

TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT



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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

TABLE OF CONTENTS

INTRODUCTION	5
• TENNESSEE SOCIAL NORMS PROJECT	6
• HISTORY OF SEXUAL VIOLENCE	7
CHAPTER ONE: SEXUAL ASSAULT DEFINED	14
• LESSON PLAN	15
• FACT SHEET	19
• POWERPOINT PRESENTATION	20
• EVALUATION TOOL	21
CHAPTER TWO: TYPES OF SEXUAL ASSAULT	22
• LESSON PLAN	23
• SEXUAL HARASSMENT	24
• TRAFFICKING	25
• CHILD SEXUAL ABUSE	26
• STALKING	32
• RAPE	36
• FACT SHEET	50
• POWERPOINT PRESENTATION	51
• EVALUATION TOOL	52
CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT	53
• LESSON PLAN	54
• FACT SHEET	63
• POWERPOINT PRESENTATION	64
• EVALUATION TOOL	65



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

TABLE OF CONTENTS

CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT	66
• LESSON PLAN	67
• FACT SHEET	84
• POWERPOINT PRESENTATION	85
• EVALUATION TOOL	86
CHAPTER FIVE: SEXUAL ASSAULT AND COLLEGE CAMPUSES	87
• LESSON PLAN	88
• FACT SHEET	99
• POWERPOINT PRESENTATION	100
• EVALUATION TOOL	101
CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT	102
• LESSON PLAN	103
• FACT SHEET	119
• POWERPOINT PRESENTATION	120
• EVALUATION TOOL	121
ADDITIONAL READING MATERIALS	122



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

INTRODUCTION
TENNESSEE SOCIAL NORMS
PROJECT





TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT INTRODUCTION: TENNESSEE SOCIAL NORMS PROJECT

The social norms theory assumes that our behavior and beliefs are directly affected and influenced by the behavior and beliefs of other members of our social setting. The social norms theory was developed by Dr. Alan Berkowitz and H. Wesley Perkins. The theory suggests that people will overestimate the degree to which peers would act negatively in a situation and underestimate the degree to which peers may propose a positive and/or healthy behavior.

Kathy England Walsh, Executive Director, Tennessee Coalition Against Domestic and Sexual Violence states that, *“In order to prevent sexual violence among teens and young adults, we must understand what they believe about sex and violence.”* This one sentence sums up the focus and goals of the Tennessee Social Norms Project.

The overall purpose of the Tennessee Social Norms Project is to grasp an understanding of the social norms of Tennessee’s youth regarding sexual assault by examining and assessing what our youth believe sexual violence is and how they feel about it. Once we have that foundation, we will create a prevention campaign about sexual violence among youth and educate youth across the state on what sexual violence is, how it affects them, and how they can eliminate it in their community.

However, we know that youth cannot accomplish this alone. Therefore, we have developed this curriculum to train adults who have influence with youth on how they can assist youth in addressing, coping with, and eliminating sexual assault. Those adults can be parents, teachers, coaches, camp advisors, ministers, after-school caregivers, and the list goes on.

These are our youth, the future of tomorrow. Let them know that we care about what happens to them.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT INTRODUCTION: HISTORY OF SEXUAL VIOLENCE

Writing this section proved to be a much more formidable task than it first appeared. I soon realized, with the helpful feedback of women who do not share my European background and heritage, that there are many histories to be told. That the roots and traditions of sexual assault have innumerable shapes. Cultural values impact what is handed down and the unique ways women have experienced sexual assault across cultures. Today, in the United States, women who experience sexual assault have many things in common. Some things may be very different, depending on the person's age, class and ethnicity. It is impossible to do justice to this subject in such a short amount of space, so we will try to give some examples while acknowledging the inadequacy of this approach from the beginning. Doing this short piece has given me a renewed sense of loss for all that we do not know as women about our ancestors.

Understanding the history of sexual violence and the social and political functions that it serves can go a long way in helping us facilitate healing with individuals and inform our work in public education and systems change. This is particularly critical when working with people of non-European descent. By breaking the silence about the long history of systematic cultural genocide and the many abuses that occurred throughout history, we give permission to our clients to break silence about their abuse and we are able to maintain a clear understanding of the importance of systems and social change.

Throughout this manual you will see numerous examples of how sexual assault is not an isolated event that happens to a few individuals in a random, unpredictable way. Rather it is a logical, though completely intolerable, extension of a firmly entrenched misogynist worldview, either subscribed to or imposed upon millions of people over thousands of years. It is also important to look at how rape, an extreme form of sexism, functions to also reinforce other systems of oppression such as racism, classicism and heterosexism. Some of this history will be interwoven throughout this manual.

The ruling culture in power in the United States today has its roots in the beliefs and practices of ancient western civilizations who worshipped a male deity, revered men as leaders and cast women in submissive and subordinate roles. To establish their values as primary and to expand their influence throughout the world, these ancient patriarchal societies systematically destroyed or colonized (and hence controlled) groups that held beliefs or practiced traditions in which women played a central role.

Much information has been completely lost to us. Entire nations of people have been killed directly or as a result of invasions and wars over many centuries. Many of these cultures of people relied on oral, not written, means of passing information to future generations. Some ancient records and artifacts have been found and preserved. Yet what we know of them we have been told through "interpreters," historians or archaeologists, outsiders who "discovered" the information, often long after those living it died or were killed. The information we have access to, to learn about the history of sexual violence has been recorded and maintained by the ruling class. Those in power have always determined what is important to preserve and have defined the roles and rules by which everyone is forced to live.

This analysis was written by Donna Macnamara with additions and editing by Bonnie Clairmont, Sexual Offense Services, Ramsey County and Carmen Germaine Warner, RN, PHN



Today, information about these earlier societies is all but inaccessible to us. Many ancient records of goddess worshipping or matrilineal cultures have been mostly destroyed and what exists is mostly in archaeological institutions inaccessible to the general public. At the same time, documents from the Bible to recent historical records tell us a story of life predicated on an imbalance of power between men and women in all aspects of life. There is so much information to support this that we have been led to believe that it is natural. "It's always been this way" is a common statement made to justify sexual violence.

People living in the United States come from a vast range of cultural backgrounds, and people are still coming to this country from many parts of the world. To make blanket statements about the cultural roots of sexual violence, therefore, becomes impossible. What we know of history has been preserved by those in power; they have decided what to save and what to destroy; what is important and what is not. Moreover, they have interpreted for us the meaning of what has been saved. Unfortunately, even this piece will reflect that bias in many ways because of the inaccessibility of other information.

Origin of rape

The English word "rape" is derived from the Latin "rapere" which means to steal, seize or carry away. This was a very old means by which a man "seized" or "stole" a wife in ancient western societies. In reality it constituted enforced marriage, since a man simply took whatever woman he wanted, raped her, and brought her into his tribe or nation. Rape was thus conducted under the guise of respectable behavior, rewarding the rapists for the misuse and abuse of women. To a certain extent, this attitude has not changed.

Women as property

In all the ancient civilizations of the west (and in many others) women were the property of their fathers and later in life of their husbands. Marriage was often a monetary transaction, with the suitor or his family paying the "bride-price" to the father/owner. While bride capture still occurred, it went on with regard to other tribes or peoples who were enemies in war or conquered by a stronger people. When women were property, the right of ownership passed from the father to the husband in marriage. The woman literally belonged to her husband; damage to his property was a direct offense against the husband. If an unmarried woman was raped, her bride-price was lower, for she was "damaged goods." Thus in some ancient societies, rapists paid the traditional bride-price or some variation of it to the father, whose economic interest was harmed by the rape. Under these societies, the woman had few personal rights; her feelings and experiences were discounted.

The practice of treating women as property to uphold the class status of white males became a part of the history of this country through slavery. An African-American woman's body belonged to her master. She had no legal protection and no right to refuse. Women were exchanged or bought in slavery, where their sexual services were part of their labor and where

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their children were also the property of their masters. Slave children were expected to work as soon as they were able to. Class for white men was determined by the steady production of slaves and those who owned more slaves could dominate those who didn't. The forced exploitation of African-American women by white men was totally acceptable and sanctioned as a means by which white men gained power and economic and social status.

Rape during times of war

In most times and places, rape has been a weapon of war, or the prerogative of the victorious soldiers over a conquered people. Indeed, the city of Rome was founded and created with the rape of Sabine women. During the sack of Troy, women were raped by the victors. At other times in western history the massive use of rape occurred during war. In 1453, when Constantinople fell, the city's women and young girls were raped by Ottoman troops. During the Indian massacres by whites of this country, troops committed atrocities against Indian women. In 1864, at the Sand Creek massacre, Indian women were raped and sexually mutilated. In 1937, when Nanking fell to Japanese troops, the women of the city were raped. During the Viet Nam war, the rape of Vietnamese women by U.S. troops was common.

Today, rape is a criminal act of war under the international war laws. Despite this, [rape] continues to be an act of war.

Virgin rape

In ancient times, a virgin was often believed to possess religious powers by virtue of her chastity. Some thought that she possessed God-given powers to ward off evil spirits, cause fields to be fertile, and to ensure divine blessings on her community. Her chastity was often revered and protected for religious reasons, as well as for economic ones. Hence, among some ancient peoples, the rape of a virgin was both an economic loss and a possible risk of the wrath of the gods.

Babylonians and Assyrians considered raping a virgin to be particularly sinful. If the rapist was married, he was put to death. If he was unmarried, he paid the father three times her marriage price, and married his victim without any right to divorce her in his lifetime. The marriage of an unbetrothed rape victim to her assailant was also considered a fair punishment among the ancient Hebrews.

Rape and its punishment

Historically, the degrees of punishment meted out to the assailant depended on three factors- the social status of the victim and/or offender; the resistance or consent society judged in her; and, sometimes, the location of the rape. Many of these ancient guidelines still apply today.

Among the most well-known of these ancient laws are those found in the Hebrew Bible or



Christian Old Testament:

"When a man is discovered lying with a married woman, they shall both die; the woman as well as the man who lay with her; you shall rid Israel of this wickedness. When a virgin is pledged marriage to a man and another man comes upon her in the town and lies with her, you shall bring both of them out to the gate of the town and stone them to death; the girl, because, although in the town, she did not cry for help, and the man because he dishonored another man's wife; you shall rid yourselves of this wickedness. If the man comes upon such a girl in the country and rapes her, then the man alone shall die because he lay with her. You shall do nothing to the girl, she has done nothing worthy of death; this deed is like that of a man who attacks another and murders him, for the man came upon her in the country, and though the girl cried for help, there was no one to rescue her. When a man comes upon a virgin who is not pledged in marriage and forces her to lie with him, and they are discovered, then the man who lies with her shall give the girl's father fifty pieces of silver, and she shall be his wife because he has dishonored her. He is not free to divorce her all his life long." -Deuteronomy 22: 23-29

In such ancient laws it was the status of the girl or woman which was the primary concern in determining punishment. The assailant's punishment is said to be because he "dishonored another man's wife." Second, the location was important because of certain assumptions about her behavior and about the ability of the community to rescue her. The law assumed that a rape victim would cry out in a crowded area, and ignored victims who might be paralyzed with fear. The woman in such a case was presumed to consent and so was punished as an adulteress. If the woman were raped in the country, she was not guilty because no one could have heard her cries. (The location of the rape between city and countryside may seem strange to modern people, but, in fact, we often make similar distinctions about the location of the rape when we ask victims, "What were you doing there anyway?") The very meaning of the crime-along with its penalties -was closely attached to the community's assumptions about how rape was presumed to happen.

