

*AFTER SEXUAL ASSAULT*



# *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?**

**A**cquaintance 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.

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**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.**

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## 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.

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*ACQUAINTANCE RAPE*

## LAW ENFORCEMENT

You may want to report the crime to the **police** and pursue **prosecution** of the offender.

## THE **I**MPACT

**R**ape 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 Rohypnol 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

**A**cquaintance 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 ...

## ■ NORTH

### ARLINGTON HEIGHTS

Northwest CASA  
24 hrs. 888-802-8890

### AURORA

Mutual Ground, Inc.  
24 hrs. 630-897-8383

### CHICAGO HEIGHTS

YWCA Metropolitan Chicago  
South Suburban Center Sexual  
Violence and Support Services  
24 hrs. 708-748-5672

### DEKALB

Safe Passage, Inc.  
24 hrs. 815-756-5228

### ELGIN

Community Crisis Center  
24 hrs. 847-697-2380  
TTY 847-742-4057

### GALENA

Riverview Center Inc.  
Sexual Assault Prevention  
& Intervention Services  
24 hrs. 888-707-8155

#### **Satellite Office:**

**Mount Carroll**  
Riverview Center Inc.  
SAP&IS Carroll County  
24 hrs. 877-273-7772

#### **Satellite Office:**

**Dubuque, Iowa**  
Riverview Center Inc.  
SAP&IS Dubuque County  
24 hrs. 888-557-0310

#### **Satellite Office:**

**Manchester, Iowa**  
Riverview Center Inc.  
SAP&IS  
24 hrs. 888-707-8155

### GLEN ELLYN

YWCA Metropolitan Chicago  
West Suburban Center Sexual  
Violence and Support Services  
24 hrs. 630-971-3927  
TTY 630-790-6600

### GURNEE

Zacharias Sexual  
Abuse Center  
24 hrs. 847-872-7799  
TTY 847-244-1367

### HICKORY HILLS

The Pillars Community  
Services  
24 hrs. 708-482-9600  
TTY 708-793-5000  
**Satellite Office: Berwyn**  
The C.A.R.E. Center  
24 hrs. 708-482-9600  
**Satellite Office: Chicago**  
The C.A.R.E. Center at 104th  
24 hrs. 708-482-9600

### JOLIET

Sexual Assault Service Center  
Guardian Angel Community  
Services  
24 hrs. 815-730-8984  
TTY 815-744-6369

### KANKAKEE

Kankakee County Center  
Against Sexual Assault  
24 hrs. 815-932-3322  
TTY 815-932-7273  
**Outreach Office: Watseka**  
Iroquois Sexual Assault  
Services.  
24 hrs. 815-432-0420

### MCHEMRY

Voice Sexual  
Assault Program  
24 hrs. 800-892-8900

### PRINCETON

Freedom House, Inc.  
24 hrs. 800-474-6031

### QUAD CITIES

Rape/Sexual Assault  
Family Resources, Inc.  
24 hrs. 309-797-1777  
TTY 309-793-1443

### ROCKFORD

Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811  
**Satellite Office: Belvidere**  
Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811  
**Satellite Office: Rochelle**  
Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811  
**Outreach Office: Rockford**  
Prevention Office  
24 hrs. 815-636-9811

### STERLING

YWCA of the Sauk Valley  
24 hrs. 815-626-7277  
TTY 815-625-6870  
**Satellite Office: Dixon**  
YWCA of the Sauk Valley  
24 hrs. 815-288-1011

### STREATOR

ADV & SAS  
24 hrs. 800-892-3375  
**Satellite Office: Pontiac**  
ADV & SAS  
24 hrs. 800-892-3375  
**Outreach Office: Ottawa**  
ADV & SAS  
24 hrs. 800-892-3375

## ■ CHICAGO

Chicago Citywide  
Tollfree 24-Hour Hotline  
1-888-293-2080

### COMMUNITY COUNSELING

### CENTERS OF CHICAGO /

### QUETZAL CENTER

TTY 773-769-1724

### RAPE VICTIM ADVOCATES

TTY 312-935-3401  
**Satellite Office: Chicago**  
RVA - Stroger Hospital of  
Cook County  
**Satellite Office: Oak Park**  
Austin Community Satellite

## ACQUAINTANCE RAPE

# ICASA RAPE CRISIS CENTERS ...

## 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

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

## DECATUR

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

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ACQUAINTANCE RAPE

FOR SERVICES AND INFORMATION IN YOUR  
COMMUNITY, CONTACT:

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