the victim does not fight back or escape, the law does not presume that the victim consented. If the victim knows the offender, the law still does not presume consent.

If I Know a Rape Victim?

Support
If you know someone who has been raped, be supportive. Do not blame the victim. Rape is a crime, and blame belongs with the person that committed the crime. Remember that it is never the victim’s fault.

Listen and Help
Respond to what she says she needs – not what you think she needs. Support her in calling a rape crisis center and getting medical attention. If she wants to report to police, offer to go with her. If she does not want to report, respect her decision.

Action
Offer to help make phone calls for her. Offer to drive her to the hospital, police station and rape crisis center. Offer to stay with her during the medical examination and interviews.
ICASA RAPE CRISIS CENTERS ...
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YWCA METROPOLITAN CHICAGO
SEXUAL VIOLENCE AND SUPPORT SERVICES
Loop Office; Laura Parks and Mildred Francis Center
Satellite Office: Chicago
YWCA Chicago Englewood
Satellite Office: Chicago
YWCA Chicago Logan Square
Satellite Office: Chicago
YWCA Chicago Lawndale
Outreach Office: Chicago
YWCA Chicago RISE Children’s Center
Outreach Office: Chicago
YWCA Chicago Uptown Outreach Services

Mujeres Latinas En Accion

CENTRAL
BLOOMINGTON
Stepping Stones Sexual Assault Services
YWCA of McLean County
24 hrs. 309-827-4005

CHARLESTON/MATTOON
Sexual Assault Counseling & Information Service
24 hrs. 888-345-2846
Satellite Office: Robinson
Counseling & Information for Sexual Assault/Abuse
24 hrs. 866-288-4888
TTY 618-544-9379

DANVILLE
Vermilion County Rape Crisis Center
24 hrs. 866-617-3224
TTY 217-443-5566

DECATURE
Growing Strong Sexual Assault Center
24 hrs. 217-428-0770
TTY 217-362-9226

MACOMB
Western Illinois Regional Council/Community Action Agency Victim Services
24 hrs. 309-837-5555
TTY 309-837-5555

PEORIA
The Center for the Prevention of Abuse
Sexual Assault Services
24 hrs. 309-691-4111 or 800-559-SAFE
TTY 309-691-0551

QUINCY
Quanada Sexual Assault Program
24 hrs. 800-369-2287
TTY 217-223-2383
Satellite Office: Pittsfield
Pike County Satellite Office
24 hrs 800-369-2287

SPRINGFIELD
Prairie Center Against Sexual Assault
24 hrs. 217-753-8081
Satellite Office: Jacksonville
Prairie Center Against Sexual Assault
24 hrs. 217-753-8081

URBANA/CHAMPAIGN
Rape Advocacy Counseling and Education Services
24 hrs. 217-384-4444
or 877-236-3727

SOUTH
BELLEVILLE
Call For Help, Inc. Sexual Assault Victims Care Unit
24 hrs. 618-397-0975
TTY 618-397-0961
Satellite Office: East St. Louis
Call For Help, Inc. Sexual Assault Victims Care Unit
24 hrs. 618-397-0975
Satellite Office: Granite City
Call For Help, Inc., Sexual Assault Victims Care Unit
24 hrs. 618-797-1049

CARBONDALE
Rape Crisis Services of The Women’s Center, Inc.
24 hrs. 618-529-2324 or 800-334-2094
TTY 618-529-2324
Satellite Office: Marion
Rape Crisis Services of The Women’s Center
24 hrs. 800-334-2094
TTY 618-993-0803

VANDALIA
Sexual Assault and Family Emergencies
24 hrs. 800-625-1414
Satellite Office: Centralia
Sexual Assault and Family Emergencies
24 hrs. 800-625-1414
Outreach Office: Effingham
Sexual Assault and Family Emergencies
24 hrs. 800-625-1414

ACQUAINTANCE RAPE
FOR SERVICES AND INFORMATION IN YOUR COMMUNITY, CONTACT:

100 N. 16th Street
Springfield, IL., 62703
Phone: (217) 753-4117  TTY: 217-753-9472  Website: www.icasa.org