Rape was a capital crime not only in ancient Israel: It continued to be punishable by death in a variety of forms until the twentieth century. While the death penalty was no doubt a statement of the seriousness of the offense, it often made juries through the centuries hesitant to find assailants guilty.

Note that the differing status of the victim was related to her age. Thus, the woman in the opening sentences of Deuteronomy was presumably an adult. The girl who is "betrothed in marriage located in the city or the country" might well have been a young teenager (possibly 12 years old -one of the traditional ages of betrothal). The girl "not yet pledged in marriage" was likely to have been quite young indeed. It is interesting to note that none of these laws relate to the *rape* of a married woman. One contemporary feminist scholar suggests that it was because the Hebrew law defined rape as "bride-capture."¹ Since a married woman was already taken, no one would be presumed to rape her. However arbitrary or strange these laws of ancient Israel may appear to women today, they were no more strange than those of other ancient western societies. In ancient Rome, the honorable course for a rape victim-even one totally understood to be

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT INTRODUCTION: HISTORY OF SEXUAL VIOLENCE

blameless-was to commit suicide.² Rape victims may have been expected to follow this prescription well into the Middle Ages. In ancient Greece, a male *lover* was considered to be far more heinous than a rapist, since the lover gained the confidence of the wife and thus access to the household goods.³

In early English law, the punishments for rape also depended on social position. If a man lay with a maiden belonging to the king, he was to pay 50 shillings. If the victim were a grinding slave, the amount was cut in half. Furthermore, it appears that *victims* were also penalized. In the 13th century at least, rape victims fell under the same rules as for anyone who had illicit sex: "The following women have been violated [raped] and therefore must pay the fine for incontinency: Botild, daughter of Alfred (fine 6d.) Margaret, daughter of Hepton (fine 12d), Agnes, daughter of Seaman (fine 2d), Margot, daughter of Edith (fine 6d)."⁴

The rule that the assailant was to marry his victim evidently became a means of upward mobility for certain landless men: They could rape an heiress, be forced to marry her, and thereby inherit the family property.⁵

Many of us think of "chivalry" as synonymous with respect and veneration for women. In fact however, only certain women were to be respected and venerated. Poor women were not included. Andreas Capellanus (whose name in Latin means "Andrew the Chaplain"), author of *The Art of Courtly Love*, suggested that a knight or nobleman who wanted a peasant woman should rape her on the spot since chivalry and persuasion would be wasted on her. These class biases persisted all over European society. One study of sexual offenses in 14th century Venice found that noblemen comprised three percent to seven percent of the population but were responsible for 21 percent of its sex crimes ("clearly only a fraction of their criminality," says the researcher). Noble offenders received only fines never jail terms. Moreover, their fines were lower than the average-especially if the offense was committed against a lower-class woman.⁶

In later English Common Law, rape was defined as the unlawful carnal knowledge of a female over 10 years of age, by a man not her husband, by force and against her will or without her conscious permission or where permission was extorted by force or by fear of immediate bodily harm. Carnal knowledge of any female under 10 years of age was also considered unlawful.⁷ (Child marriages did occur: Records exist in which children of four years of age were married to each other, largely in order to consolidate great estates or for other political and economic reasons.) The aforementioned definition of rape in English law included three elements: force, lack of consent and sexual intercourse.

English Common Law was powerfully consolidated by Sir Matthew Hale in the 1600s. His famous "cautionary rule" about rape was passed down through the centuries: "it must be remembered that [rape] is an accusation easily to be made and hard to be proved, and harder to be defended by the party accused, tho never so innocent." This completely unfair comment enjoyed vigorous judicial support through the centuries. Furthermore, Hale stated that husbands may not be charged with the rape of their wives.⁸

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Witchcraft and rape

During the late middle ages and early modern period many thousands of women were systematically persecuted, burned, tortured and killed in a crusade against witchcraft. Among the practices of this period are some we can only consider sexual torture. One sign of witchcraft was said to be the presence of a place on the body numb to all sensation. Needles, pins and other sharp objects were poked into the flesh of the accused to determine whether she felt pain. It is difficult to know how often such probing was done to breasts and genitals; but it seems clear that this tactic was used by the inquisition. In addition, some scholars today suggest that some of the behaviors and reactions of the accused witches closely mimic the symptoms of child sexual abuse. It may be that accused girls and young women were sexually abused by their jailers during the inquisition's process, or previously by family members.

Rape laws in New England

Early on in colonial New England, rape was a capital offense. The mandatory death penalty was also prescribed for sexual intercourse with a child under ten. The court was reluctant to enforce the death penalty and rapists were rarely executed. Rape laws varied greatly from colony to colony. In Rhode Island's early laws, rape was a capital crime; in 1718 it was removed from the list of crimes against nature. In 1797, it once again became a capital offense until 1838. Settlement of damages in the form of monetary payments remained common and as we might expect from the previous centuries such payments devolved on the husband or father of the victim, rather than upon the victim herself

Rape laws in the South

White women became an important symbol of the supremacy of southern white aristocracy both during and after slavery. High standards were developed for her conduct and protection. Those high standards did not apply to her white male brothers and husbands, however. White men openly and systematically raped black women during slavery often doing so in order to breed black slave children to be sold for profit away from their mothers and families. These abuses continued long after slavery was ended-as the Reconstruction period attempted to reinstate slavery in all but name. Ku Klux Klansmen and other lynch mobs also systematically used the rape of black women as a tactic of spreading arbitrary terror in the newly freed black communities of the South, and as a retribution against freed people attempting to assert their rights.

At the same time, the South became symbolically obsessed with the danger of black men toward white women. Black "rapists" were lynched on the slightest provocation both during slavery and during the Reconstruction era. Strong laws against intermarriage and rape were enacted to serve the needs of the ruling white strata of society. Criminal codes all over the South made rape a capital crime. Courts enforced these codes in blatantly discriminatory ways well into the 20th century, frequently assigning the death penalty to black men accused and convicted of raping white women, but rarely to assailants-white or black-who raped black women. When the

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Supreme Court determined that capital punishment for rape was inappropriate, the racist character of this history was an important factor in the legal arguments. Myths about black men and black women from these eras of our history persist into the present.

Women's resistance to sexual violence

In discussing the history of sexual violence, it is incumbent upon us to include information about women's resistance to it. It was from the formation of the women's movement that we began to emancipate ourselves from male domination, to reclaim our histories, and to name our suffering as oppression and to name rape as a crime against women. In the past 20 years, with the start of the women's movement we have made a lot of progress. We have seen the creation of rape crisis centers-places where women who have been terrorized and raped can seek support. We have organized protests, demonstrations and speak-outs. We have lobbied for changes in the law to make them more appropriate to victim/survivors of sexual violence. We have demanded accountability from the courts, from the police and other systems. Despite all our efforts, however, rape is one of the most frequently committed crimes in this country. The level of violence against women is increasing. Notwithstanding, we have not failed. We have created a change in consciousness. We have made it clear that sexual violence is intolerable and that we will not be silenced. We have created a legacy for future generations of women.

END NOTES

1. Rachel Biale, *Women and Jewish Law: An Exploration of Women's Issues in Halakhic Sources*, especially chapter 10. "Rape," (N.Y.: Schocken, 1984).
2. Ian Donaldson, *The Rape of Lucretia*, (Oxford, England: Clarendon Press, 1982).
3. Sarah Pomeroy, *Goddesses, Whores, Wives, and Slaves: Women in Classical Antiquity*, (N.Y.: Schocken, 1975).
4. Carol Adams, Paula Bartley, Hilary Bourdillon and Cathy Loxton, eds., *From Workshop to Warfare: The Lives of Medieval Women*, (Cambridge and London: Cambridge University Press, 1983), p. 38.
5. Susan Brownmiller, *Against Our Wills: Men Woman and Rape*, (N.Y.: Bantam, 1974), especially the chapter "In the Beginning Was the Law."
6. Guido Ruggiero, "Sexual Criminality in the Early Renaissance: Venice, 1338-1358," *Journal of Social History*, 8 (Summer 1975) 18-37.
7. Cyril J. Smith, "History of Rape and Rape Laws." *Woman Lawyers Journal*, 60 (1974), P. 191.

CHAPTER ONE
SEXUAL ASSAULT DEFINED



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	SEXUAL ASSAULT DEFINED
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH
TIME ALLOTTED	30 MINUTES
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter One:

At the conclusion of this lesson, the participants will:

- Define sexual assault
- Identify the various behaviors that constitute sexual assault
- Explore society's perception of sexual assault





Definition of Sexual Assault

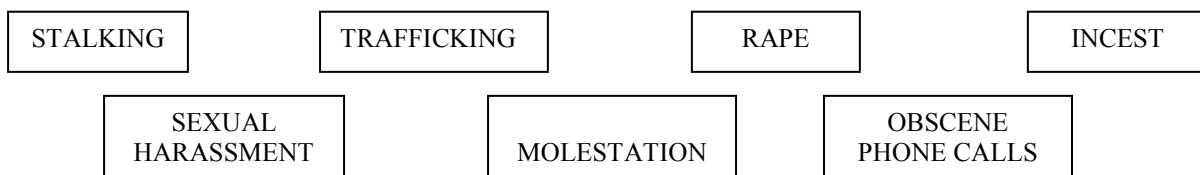
Sexual assault is any act of violence, either physical or verbal, in which sex is used as a weapon. It refers to any form of nonconsensual sexual encounter that is against the victim’s will and without his or her consent. Sexual assault is about domination, violence, and power. It is an abuse of power, designed to humiliate, intimidate or instill fear, which almost always involves some use of threat or force making it a crime.

Judith Herman writes about sexual assault from a political perspective when she proclaims, “Sexual assault is not simply a personal or individual act. It is a form of terrorism by which men as a group keep women as a group frightened and submissive. It serves the same political function as the lynch threat or the pogrom” (Herman, 1985).

The Merriam-Webster Dictionary defines sexual assault as “illegal sexual contact that usually involves force upon a person without consent or is inflicted upon a person who is incapable of giving consent (as because of age or physical or mental incapacity) or who places the assailant, (as a doctor) in a position of trust or authority.”

Although the three descriptions of sexual assault mentioned above all consist of different words and thoughts that define sexual assault, they each share a common theme from which a conclusive definition can be drawn. Sexual assault is any sexual act forced upon an individual without his or her consent that is designed to implant fear into the victim. Sexual assault is about domination, violence and power. It is an abuse of power, designed to humiliate, intimidate or instill fear, which almost always involves the use of threat or force making it a crime.

Rape and sexual assault are often used interchangeably. However, rape is exclusive to nonconsensual sexual intercourse, whereas sexual assault refers to any nonconsensual sexual act. Therefore, rape is a form of sexual assault, but sexual assault is not limited to just rape. As we think of sexual assault, we must also recognize that there are various behaviors that constitute sexual violence: catcalls, voyeurism, obscene phone calls, fondling, molestation, sexual harassment, rape, incest, trafficking and stalking. In this range of sexual violence, there are some acts that are significantly more prevalent in youth:



Underlying each of these acts of sexual violence are the attitudes and beliefs that we, as a society, hold about gender roles and acceptable social behavior in our culture. Our viewpoint of these two topics are reflected in what our society considers sexual assault to be and what sexual assault really is.

This analysis was written by Janelle Jones Douglas for the Tennessee Social Norms Project for Tennessee Coalition Against Domestic and Sexual Violence.



Societal View

Myths exist in our society for many reasons, which include our inherent social structure, gender role expectations, and the exercise of power. Our society has many preconceived notions about what sexual assault is and what behaviors are categorized as sexual assault. Many myths excuse the perpetrator and fault the victim.

Myth: The seductive clothing that females wear today provokes many rapes.

Fact: Convicted rapists often report that they were unaware of their victims attire– they were aware of their victim’s vulnerability. A woman’s clothing does not encourage rape.

Myth: Females are to blame for putting themselves into situations that lead to sexual assault: staying out late, drinking, using drugs, going out alone, talking to strangers.

Fact: Most victims of sexual assault are attacked in places they thought were safe by someone they thought they could trust. Over 50% of assaults take place in the home of the victim or the assailant.

Myth: A female can’t be raped if she really fights back.

Fact: The rapist can overpower the victim with force or threats. A victim may be unable to fend off the attack, may be paralyzed by fear or confusion or may be passive to avoid further injury. Whatever she did to survive the assault was the right thing to do.

Society teaches us that some females deserved to be raped, indicating that a victim is responsible for their rape by the activities or behaviors that he or she participates in. For example, if a female goes to a party dressed in sexy clothes, then she deserves to be raped because of the way she is dressed. If a female goes to a campus library, works on a paper and leaves after dark by herself, then she is responsible if she is raped because she is out late at night by herself. If a female goes to a club with her friends, consumes alcohol then dances with this guy all night, then she deserves to be raped because she was drinking and flirting with a guy. In adopting this philosophy, our society can feel safe that “good” women will not be raped and some females deserve to be raped. This belief is a method of perceived self protection, the logic being if a female doesn’t dress promiscuously, travel at night alone, or consume alcohol to a level of intoxication, then she will not be raped. This societal view leaves females vulnerable to a perpetrator because they think it won’t happen to them.

Along the same lines is the societal view that the presence of drug and/or alcohol consumption eliminates the probability of sexual assault. According to our society, a sexual assault claim, in which alcohol or drugs are present, is simply a case of an individual who regrets a decision made under the influence of alcohol and therefore uses it as a means to excuse their behavior. However, many state laws hold that a person who is cognitively impaired due to the influence of drugs or alcohol is not able to consent sexual activity. Being under the influence of alcohol and drugs is not an invitation for nonconsensual sexual activity. This mindset leads to the notion of false reporting.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER ONE: SEXUAL ASSAULT DEFINED

One of society's most common myths about sexual assault is that females lie about being raped. Society says that it is common for a female to false report to either excuse their actions or retaliate against a partner. This indicates that females use rape as a tool to seek revenge. While there has been evidence of cases of false accusations, the FBI Crime Statistics conclude that less than 2 percent of reported rape cases are found to be false. In actuality, rape is the most underreported violent crime in America. According to national statistics produced by the National Victim Center in 1992, one out of every eight women has been a victim of rape. However, only 16 percent of the rapes are ever reported to the police. "The traumatic aftermath of reporting rape, i.e. public reaction, medical procedures, police investigation, etc. are too great for false claims."

A recently published eight-year study indicated that when perpetrators of rape are current or former relationship partners, the crimes go unreported to the police 77 percent of the time. When the perpetrators are friends or acquaintances, the rapes are not reported 61 percent of the time; and when the perpetrators are strangers, the rapes are not reported 54 percent of the time. Society has the view that rape is not committed by someone known to the victim. This refers to the myth of "Real Rape," which is the social norm that our culture has adopted for what constitutes a legitimate sexual assault. According to society, "Real Rape" is constituted by the following distinction:

"Real Rape"

- Is perpetrated by a stranger
- Involves physical violence
- Leaves obvious signs of physical injury
- Involves the use of the weapon
- Causes the victim to be hysterical
- Is reported immediately to the police
- Is committed in a dark alley, at night, on the bad side of town
- Is more likely committed by a black man against a white woman
- Cannot be perpetrated against a prostitute
- Cannot be perpetrated by a man against his wife
- Involves only penile-vaginal penetration

This myth will be addressed further in an in-depth analysis later in the "Rape" section.

This is the description of sexual assault that society wants us to believe. This definition suggests that only acts in which sexual intercourse is forced against one's will with the presence of a weapon, are considered sexual assault.

The truth is that everyone has the right to say NO to any sexual activity at any time. However, in contrast to other crimes, there is a cultural subjective element in determining whether the sexual act occurred against the victim's will.

Any sexual activity without consent is sexual assault. Furthermore, any sexual activity without consent is a CRIME.

This analysis was written by Janelle Jones Douglas for the Tennessee Social Norms Project for Tennessee Coalition Against Domestic and Sexual Violence. Information for this page was taken from *Sexual Assault Prevention Education* developed by the Illinois Coalition Against Sexual Assault in November 2004.

TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER ONE: FACT SHEET

- Sexual assault is any sexual act forced upon an individual without his or her consent that is designed to implant fear into the victim. Sexual assault is about domination, violence and power. It is an abuse of power, designed to humiliate, intimidate or instill fear, which almost always involves the use of threat or force making it a crime.
- Rape and sexual assault are often used interchangeably. However, rape is exclusive to nonconsensual sexual intercourse, whereas sexual assault refers to any nonconsensual sexual act. Therefore, rape is a form of sexual assault, but sexual assault is not limited to just rape.
- Various behaviors constitute sexual violence: catcalls, voyeurism, obscene phone calls, fondling, molestation, sexual harassment, rape, incest, trafficking and stalking.
- Myths exist in our society for many reasons, which include our inherent social structure, gender role expectations, and the exercise of power. Many myths excuse the perpetrator and fault the victim.
- FBI Crime Statistics conclude that less than 2 percent of reported rape cases are found to be false. In actuality, rape is the most underreported violent crime in America.
- Only 16 percent of rapes are ever reported to the police.
- Society has the view that rape is not committed by someone known to the victim, which we refer to as the myth of “real rape.”
- Summary: Any sexual activity without consent is sexual assault. Furthermore, any sexual activity without consent is a CRIME.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER ONE: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training thoroughly defined sexual assault.	5	4	3	2	1
3.	This training identified the various behaviors that constitute sexual assault.	5	4	3	2	1
4.	This training explored society's perception of sexual assault.	5	4	3	2	1
5.	I feel that I learned a great deal in this training session.	5	4	3	2	1
6.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
7.	I will apply what I learned back on my job.	5	4	3	2	1

8. What were the chief benefits of this training session?

9. What topics in the training needed to be covered in more detail?

10. I will take the following action steps in my work as a result of this training:

11. Any other comments, recommendations, thoughts?



CHAPTER TWO
TYPES OF SEXUAL ASSAULT



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	TYPES OF SEXUAL ASSAULT
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH
TIME ALLOTTED	1 HOUR
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter Two:

At the conclusion of this lesson, the participants will:

- Increase knowledge on the various behaviors that constitute sexual assault
- Explore child sexual abuse in depth and significance of child pornography
- Analyze rape, the most commonly committed sexual assault crime





TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-SEXUAL HARASSMENT

Sexual harassment is defined as any unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. During most acts of sexual harassment, a person's leadership position may be threatened. Sexual harassment is not gender confined; both men and women participate as perpetrators of sexual harassment. A victim does not have to be the person harassed but anyone affected by the offense. The victim could be a person who overheard the offensive language.

There are several perpetrator/victim relationship types of sexual harassment. Sexual harassment by a superior is one of the most common and least reported forms of sexual harassment. Adolescents can experience sexual harassment in the classroom by a teacher or at their after-school job by their boss. A common setting is an internship in which the student is the lowest person on the totem pole. This leaves the intern vulnerable to sexual harassment by anyone in a permanent position.

Another common type of sexual harassment in adolescents are those perpetrated by their peers. Yes, sexual harassment does happen in our schools and students are often sexually harassed by other students. Sometimes the harassment is unintentional, meaning the student was joking or thought the act was funny. For example, consider two friends, a girl and a boy. The boy's pants are too big and his friend runs past and pulls them down. Even though they both find the incident funny, she is technically a perpetrator of sexual harassment because she could have offended him or the girl standing behind him that saw his buttocks as a result of her prank. Also, in response to the incident, the boy may refer to the girl as "bubble butt" and they both laugh. That remark could have offended anyone in the hallway, who is self-conscious about that area of their body. Therefore, he has also committed an act of sexual harassment. Although these are examples where the perpetrator was not actually intending to sexually harass their friend, there are times when the initial intent is present.

Scenario 1: A girl walks through the hall in fitted jeans. Guys start whistling, howling, etc... One guy says, "Hey, can I see what's in those jeans!" Well, that guy, along with all the people who made any type of noise or gesture acknowledging her jeans, have made themselves perpetrators of sexual harassment.

Scenario 2: There's a new guy in class and he's gorgeous. The girls start chatting about his looks. A girl dares her friend to see if he has the "total package," so they work up a scheme at lunch. She walks past him, pretends to trip and falls into his lap. She comes back to her friends and tells her results. Although he may not be aware, she just violated him and furthermore, may have offended some of the other guys or girls at her table. She has just committed an act of sexual harassment.

These may seem like unreal scenarios, but the truth is, situations just like these and many others take place in our schools everyday. The worst part is that the students know exactly what they are doing.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT CHAPTER TWO: TYPES OF SEXUAL ASSAULT-TRAFFICKING

Trafficking is defined in the UN Protocol to Prevent, Suppress, and Punish Trafficking in Persons, Especially Women and Children as “the recruitment, transportation, transfer or harboring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of giving or receiving payments or benefits to achieve the consent of a person having control over another person, for the purposes of exploitation.” Trafficking is distinct from human smuggling, which involves transporting individuals for a fee, typically across borders. There is no relationship between smuggler and smuggled, beyond transportation. However, the manner and circumstances of entry do not necessarily preclude someone from becoming a victim of trafficking, e.g., if a smuggler later uses threats of serious harm or physical restraint to force someone into involuntary servitude, peonage, debt bondage or slavery. Therefore, trafficking includes some or all the following: recruitment, unsafe migration, systems of indebtedness, and forced or highly exploited labor.

Each year, 700,000 to 2,000,000 women and children are trafficked globally. Of the 45,000 to 50,000 that are brought to the U.S., 30,000 come from Asia, 10,000 from Latin America and 5,000 from other regions e.g., the former Soviet Union. The primary Asian source countries to the U.S. are China, Thailand and Vietnam. Although trafficking into the U.S. and Europe has gained a lot of attention in recent years, anti-trafficking advocates in Asia have been addressing these issues on the continent for decades.

This modern-day form of slavery has become a global industry, with profits estimated to range from between \$9 billion to \$17 billion per year.

In our view, trafficking is about:

- Violence against, and exploitation of, women
- The exploitation of female poverty (including mothers who ‘sell’ their children)
- Demands for cheap exploitable labor which have increased with globalization
- The impunity of male demands for commodified sex
- Complex ‘push-pull’ factors influence those who are trafficked: economic factors can include paying off family debts, escaping deep poverty, sending earnings home or escaping gender violence in the hopes of greater safety.

Some countries view trafficking as the only form of migration available because all other sources are restricted or closed. They advocate safe migration as the way to halt trafficking.

Political positions about sex trafficking are cause for heated controversy because they argue for abolishing, decriminalizing, or legalizing prostitution. It is useful to be informed about these positions when dealing with trafficked victims.

The purposes of trafficking can include: forced labor as domestic, industrial or agricultural workers; prostitution, including pornography and sex tourism; removal of organs; servitude, including servile marriages; and slavery.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-CHILD SEX ABUSE

There is no universal definition of child sexual abuse. However, it occurs when someone uses a child for their own sexual gratification. A central characteristic of any abuse is the dominant position of an adult that allows him or her to force or coerce a child into sexual activity. Child sexual abuse may include fondling a child's genitals, masturbation, oral-genital contact, digital penetration, and vaginal and anal intercourse. Child sexual abuse is not solely restricted to physical contact; such abuse could include non-contact abuse, such as exposure, voyeurism, and child pornography. When the abuse takes place within a family, it is called incest.

Accurate statistics on the prevalence of child and adolescent sexual abuse are difficult to collect because of problems of underreporting and the lack of one definition of what constitutes such abuse. However, there is general agreement among mental health and child protection professionals that child sexual abuse is not uncommon and is a serious problem in the United States. According to statistics of reported child sexual abuse, at least two out of every ten little girls and at least one out of every ten little boys are victims of a sexual abuser.

The impact of sexual abuse can range from no apparent effects to very severe ones. Typically, children who experience the most serious types of abuse—abuse involving family members and high degrees of physical force—exhibit behavior problems ranging from separation anxiety to post-traumatic stress disorder. However, children who are the victims of sexual abuse are also often exposed to a variety of other stressors and difficult circumstances in their lives, including parental substance abuse. The sexual abuse and its aftermath may be only part of the child's negative experiences and subsequent behaviors. Therefore, correctly diagnosing abuse is often complex. Conclusive physical evidence of sexual abuse is relatively rare in suspected cases. For all of these reasons, when abuse is suspected, an appropriately trained health professional should be consulted.

Who are the Victims of Child Sexual Abuse?

Children and adolescents, regardless of their race, culture, or economic status, appear to be at approximately equal risk for sexual victimization. Statistics show that girls are sexually abused more often than boys are. However, boys' and, later, men's, tendency not to report their victimization may affect these statistics. Some men even feel societal pressure not to be proud of early sexual activity (no matter how unwanted it may have been at the time). It is telling, however, to note that men who have been abused are more commonly seen in the criminal justice system than in clinical mental health settings.

Who are the Perpetrators of Child Sexual Abuse?

Studies on who commits child sexual abuse vary in their findings, but the most common finding is that the majority of sexual offenders are family members or are otherwise known to the child. Sexual abuse by strangers is not nearly as common as sexual abuse by family members. Research further shows that men perpetrate most instances of sexual abuse, but there are cases in which women are the offenders. Despite a common myth, homosexual men are not more likely

This section was adapted from *Sexual Abuse of Children* developed by Renee Z. Dominguez, Ph.D., Connie F. Nelke, Ph. D., Bruce D. Perry, M.D. for the American Academy of Experts in Traumatic Stress.



to sexually abuse children than heterosexual men are.

What are the Effects of Child Sexual Abuse?

Children and adolescents who have been sexually abused can suffer a range of psychological and behavioral problems, from mild to severe, in both the short and long term. These problems typically include depression, anxiety, guilt, fear, sexual dysfunction, withdrawal, and acting out. Depending on the severity of the incident, victims of sexual abuse may also develop fear and anxiety regarding the opposite sex or sexual issues and may display inappropriate sexual behavior. However, the strongest indication that a child has been sexually abused is inappropriate sexual knowledge, sexual interest, and sexual acting out by that child.

The initial or short-term effects of abuse usually occur within 2 years of the termination of the abuse. These effects vary depending upon the circumstances of the abuse and the child's developmental stage but may include regressive behaviors (such as a return to thumb-sucking or bed-wetting), sleep disturbances, eating problems, behavior and/or performance problems at school, and nonparticipation in school and social activities.

But the negative effects of child sexual abuse can affect the victim for many years and into adulthood. Adults who were sexually abused as children commonly experience depression. Additionally, high levels of anxiety in these adults can result in self-destructive behaviors, such as alcoholism or drug abuse, anxiety attacks, situation-specific anxiety disorders, and insomnia. Many victims also encounter problems in their adult relationships and in their adult sexual functioning.

Revictimization is also a common phenomenon among people abused as children. Research has shown that child sexual abuse victims are more likely to be the victims of rape or to be involved in physically abusive relationships as adults.

In short, the ill effects of child sexual abuse are wide ranging. There is no one set of symptoms or outcomes that victims experience. Some children even report little or no psychological distress from the abuse, but these children may be either afraid to express their true emotions or may be denying their feelings as a coping mechanism. Other children may have what is called "sleeper effects." They may experience no harm in the short run, but suffer serious problems later in life.

Can Children Recover from Sexual Abuse?

In an attempt to better understand the ill effects of child abuse, psychologists and other researchers have studied what factors may lessen the impact of the abuse. More research needs to be done, but, to date, factors that seem to affect the amount of harm done to the victim include the age of the child; the duration, frequency, and intrusiveness of the abuse; the degree of force used; and the relationship of the abuser to the child.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-CHILD SEX ABUSE

Children's interpretation of the abuse, whether or not they disclose the experience, and how quickly they report it also affects the short- and long-term consequences. Children who are able to confide in a trusted adult and who are believed experience less trauma than children who do not disclose the abuse. Furthermore, children who disclose the abuse soon after its occurrence may be less traumatized than those children who live with the secret for years.

Some researchers have begun to look at the question of whether someone can recover from sexual abuse, and, if so, what factors help in that recovery. Children and adults who were sexually abused as children have indicated that family support, extra-familial support, high self-esteem, and spirituality were helpful in their recovery from the abuse.

It is important for victims of abuse to relinquish any guilt they may feel about the abuse. Victims also report that attending workshops and conferences on child sexual abuse, reading about child sexual abuse, and undergoing psychotherapy have helped them feel better and return to a more normal life. Research has also shown that often the passage of time is a key element in recovery.

Counseling and other support services are also important for the caregivers of abused children. One of the strongest predictors of the child's recovery from the abuse experience is a high level of maternal and family functioning. (This, of course, assumes that the abuser was not a member of the immediate family or, if so, is not still living within the family.)

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-CHILD SEX ABUSE

Child Pornography is defined as "...any representation, by whatever means, of a child engaged in real or simulated explicit sexual activities or any representation of the sexual parts of a child for primarily sexual purposes." (Source: Optional Protocol to the Convention on the Rights of the Child)

This can include photographs, negatives, slides, magazines, books, drawings, movies, video-tapes and computer disks or files. Generally speaking there are two categories of pornography: soft-core which is not sexually explicit but involves naked and seductive images of children and hard-core which relates to images of children engaged in sexual activity. The use of children in the production of pornography is sexual exploitation.

New technologies have changed the nature of pornography. Digital cameras and video recorders have made production easier and cheaper, and there is less risk of detection as a third party is not required to develop the images as with conventional photography. Reproduction is improved: digitalized images do not age or lose their quality through copying. The distribution of pornographic images has become easier, cheaper and faster through the Internet. As the Internet bypasses national boundaries and laws, detection and prosecution become increasingly difficult.

Using digital graphics software, it is now possible to combine two images into one, or distort pictures to create a totally new image: a process called morphing. Non-pornographic images of real children can be made to appear as pornography, and pornographic images of 'virtual children' can be generated.

This 'pseudo-pornography' raises a whole new set of questions and issues. How old is a virtual child; can there be a crime without a real victim; where does the criminal act take place-where the image is produced, where the image is hosted, or where the image is viewed? Many pornography laws deal only with real children and depictions of events which actually occurred. Defendants, therefore, can claim that a morphed image is not real and thus is not illegal.

Child pornography, however, is not just about pictures of naked children. There is a clear linkage between the pornography of children-virtual or real-and sexual abuse in the real world. The most obvious use of child pornography is to aid in sexual arousal and gratification. However, it is also used to:

- Validate one's behavior as "normal";
- Seduce children and lower their inhibitions;
- Blackmail a child;
- Preserve a child's youth in an image at the age of preference;
- Establish trust among other pedophiles;
- Gain entrance to private "clubs";
- Produce for commercial gain.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-CHILD SEX ABUSE

The Wonderland Club was a pedophile network that operated in at least 12 countries. Membership was restricted; to belong, new members had to be vetted and possess at least 10,000 images of child pornography-different from images already held by members. For less than \$100 US a month members were allowed access to the pornographic files and the club's electronic meeting grounds.

It had collected more than 1 million pornographic images of children as young as two before police arrested 100 members on September 1, 1998. Only 17 of the 1260 victims in the Wonderland archives have been identified. As of April 2001, there have been 50 convictions worldwide.

While not all pedophiles have a child pornography collection, those that do consider their collection one of the most important things in their lives and spend considerable time and money on it.

According to Interpol, pedophiles usually maintain detailed and orderly records, and very rarely is any part of the collection discarded. Pedophiles frequently have a need or a desire to show and tell others about their collection as they are seeking validation for all their efforts.

Governments have moved to fight the child pornography problem by passing legislation. The Japanese Diet, facing criticism for the absence of legislation despite the proliferation of child pornography originating in the country, recently enacted a law that defined child pornography and prohibited its distribution, sale and display.

The United Kingdom passed legislation to reflect changes in the new technologies - morphed images of child pornography are illegal and treated by the law exactly as if they were real. ECPAT (End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes) groups in New Zealand, Sweden, Spain, Mauritius and Taiwan are involved in Internet Safety Projects aimed at protecting children online.

Other responses from the non governmental sector include monitoring operations and reporting hotlines, often in cooperation with local and international law enforcement organizations. A Chinese language hotline, set up by ECPAT Taiwan, received more than 4200 reports in their first year.

The private sector has also played an active role in combating child pornography on the Internet. In several countries, Internet Service Providers have drafted Codes of Conduct in order to clarify their roles and responsibilities relating to illegal content on the Internet.

According to the British code, members of the Internet Service Provider Association must comply with requests from the Internet Watch Foundation for prompt removal of objectionable material within a reasonable time.

This section was adapted from *End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes*



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-CHILD SEX ABUSE

In the United States of America, several large communications companies have joined together to provide safety tips for Internet surfers of all ages, a Neighborhood Watch system and law enforcement information.

The technology industry response involves the development of rating and filtering software. Such software is designed to identify content on the Internet which might be harmful to children. It lets parents and guardians stop children from viewing certain sites, but it is not meant to interfere with freedom of expression.

Filtering software can be installed by parents or by the Internet Service Providers. If the service providers control filtering, they may become liable for any illegal content that gets through. Filtering software follows three main models: blacklisting, white listing and neutral labeling.

- Blacklisting blocks access to listed sites;
- White listing allows access only to listed sites.
- Neutral labeling labels or rates the sites, but it is up to the user to decide how to use the rating system.

Chat Rooms on the Internet have become places where pedophiles, masquerading as children themselves, make contact with children. In 1997, the FBI and other US governmental agencies secured criminal convictions in approximately 200 cases of "sexual solicitation of minors" in which the Internet played a major part in the commission of the offence. Child molesters enter chat rooms and begin a process known as grooming. Over a period of time, they gain the child's confidence and develop a relationship. The next step in the process is for the offender to arrange a face to face meeting or persuade the child to send or receive pornographic material. Specialized police units have been set up in a number of countries where police surf the Internet, posing as children, in order to detect potential child sex offenders.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT CHAPTER TWO: TYPES OF SEXUAL ASSAULT-STALKING

The legal definition of stalking is described primarily by state statutes. While statutes vary, most define stalking as a course of conduct that places a person in fear for their safety. Stalking and harassment are often intertwined in crime. Tennessee's code defines stalking as follows:

39-17-315(4) "Stalking" means a willful course of conduct involving repeated or continuing harassment of another individual that would cause a reasonable person to feel terrorized, frightened, intimidated, threatened, harassed, or molested, and that actually causes the victim to feel terrorized, frightened, intimidated, threatened, harassed, or molested.

Stalking is extremely prevalent in college campuses. In a national research project co-sponsored by the National Institute of Justice and the Bureau of Justice Statistics, the statistics for stalking on college campuses were as follows:

- 13% of college women were stalked between a six-to-nine month period.
- 80.3% of victims knew or had seen their stalkers before.
- Stalking incidents lasted approximately 2 months (60 days).
- 3 in 10 women reported being injured emotionally or psychologically from being stalked.
- In 15.3% of incidents, the victim reported that the stalker either threatened or attempted to harm them.
- In 10.3% of incidents, the victim reported that the stalker forced or attempted sexual contact.
- Overall, 83.1% of stalking incidents were not reported to police or campus law enforcement.
- 93.4% of victims confided in someone, most often a friend, that they were being stalked.

Stalking is not a gender-exclusive crime. Both men and women are victims of stalking. The two entities mentioned previously, the National Institute of Justice and the Bureau of Justice Statistics, also conducted a national general survey, in which they gathered the following statistics:

- 1 out of every 12 females will be stalked during her lifetime and 1 out of 45 men will be stalked during his lifetime.
- 1,006,970 women are stalked annually and 370,990 men are stalked annually.
- 94% of stalkers identified by female victims were male.
- 60% of stalkers identified by male victims were male.
- 87% of stalkers overall were male.
- 77% of female victims were stalked by someone they knew and 59% were stalked by an intimate partner.
- 64% of male victims were stalked by someone they knew and 30% were stalked by an intimate partner.

With the advancement of technology, a new form of stalking has developed and is labeled cyberstalking. Cyberstalking, also referred to as electronic harassment, is an expansion of the physical form of stalking, in which electronic media, such as the Internet, are used to pursue, harass or contact a person in an unsolicited fashion.

Cyberspace is a place of lowered inhibitions. It encourages people to say things they might not have said if they were face to face with you. This is partly because people are anonymous

Information for this page was taken from the *Cyber stalking and Electronic Harassment Website* developed by Colin Gabriel Hatcher in 2000.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-STALKING

online (you don't know who is talking to you) and also because people talking to one another online are far away from each other physically. Anonymity and physical distance mean that people online are protected from the immediate consequences of their actions. A person can type words to you that if they said them face to face might provoke you to respond negatively.

Face to face, people are careful how they talk to strangers because they don't know what offends them. So usually when two strangers meet there is a period of "feeling out", where both parties are very respectful and cautious, as they establish how they each like to be spoken to. In online chat this element is often missing. Online people are often very direct with strangers regardless, because after all, "so what if I make a mistake and offend the other person? What is that person going to do?" The wise approach to avoid offending people and making enemies fast is to treat everyone ONLINE exactly the same as you would OFFLINE.

Victims of cyberstalking may experience the following things as a result of their perpetrator:

- Abusive communications via chat or email, or obscene or disgusting pictures.
- Threats of death or bodily harm.
- Being followed around like a lovesick puppy and pestered over a prolonged period of time by someone who tells you they are in love with you.
- Series of electronic attacks on their Internet connection, disconnecting them over and over again.
- Electronic viruses to try to cause problems on their computer.
- Nasty, cruel or defamatory things written about them on someone's web site or in a post to a discussion group.

Cyberstalking is more prevalent in youth because their generation is more technologically dependent. Adolescents may not take it seriously because it is over the web. However, cyberstalking is a very serious issue that needs to be addressed.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT—STALKING

While the previous document on cyber stalking addresses the issue of a person's awareness to avoid offending people, another concern with cyberstalking is the notion that people use the Internet for the sole purpose of offending, humiliating, or verbally assaulting another person.

Internet safety is a very important issue to address with youth. This generation is technologically dependent which results in excessive computer usage. Youth tend to think of the Internet as a way to do homework, talk to friends, and meet people. However, in meeting people via the Internet, youth are putting themselves in harm's way.

Today's generation has developed Web sites designed for the simple pleasure of meeting people, such as www.blackplanet.com, www.friendster.com, and www.collegeclub.com to name a few. You create a profile for yourself, upload your photo, and randomly select people to talk to. Some Web sites will send people's profiles to you that it ranks compatible. Young people are very nonchalant about putting personal information on the Internet, such as age, sex, city, state, pictures, where they attend school as well as other self-identifying details. In doing this, teens are putting themselves in a very dangerous and vulnerable situation. People in these chat sites will and can say anything because they feel a false sense of security in knowing that this is strictly over the Internet, but everyone may not have that understanding. A person may be able to locate another person depending upon the information given. When people post photos, it allows perpetrators to positively ID them.

There has been a cybersafety Web site developed for the sole purpose of helping to keep kids safe online. The site posts the following Internet safety rules for children and parents.

Internet Safety Rules for Children

- I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
- I will tell my parents right away if I come across any information that makes me feel uncomfortable, scared or threatened in any way.
- I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
- I will never send a person (that I don't know) my picture or anything else personal without first checking with my parents.
- I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the service provider.
- I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- I will not give out my Internet password to anyone (even my best friends) other than my parents or guardian.

This page was written by Janelle Jones Douglas for the Tennessee Social Norms Project for the Tennessee Coalition Against Domestic and Sexual Violence. Information for this page was taken from the *Cyber stalking and Electronic Harassment Website* developed by Colin Gabriel Hatcher in 2000 and Cybersafety Web site.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT–STALKING

- I will be a good online citizen and not do anything that hurts other people or breaks the law. It is important to treat people with respect, the same way I want them to treat me.

Internet Safety Rules for Parents

- By taking responsibility for your children's online computer use, parents can greatly minimize any potential risks of being online. Make it a family rule to . . .
- Never give out identifying information-home address, school name, or telephone number- in a public message such as chat or bulletin boards, and be sure you're dealing with someone that both you and your child know and trust before giving it out via e-mail. Think carefully before revealing any personal information such as age, marital status, or financial information. Consider using a pseudonym or unlisting your child's name if your service allows it.
- Get to know the services your child uses. If you don't know how to log on, get your child to show you. Find out what types of information it offers and whether there are ways for parents to block out objectionable material.
- Never allow a child to arrange a face-to-face meeting with another computer user without first getting the permission of a parent/guardian.
- If a meeting is ever arranged, make it a public location, and be certain that a relative or friend accompanies the child.
- Never respond to messages or bulletin board items that are suggestive, obscene, belligerent, threatening, or make you feel uncomfortable. Encourage your children to tell you if they encounter such messages. If you or your child receives a message that is harassing, of a sexual nature, or threatening, forward a copy of the message to your service provider and ask for their assistance.
- Should you become aware of the transmission, use, or viewing of child pornography while online, immediately report this to the National Center for Missing and Exploited Children by calling 1-800-843-5678 or visiting the [CyberTipLine](#) online. You should also notify your online service.
- Remember that people online may not be who they seem. Because you can't see or even hear the person it would be easy for someone to misrepresent him- or herself. Thus, someone indicating that "she" is a "12-year-old girl" could in reality be a 40-year-old man.
- Everything you read online may not be true or factual. Any offer that's "too good to be true" probably is. Be very careful about any offers that involve you coming to a meeting or having someone visit your house.
- Set reasonable rules and guidelines for computer use by your children. Discuss these rules and post them near the computer as a reminder. Remember to monitor their compliance with these rules, especially when it comes to the amount of time your children spend on the computer. A child or teenager's excessive use of online services or bulletin boards, especially late at night, may be a clue that there is a potential problem. Remember that personal computers and online services should not be used as electronic babysitters.
- Make this a family activity. Get to know their "online friends" and "activities," in the same way you know their friends and activities at home. Personal computers and online services are not electronic babysitters, so be careful not to use them that way.

This page was written by Janelle Jones Douglas for the Tennessee Social Norms Project for the Tennessee Coalition Against Domestic and Sexual Violence. Information for this page was taken from the *Cyber stalking and Electronic Harassment Website* developed by Colin Gabriel Hatcher in 2000 and Cybersafety Web site.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT CHAPTER TWO: TYPES OF SEXUAL ASSAULT– RAPE

Rape is the most common and widely recognized form of sexual assault. The legal definition of rape is a victim having sexual intercourse against his/her will and without his or her consent.

Tennessee state law (Tenn. Code Ann. § 39-13-503 defines rape as follows:

Rape is unlawful sexual penetration of a victim by the defendant or of the defendant by a victim accompanied by any of the following circumstances:

- (1.) Force or coercion is used to accomplish the act;
- (2.) The sexual penetration is accomplished without the consent of the victim and the defendant knows or has reason to know at the time of the penetration that the victim did not consent;
- (3.) The defendant knows or has reason to know that the victim is mentally defective, mentally incapacitated or physically helpless; or
- (4.) The sexual penetration is accomplished by fraud.

When people think of rape, they might think of a stranger jumping out of a shadowy place and sexually attacking someone. But it's not only strangers who rape. Actually, many people who have been raped already knew the person who attacked them.

Growing up means developing friendships, going out on dates, and meeting new people. Getting to know others is an important and exciting part of life. Most friendships, acquaintances, and dates never lead to violence, of course. But, sadly, sometimes it happens. When forced sex occurs between two people who already know each other, it is known as date or acquaintance rape. Even if the two people know each other well, and even if they were intimate before, no one has the right to force a sexual act from another against his or her will. Girls and women are most often the victims of rape, but it can happen to guys, too. Even though rape involves forced sex, rape is not about sex or passion. Rape has nothing to do with love. It is an act of aggression and violence.

There are many societal myths when it comes to rape. As previously mentioned, society believes that in order for a rape to take place, certain characteristics must be present. Even though national statistics disprove the myths, our society still chooses to embrace them. In this section, common societal myths will be debunked with hard facts.

1. *According to society*, “real rape” is perpetrated by a stranger. However, statistics show that most victims know their perpetrator. Acquaintance, date, and spousal rape is dramatically more prevalent than stranger rape. In a study published by the Department of Justice, 82% of the victims were raped by someone they knew. The Department of Justice also found that among victims 18 to 29 years old, two-thirds had a prior relationship with the rapist.
2. *According to society*, “real rape” involves physical violence. Contrary to this belief, a rape does not have to involve physical violence. A rape can be perpetrated with the use of a threat. If a perpetrator threatens his victim, it can be just as powerful as the use of physical violence. The threat can be of physical violence against the victim or someone they care about, such as a child.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-RAPE

3. *According to society*, “real rape” leaves obvious signs of physical injury. Physical injury is often caused by the victim being approached abruptly or by the victim fighting back. Acquaintance and date rape are two forms of rape that tend to eliminate this element. First, the victim knows the perpetrator and may see no sign of danger and therefore, may be easily approachable. Secondly, once victims say “no,” it is considered rape. Some victims are so shocked that they don’t fight back because they are afraid it will make it worse. Some victims believe that fighting back would anger the perpetrator and provoke him to do more than rape them. Fighting back may inflame the perpetrator to kill them,
4. *According to society*, “real rape” involves the use of the weapon. However, the Bureau of Justice Statistics states that a weapon is used in an estimated 30% of stranger rapes and only 15% of rapes committed by someone known to the victim.
5. *According to society*, “real rape” causes the victim to be hysterical. This is not true because no two rapes are the same and no two victims are the same. Most victims have mixed initial emotions because they are in shock, which can cause them to be extremely calm. However, a victim’s initial emotion after an assault could be a range of responses, such as anger, fear, anxiety, restlessness, tension, crying, nervous laughing, or little or no emotion at all.
6. *According to society*, “real rape” is reported immediately to the police. However, rape is widely recognized as the most underreported violent crime in America. In a large national survey of American women called Rape in America: A Report to the Nation, National Victim Center, statistics show that only 16% of the rapes (approximately one out of every six) had ever been reported to the police. And according to the National Victim Center and Crime Victims Research and Treatment Center, one out of every eight women has been a victim of rape.
7. *According to society*, “real rape” is committed in a dark alley, at night, on the bad side of town. However, approximately 50% of rapes occur in the victims’ homes or apartment building.
8. *According to society*, “real rape” is more likely committed by a black man against a white woman. Contrary to belief, the vast majority of sexual assaults and rapes are intra-racial, meaning that a victim is more likely to have been raped by someone of their own race rather than someone of a different race, with the exception of American Indian victims. According to statistics, American Indian victims reported approximately 8 in 10 rapes or sexual assaults are committed by someone outside their race. Native women also experience a higher rate of sexual assault victimization than any other race.
9. *According to society*, “real rape” cannot be perpetrated against a prostitute. However, a woman’s profession does not eliminate her right to say no. Sexual intercourse against a person’s will is still rape. Many prostitutes experience rape in their line of work and police may not take their cases as seriously as the rape of what they refer to as a productive citizen. But the truth is, any sexual activity without consent is sexual assault and a CRIME.
10. *According to society*, “real rape” cannot be perpetrated by a man against his wife. Up until the 1970’s, most states did not consider spousal rape a crime and spouses were exempt from sexual assault laws. Today, spousal rape is a crime in all 50 states, but some states have some exemptions from prosecution for rape. Studies show that rapes committed by intimate partners tend to be more violent than stranger rapes. Nearly 50% of spousal rape victims



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT
CHAPTER TWO: TYPES OF SEXUAL ASSAULT-RAPE

studied were beaten immediately before or during the assault. *The Dark Consequences of Marital Rape*, 1989.

Our society does not want to accept the fact that a person can be raped by someone that he/she actually knows even though the victim knew the perpetrator in over 80% of rapes reported by the Department of Justice. However, acquaintance and date rape are more prevalent than discussed because rape is underreported. A recently published eight-year study indicates that when perpetrators of rape are current or former husbands or boyfriends, the crimes go unreported to the police 77 percent of the time. When the perpetrators are friends or acquaintances, the rapes go unreported 61 percent of the time; and when the perpetrators are strangers, the rapes go unreported 54 percent of the time.



Date Rape Among Adolescents and Young Adults

Research demonstrates that most rape victims fall into the age group of 16-25 years, and most victims know their perpetrator prior to the rape. This article reviews the prevalence of date and acquaintance rape and the associated risk factors among adolescents and young adults. A variety of studies conducted over the last 50 years are reviewed. Rape prevention programs and recommended future directions of study are also discussed.

Rape has been broadly classified into two categories. Stranger rape is defined as nonconsensual sex between two individuals who did not know each other before the sexual act. Acquaintance rape has been defined as nonconsensual sex between two individuals who did know each other before the act. Date rape is considered a subset of acquaintance rape wherein nonconsensual sex occurs between two people who are in a romantic relationship.

Prevalence

Various studies indicate that lifetime prevalence of date/acquaintance rape ranges from 13%-27% among college-aged women and 20%-68% among adolescents sampled from a variety of settings. College students reported the lowest lifetime prevalence of date/acquaintance rape, and female street youth the highest. While most of the current literature has focused largely on the female victim, studies have also investigated the prevalence of males who reported committing sexual assault. One study found that 26% of college-aged men reported attempting date or acquaintance rape, while another concluded that 15% had forced intercourse against a woman's will.

Risk Factors

The impact of various risk factors on the occurrence of date or acquaintance rape was considered. Notable among these factors are:

1. attitudes of men and women towards sexual assault;
2. demographic characteristics of women;
3. drug use;
4. prior victimization of women; and
5. contextual factors.

Attitude

Among college-aged women, attitudes regarding rape varied. Women who had previously experienced victimization were more accepting of both violence towards women and rape myths than women who had not experienced sexual aggression. Date rape was perceived as more permissible than stranger rape. Among high school students, sexual coercion was perceived as justifiable under certain dating conditions among both males and females. In a different study, conducted by random phone survey, many teens identified rapists as strangers and did not define sexual assault by an acquaintance or date as rape.



Demographic Characteristics

Younger chronological age, age at first date, and age at first sexual activity have all been shown to increase vulnerability to sexual assault in adolescent and young adult women. It is believed that women who begin dating early come into contact with a higher number of potential perpetrators. It is also suggested that sexual assault is a result of a power disparity between dating partners, making age difference of a couple a possible risk factor contributing to date/acquaintance rape.

Drug Use

The use of alcohol has been identified as a contributing factor to the occurrence of date/acquaintance rape. When under the influence of alcohol, men may be more likely to misinterpret friendly cues as sexual invitations, and women are more at risk of having diminished coping responses and being unable to ward off a potential attack. Studies also suggest that men perceive women who are drinking alcohol as more sexually available than women who are not. In this context, it is important to note that the use of drugs such as marijuana, cocaine, LSD, and Flunitrazepan (also known as Rohypnol) also increases women's vulnerability to date/acquaintance rape.

Prior Victimization

Having a history of past sexual abuse or prior sexual victimization appears to be one of the most important risk factors for date/acquaintance rape. Adolescents with a history of sexual abuse are five times more likely to report date/acquaintance rape than non-abused peers.

Contextual Factors

Factors which appear to increase the risk of date/acquaintance rape include who initiated the date, who paid expenses for the date, who drove on the date, the date location and date activity.

Prevention Programs

Various rape prevention programs targeting female, mixed gender, and male audiences are reviewed, exploring the programs' impact on awareness of rape, strategies for preventing date/acquaintance rape, and behavior change.

Programs targeting college-aged female audiences have been shown to improve awareness of rape, dispel rape myths, teach effective strategies for preventing rape, and improve sexual communication. Studies have suggested that special prevention programs addressing the unique needs of women with a history of sexual assault may need to be developed. Programs designed for mixed gender audiences were found to be successful in changing rape-supportive attitudes. However, most evaluations of these programs focus on attitudinal changes and do not measure behavior change.

Programs targeting male-only audiences also appear to be successful in reducing commonly held beliefs that promote or condone coercive sexual behavior. Yet, some programs designed to



address men who are already at high risk for sexual aggression were found to be less successful than those addressing mainstream men. In some cases, they actually had a "backlash" effect. Some men who had been through the program were reported to have a greater likelihood of sexual aggression after the prevention program than before exposure.

Future Directions

Longitudinal research designs are needed in order to further our understanding of sexual violence among adolescents and young adults as well as find ways to prevent it. Such studies could clarify the impact of environmental factors, attitudes, and behaviors on date and acquaintance rape. They would also assist in assessing the degree to which dating behaviors change among women who have been sexually assaulted after they have been victimized.

To facilitate cross-study comparisons, consensus needs to be reached regarding definitions of date/acquaintance rape, sexual aggression, and sexual assault. Furthermore, little is known about the prevalence among non-college-aged women and about the perpetrators of date/acquaintance rape. Further studies need to be conducted on difficult-to-reach populations in order to obtain a better understanding of date and acquaintance rape.

Primary and secondary date/acquaintance rape prevention programs need to continue to be developed and their impact systematically evaluated. Sensitive outcome measures must be developed to evaluate changes in attitudes and behaviors among prevention program participants. These measures will improve efforts to prevent date/acquaintance rape and also help community programs provide better care to its victims.

Implications for Practice

- Date rape prevention programs should address the use and abuse of alcohol and other drugs.
- Definitions of "date rape," "rape," "sexual assault," etc. need to be made clear and consistent. The use of legal definitions may be helpful.
- Both young men and young women need information about date rape prevention.

Women who have a history of victimization and men who are at high risk for sexual aggression may benefit from additional or separate educational interventions.



I. What is Acquaintance Rape?

Acquaintance rape, which is also referred to as "date rape" and "hidden rape," has been increasingly recognized as a real and relatively common problem within society. Much of the attention that has been focused on this issue has emerged as part of the growing willingness to acknowledge and address issues associated with domestic violence and the rights of women in general in the past three decades. Although the early and mid 1970's saw the emergence of education and mobilization to combat rape, it was not until the early 1980's that acquaintance rape began to assume a more distinct form in the public consciousness. The scholarly research done by psychologist Mary Koss and her colleagues is widely recognized as the primary impetus for raising awareness to a new level.

The publication of Koss' findings in the popular *Ms.* magazine in 1985 informed millions of the scope and severity of the problem. By debunking the belief that unwanted sexual advances and intercourse were not rape if they occurred with an acquaintance or while on a date, Koss compelled women to reexamine their own experiences. Many women were thus able to reframe what had happened to them as acquaintance rape and became better able to legitimize their perceptions that they were indeed victims of a crime. The results of Koss' research were the basis of the book by Robin Warshaw, first published in 1988, entitled *I Never Called it Rape*.

For current purposes, the term acquaintance rape will be defined as being subjected to unwanted sexual intercourse, oral sex, anal sex, or other sexual contact through the use of force or threat of force. Unsuccessful attempts are also subsumed within the term "rape." Sexual coercion is defined as unwanted sexual intercourse, or any other sexual contact subsequent to the use of menacing verbal pressure or misuse of authority (Koss, 1988).

II. Legal Perspectives on Acquaintance Rape

The electronic media have developed an infatuation with trial coverage in recent years. Among the trials which have received the most coverage have been those involving acquaintance rape. The Mike Tyson/Desiree Washington and William Kennedy Smith/Patricia Bowman trials garnered wide scale television coverage and delivered the issue of acquaintance rape into living rooms across America. Another recent trial which received national attention involved a group of teenaged boys in New Jersey who sodomized and sexually assaulted a mildly retarded 17-year old female classmate. While the circumstances in this instance differed from the Tyson and Smith cases, the legal definition of consent was again the central issue of the trial. Although the Senate Judiciary Committee hearings on the Supreme Court nomination of Judge Clarence Thomas were obviously not a rape trial, the focal point of sexual harassment during the hearings expanded national consciousness regarding the demarcations of sexual transgression. The sexual assault which took place at the Tailhook Association of Navy Pilots annual convention in 1991 was well documented. At the time of this writing, events involving sexual harassment, sexual coercion, and acquaintance rape of female Army recruits at the Aberdeen Proving Grounds and other military training facilities are being investigated.

As these well publicized events indicate, an increased awareness of sexual coercion and acquaintance rape has been accompanied by important legal decisions and changes in legal defini-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT CHAPTER TWO: TYPES OF SEXUAL ASSAULT-RAPE

tions of rape. Until recently, clear physical resistance was a requirement for a rape conviction in California. A 1990 amendment now defines rape as sexual intercourse "where it is accomplished against a person's will by means of force, violence, duress, menace, or fear of immediate and unlawful bodily injury." The important additions are "menace" and "duress," as they include consideration of verbal threats and implied threat of force (Harris, in Francis, 1996). The definition of "consent" has been expanded to mean "positive cooperation in act or attitude pursuant to an exercise of free will. A person must act freely and voluntarily and have knowledge of the nature of the act or transaction involved." In addition, a prior or current relationship between the victim and the accused is not sufficient to imply consent. Most states also have provisions which prohibit the use of drugs and/or alcohol to incapacitate a victim, rendering the victim unable to deny consent.

Acquaintance rape remains a controversial topic because of lack of agreement upon the definition of consent. In an attempt to clarify this definition, in 1994, Antioch College in Ohio adopted what has become an infamous policy delineating consensual sexual behavior. The primary reason this policy has stirred such an uproar is that the definition of consent is based on continuous verbal communication during intimacy. The person initiating the contact must take responsibility for obtaining the other participant's verbal consent as the level of sexual intimacy increases. This must occur with each new level. The rules also state that "If you have had a particular level of sexual intimacy before with someone, you must still ask each and every time." (The Antioch College Sexual Offense Policy, in Francis, 1996).

This attempt to remove ambiguity from the interpretation of consent was hailed by some as the closest thing yet to an ideal of "communicative sexuality." As is often the case with groundbreaking social experimentation, it was ridiculed and lampooned by the majority of those who responded to it. Most criticism centered on reducing the spontaneity of sexual intimacy to what seemed like an artificial contractual agreement.

III. Social Perspectives on Acquaintance Rape

Feminists have traditionally devoted much attention to issues such as pornography, sexual harassment, sexual coercion, and acquaintance rape. The sociological dynamics which influence the politics of sexual equality tend to be complicated. There is no single position taken by feminists on any of the aforementioned issues; there are differing and often conflicting opinions. Views on pornography, for example, are divided between two opposing camps. Libertarian feminists, on one hand, distinguish between erotica (with themes of healthy consensual sexuality) and pornography (material that combines the "graphic sexually explicit" with depictions which are "actively subordinating, treating unequally, as less than human, on the basis of sex." (MacKinnon, in Stan, 1995). So called "protectionist" feminists tend not to make such a distinction and view virtually all sexually-oriented material as exploitative and pornographic.

Views on acquaintance rape also appear quite capable of creating opposing camps. Despite the violent nature of acquaintance rape, the belief that many victims are actually willing, consenting participants is held by both men and women alike. "Blaming the victim" seems to be an all too prevalent reaction to acquaintance rape. Prominent authors have espoused this idea in editorial pages, Sunday Magazine sections, and popular journal articles. Some of these authors are

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women (a few identify themselves as feminists) who appear to justify their ideas by drawing conclusions based on their own personal experiences and anecdotal evidence, not wide-scale, systematic research. They may announce that they too have probably been raped while on a date to illustrate their own inevitable entanglement in the manipulation and exploitation which are part of interpersonal relations. It has also been implied that a natural state of aggression between men and women is normal, and that any woman who would go back to a man's apartment after a date is "an idiot." While there may be a certain degree of cautionary wisdom in the latter part of this statement, such views have been criticized for being overly simplistic and for simply submitting to the problem.

There has been a recent flurry of these literary exchanges on acquaintance rape between women's rights advocates, who have been working to raise public awareness, and a relatively small group of revisionists who perceive that the feminist response to the problem has been alarmist. In 1993, *The Morning After: Sex, Fear, and Feminism on Campus* by Katie Roiphe was published. Roiphe alleged that acquaintance rape was largely a myth created by feminists and challenged the results of the Koss study. Those who had responded and mobilized to meet the problem of acquaintance rape were called "rape-crisis feminists." This book, excerpted in many major women's magazines, argued that the magnitude of the acquaintance rape problem was actually very small. Myriad critics were quick to respond to Roiphe and the anecdotal evidence she gave to her claims.

IV. Research Findings

The research of Koss and her colleagues has served as the foundation of many of the investigations on the prevalence, circumstances, and aftermath of acquaintance rape within the past dozen or so years. The results of this research have served to create an identity and awareness of the problem. Equally as important has been the usefulness of this information in creating prevention models. Koss acknowledges that there are some limitations to the research. The most significant drawback is that her subjects were drawn exclusively from college campuses; thus, they were not representative of the population at large. The average age of the subjects was 21.4 years. By no means does this negate the usefulness of the findings, especially since the late teens and early twenties are the peak ages for the prevalence of acquaintance rape. The demographic profile of the 3,187 female and 2,972 male students in the study was similar to the makeup of the overall enrollment in higher education within the United States. Here are some of the most important statistics:

Prevalence

- * One in four women surveyed was victim of rape or attempted rape.
- * An additional one in four women surveyed was touched sexually against her will or was victim of sexual coercion.
- * 84 percent of those raped knew their attacker.
- * 57 percent of those rapes happened while on dates.
- * One in twelve male students surveyed had committed acts that met the legal definitions of rape or attempted rape.
- * 84 percent of those men who committed rape said that what they did was definitely not

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rape.

* Sixteen percent of the male students who committed rape and ten percent of those who attempted a rape took part in episodes involving more than one attacker.

Responses of the Victim

* Only 27 percent of those women whose sexual assault met the legal definition of rape thought of themselves as rape victims.

* 42 percent of the rape victims did not tell anyone about their assaults.

* Only five percent of the rape victims reported the crime to the police.

* Only five percent of the rape victims sought help at rape-crisis centers.

* Whether they had acknowledged their experience as a rape or not, thirty percent of the women identified as rape victims contemplated suicide after the incident.

* 82 percent of the victims said that the experience had permanently changed them.

V. Myths About Acquaintance Rape

There are a set of beliefs and misunderstandings about acquaintance rape that are held by a large portion of the population. These faulty beliefs serve to shape the way acquaintance rape is dealt with on both personal and societal levels. This set of assumptions often presents serious obstacles for victims as they attempt to cope with their experience and recovery.

<u>Myth</u>	<u>Reality</u>
A woman who gets raped usually deserves it, especially if she has agreed to go to a man's house or park with him.	No one deserves to be raped. Being in a man's house or car does not mean that a woman has agreed to have sex with him.
If a woman agrees to allow a man to pay for dinner, drinks, etc., then it means she owes him sex.	Sex is not an implied payback for dinner or other expense no matter how much money has been spent.
Acquaintance rape is committed by men who are easy to identify as rapists.	Women are often raped by "normal" acquaintances who resemble "regular guys."
Women who don't fight back haven't been raped.	Rape occurs when one is forced to have sex against their will, whether they have decided to fight back or not.
Intimate kissing or certain kinds of touching mean that intercourse is inevitable.	Everyone's right to say "no" should be honored, regardless of the activity which preceded it.
Once a man reaches a certain point of arousal, sex is inevitable and they can't help forcing themselves upon a woman.	Men are capable of exercising restraint in acting upon sexual urges.
Most women lie about acquaintance rape because they have regrets after consensual sex.	Acquaintance rape really happens - to people you know, by people you know.
Women who say "No" really mean "Yes."	This notion is based on rigid and outdated sexual stereotypes.
Certain behaviors such as drinking or dressing in a sexually appealing way make rape a woman's responsibility.	Drinking or dressing in a sexually appealing way are not invitations for sex.

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VI. Who are the Victims?

Although it is not possible to make accurate predictions about who will be subjected to acquaintance rape and who won't, there is some evidence that certain beliefs and behaviors may increase the risk of becoming a victim. Women who subscribe to "traditional" views of men occupying a position of dominance and authority relative to women (who are seen as passive and submissive) may be at increased risk. In a study where the justifiability of rape was rated based on fictional dating scenarios, women with traditional attitudes tended to view the rape as acceptable if the women had initiated the date (Muehlenhard, in Pirog-Good and Stets, 1989). Drinking alcohol or taking drugs appears to be associated with acquaintance rape. Koss (1988) found that at least 55 percent of the victims in her study had been drinking or taking drugs just before the attack. Women who are raped within dating relationships or by an acquaintance are seen as "safe" victims because they are unlikely to report the incident to authorities or even view it as rape. Not only did a mere five percent of the women who had been raped in the Koss study report the incident, but 42 percent of them had sex again with their assailants.

The company one keeps may be a factor in predisposing women to an increased risk of sexual assault. An investigation of dating aggression and the features of college peer groups (Gwartney-Gibbs & Stockard, in Pirog-Good and Stets, 1989) supports this idea. The results indicate that those women who characterized the men in their mixed-sex social group as occasionally displaying forceful behavior towards women were significantly more likely themselves to be victims of sexual aggression. Being in familiar surroundings does not provide security. Most acquaintance rapes take place in either the victim's or the assailant's home, apartment, or dormitory.

VII. Who Commits Acquaintance Rape?

Just as with the victim, it is not possible to clearly identify individual men who will be participants in acquaintance rape. As a body of research begins to accumulate, however, there are certain characteristics which increase the risk factors. Acquaintance rape is not typically committed by psychopaths who are deviant from mainstream society. It is often expressed that direct and indirect messages given to boys and young men by our culture about what it means to be male (dominant, aggressive, uncompromising) contribute to creating a mindset which is accepting of sexually aggressive behavior. Such messages are constantly sent via television and film when sex is portrayed as a commodity whose attainment is the ultimate male challenge. Notice how such beliefs are found within the vernacular of sex: "I'm going to make it with her," "Tonight's the night I'm going to score," "She's never had anything like this before," "What a piece of meat," "She's afraid to give it up."

Nearly everyone is exposed to this sexually biased current by various media, yet this does not account for individual differences in sexual beliefs and behaviors. Buying into stereotypical attitudes regarding sex roles tends to be associated with justification of intercourse under any circumstances. Other characteristics of the individual seem to facilitate sexual aggression. Research designed to determine traits of sexually aggressive males (Malamuth, in Pirog-Good and Stets, 1989) indicated that high scores on scales measuring dominance as a sexual motive, hostile attitudes towards women, condoning the use of force in sexual relationships, and the

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amount of prior sexual experience were all significantly related to self-reports of sexually aggressive behavior. Furthermore, the interaction of several of these variables increased the chance that an individual had reported sexually aggressive behavior. The inability to appraise social interactions, as well as prior parental neglect or sexual or physical abuse early in life may also be linked with acquaintance rape (Hall & Hirschman, in Wiehe and Richards, 1995). Finally, taking drugs or alcohol is commonly associated with sexual aggression. Of the men who were identified as having committed acquaintance rape, 75 percent had taken drugs or alcohol just prior to the rape (Koss, 1988).

VIII. The Effects of Acquaintance Rape

The consequences of acquaintance rape are often far-reaching. Once the actual rape has occurred and has been identified as rape by the survivor, she is faced with the decision of whether to disclose to anyone what has happened. In a study of acquaintance rape survivors (Wiehe & Richards, 1995), 97 percent informed at least one close confidant. The percentage of women who informed the police was drastically lower, at 28 percent. A still smaller number (twenty percent) decided to prosecute. Koss (1988) reports that only two percent of acquaintance rape survivors report their experiences to the police. This compared with the 21 percent who reported rape by a stranger to the police. The percentage of survivors reporting the rape is so low for several reasons. Self-blame is a recurring response which prevents disclosure. Even if the act has been conceived as rape by the survivor, there is often an accompanying guilt about not seeing the sexual assault coming before it was too late. This is often directly or indirectly reinforced by the reactions of family or friends in the form of questioning the survivor's decisions to drink during a date or to invite the assailant back to their apartment, provocative behavior, or previous sexual relations. People normally relied upon for support by the survivor are not immune to subtly blaming the victim. Another factor which inhibits reporting is the anticipated response of the authorities. Fear that the victim will again be blamed adds to apprehension about interrogation. The duress of re-experiencing the attack and testifying at a trial, and a low conviction rate for acquaintance rapists, are considerations as well.

The percentage of survivors who seek medical assistance after an attack is comparable to the percentage reporting to police (Wiehe & Richards, 1995). Serious physical consequences often emerge and are usually attended to before the emotional consequences. Seeking medical help can also be a traumatic experience, as many survivors feel like they are being violated all over again during the examination. More often than not, attentive and supportive medical staff can make a difference. Survivors may report being more at ease with a female physician. The presence of a rape-crisis counselor during the examination and the long periods of waiting that are often involved with it can be tremendously helpful. Internal and external injury, pregnancy, and abortion are some of the more common physical aftereffects of acquaintance rape.

Research has indicated that the survivors of acquaintance rape report similar levels of depression, anxiety, complications in subsequent relationships, and difficulty attaining pre-rape levels of sexual satisfaction to what survivors of stranger rape report (Koss & Dinero, 1988). What may make coping more difficult for victims of acquaintance rape is a failure of others to recognize that the emotional impact is just as serious. The degree to which individuals experience

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-RAPE

these and other emotional consequences varies based on factors such as the amount of emotional support available, prior experiences, and personal coping style. The way that a survivor's emotional harm may translate into overt behavior also depends on individual factors. Some may become very withdrawn and uncommunicative, others may act out sexually and become promiscuous. Those survivors who tend to deal the most effectively with their experiences take an active role in acknowledging the rape, disclosing the incident to appropriate others, finding the right help, and educating themselves about acquaintance rape and prevention strategies.

One of the most serious psychological disorders which can develop as the result of acquaintance rape is Posttraumatic Stress Disorder (PTSD). Rape is just one of many possible causes of PTSD, but it (along with other forms of sexual assault) is the most common cause of PTSD in American women (McFarlane & De Girolamo, in van der Kolk, McFarlane, & Weisaeth, 1996). PTSD as it relates to acquaintance rape is defined in the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition as "the development of characteristic symptoms following exposure to an extreme traumatic stressor involving direct personal experience of an event that involves actual or threatened death or serious injury, or other threat to one's physical integrity" (DSM-IV, American Psychiatric Association, 1994). A person's immediate response to the event includes intense fear and helplessness. Symptoms which are part of the criteria for PTSD include persistent re-experiencing of the event, persistent avoidance of stimuli associated with the event, and persistent symptoms of increased arousal. This pattern of re-experiencing, avoidance, and arousal must be present for at least one month. There must also be an accompanying impairment in social, occupational, or other important realm of functioning (DSM-IV, APA, 1994).

If one takes note of the causes and symptoms of PTSD and compares them to thoughts and emotions which might be evoked by acquaintance rape, it is not difficult to see a direct connection. Intense fear and helplessness are likely to be the core reactions to any sexual assault. Perhaps no other consequence is more devastating and cruel than the fear, mistrust, and doubt triggered by the simple encounters and communication with men which are a part of everyday living. Prior to the assault, the rapist had been indistinguishable from non rapists. After the rape, all men may be seen as potential rapists. For many victims, hyper-vigilance towards most men becomes permanent. For others, a long and difficult recovery process must be endured before a sense of normalcy returns.

IX. Prevention

The following section has been adapted from *I Never Called It Rape*, by Robin Warshaw. Prevention is not just the responsibility of the potential victims, that is, of women. Men may try to use acquaintance rape myths and false stereotypes about "what women really want" to rationalize or excuse sexually aggressive behavior. The most widely used defense is to blame the victim. Education and awareness programs, however, can have a positive effect in encouraging men to take increased responsibility for their behavior. Despite this optimistic statement, there will always be some individuals who won't get the message. Although it may be difficult, if not impossible, to detect someone who will commit acquaintance rape, there are some characteristics which can signal trouble. Emotional intimidation in the form of belittling comments, ignoring, sulking, and dictating friends or style of dress may indicate high levels of hostility. Project-



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: TYPES OF SEXUAL ASSAULT-RAPE

ing an overt air of superiority or acting as if one knows another much better than the one actually does may also be associated with coercive tendencies. Body posturing such as blocking a doorway or deriving pleasure from physically startling or scaring are forms of physical intimidation. Harboring negative attitudes toward women in general can be detected in the need to speak derisively of previous girlfriends. Extreme jealousy and an inability to handle sexual or emotional frustration without anger may reflect potentially dangerous volatility. Taking offense at not consenting to activities which could limit resistance, such as drinking or going to a private or isolated place, should serve as a warning.

Many of these characteristics are similar to each other and contain themes of hostility and intimidation. Maintaining an awareness of such a profile may facilitate quicker, clearer, and more resolute decision-making in problematic situations. Practical guidelines which may be helpful in decreasing the risk of acquaintance rape are available. Expanded versions, as well as suggestions about what to do if rape occurs, may be found in *Intimate Betrayal: Understanding and Responding to the Trauma of Acquaintance Rape* (Wiehe & Richards, 1995) and *I Never Called It Rape* (Warshaw, 1994).

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This analysis was adapted from *Perspectives on Acquaintance Rape* by David G. Curtis, Ph.D., B.C.E.T.S. *Clinical Associate, Long Island Psychological Associates, P.C.* for The American Academy of Experts in Traumatic Stress, Inc.

TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: FACT SHEET

- Sexual harassment is defined as any unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.
- Trafficking is defined as the recruitment, harboring, provision, receipt, transportation and/or obtaining of individuals; using force or threats of it, coercion, fraud and/or using systems of indebtedness or debt bondage; for purposes of sexual or other forms of economic exploitation.
- There is no universal definition of child sexual abuse. However, it occurs when someone uses a child for their own sexual gratification.
- Child Pornography is defined as "...any representation, by whatever means, of a child engaged in real or simulated explicit sexual activities or any representation of the sexual parts of a child for primarily sexual purposes."
- Stalking is defined as a willful course of conduct involving repeated or continuing harassment of another individual that would cause a reasonable person to feel terrorized, frightened, intimidated, threatened, harassed, or molested, and that actually causes the victim to feel terrorized, frightened, intimidated, threatened, harassed, or molested.
- Rape is defined as a victim having sexual intercourse against his/her will and without his or her consent.
- Acquaintance rape, which is also referred to as "date rape" and "hidden rape," is defined as being subjected to unwanted sexual intercourse, oral sex, anal sex, or other sexual contact through the use of force or threat of force.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER TWO: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training increased my knowledge on the various behaviors that constitute sexual assault.	5	4	3	2	1
3.	This training explored child sexual abuse in depth and the significance of child pornography.	5	4	3	2	1
4.	This training analyzed rape, the most commonly committed sexual assault crime.	5	4	3	2	1
5.	I feel that I learned a great deal in this training session.	5	4	3	2	1
6.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
7.	I will apply what I learned back on my job.	5	4	3	2	1

8. What were the chief benefits of this training session?

9. What topics in the training needed to be covered in more detail?

10. I will take the following action steps in my work as a result of this training:

11. Any other comments, recommendations, thoughts?



CHAPTER THREE
THE IMPACT OF SEXUAL ASSAULT



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	IMPACT OF SEXUAL ASSAULT
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH
TIME ALLOTTED	30 MINUTES
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter Three:

At the conclusion of this lesson, the participants will:

- Identify basic statistics for youth and sexual assault
- Explore the physical injury and psychological impact of rape
- Address Rape Trauma Syndrome





TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

Sexual violence is any act (verbal and/or physical) which breaks a person's trust and/or safety and is sexual in nature. Victims/survivors of sexual assaults are forced, coerced, and/or manipulated to participate in unwanted sexual activity. Adolescent women are at a higher risk for sexual violence than any other age group. Part of the reason for this is the large number of date/acquaintance rapes which occur at this age. This is coupled with the fact that many adolescents are victims of sexual abuse and incest as well. Due to past or ongoing sexual abuse, teens with these experiences are more likely than their non-abused peers to participate in "delinquent" teenage behaviors including those which result in school problems, conflict with authority, early sexual behavior, and eating problems. These behaviors may help the teen escape from jeopardy and/or serve as a cry for help.

Date/acquaintance rape is sexual assault perpetrated by someone known to the victim such as: a friend, an employer, a date, or someone the victim/survivor recently met. It is almost entirely perpetrated by males against females. It is NEVER the victim/survivor's fault no matter what she wore, where she was, whether or not she fought back, or whether or not she was drinking. The perpetrators are 100% responsible for their actions. Rape, including date/acquaintance rape, is violence where sex is used as the weapon. Date/acquaintance rapists often believe myths such as: women owe men sex if they spend money on her; some women play hard to get and say "no" when they mean "yes;" and women enjoy being pursued by an aggressive male.

Individuals who have been assaulted and/or abused by someone they know may feel guilty or responsible for the abuse, feel betrayed, question their judgment and have difficulty trusting people. Recovery from an assault can be assisted by contacting an advocate who understands the needs of sexual assault victims. Many communities have rape crisis centers with 24-hour counseling and advocacy services.

Facts:

- A woman has a 4 times greater chance of being raped by someone she knows than by a stranger (I Never Called it Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape. Robin Warshaw. New York, Harper and Row Publishers, 1988).
- The risk of rape is four times higher for women aged 16 to 24, the prime dating age (Warshaw, 1988).
- Young women between the ages of 14 and 17 represent an estimated 38% of those victimized by date rape (Warshaw, 1988).
- Studies indicate that dating violence affects at least 1 in 10 teen couples. It is one of the major sources of violence in teen life (Dating Violence: Young Women in Danger, Barrie Levy, Seattle, Washington: Seal Press, 1991).
- A 1992 Washington State study of 535 teen mothers revealed that the first pregnancies of 62% of the participants were preceded by experiences of molestation, rape, or attempted rape. The mean age of their offenders was 27.4 years. ("Sexual Abuse as a Factor in Adolescent Pregnancy & Child Maltreatment," Family Planning Perspectives, 24:4, Jan./Feb., 1992).



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

- In a study of 769 male students, grades 7-12 in rural Wisconsin, 52% reported engaging in sexually aggressive behavior. 24% engaged in the unwanted sexual touch of another teen; 15% engaged in sexual coercion (such as lying) to initiate sexual activity; 14% engaged in assaultive behavior (use of physical force, threats of physical force, or using alcohol to gain sexual activity) (Adolescent Male Sexual Aggression: Incidents and Correlates, Donell Kerns, Ph.D., thesis, UW-Madison, 1994).
- 7% of 18-22 year olds have experienced at least one episode of non-voluntary sexual intercourse. Women were more likely than men to report having had such an experience, with just under half of all non-voluntary experiences among women occurring before the age of 14 ("Nonvoluntary Sexual Activity Among Adolescents," Kristin Anderson Moore, et al., *Family Planning Perspectives*, 16:21, May/June, 1989).
- The National Women's Survey of 714 adult women found that 32.2% had experienced forcible rape between the ages of 11-17. (Rape In America: A Report to the Nation on Rape, National Victim Center & Crime Victims Research and Treatment Center, 1992).
- Violent child victimizers were substantially more likely than those with adult victims to have been physically or sexually abused as children. (Child Victimization: Violent Offenders and Their Victims, Bureau of Justice Statistics Executive Summary, March, 1996).
- 43% of rapes and sexual assaults of children under 18 were committed in the victim's home. (Bureau of Justice Statistics, March, 1996).
- More than a million U.S. teenagers are sexually assaulted each year and nine out of ten teenagers report knowing the perpetrator (Smith, White & Holland, 2003).
- In a recent study, one in 12 students reported that they were forced to do sexual things at least once in the previous month (Dept. of Justice, 2000).
- Over 65% of all reported sexual assault victims are under 18 (Dept. of Justice, 2000).
- Among teenagers between 12 and 17, eight percent report that the most important problem facing them is violence and crime in school. Another eight percent report that sexual issues are the most important problem facing them (National Center on Addiction and Substance Abuse, 1997).



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

Women live in fear of sexual assault all of our lives. This has a profound impact on what we dream for ourselves and how we conduct ourselves in our day-to-day lives. As a result, sexual assault has a profound and immeasurable impact on society. We must acknowledge that rape is terribly devastating and sometimes murderous. We must recognize that there is a social cost when 50 percent of the population lives with the fear and/or the trauma of sexual violence. We must be committed to stopping rape; we must engage our communities in responding to victims and preventing sexual victimization. Communities need to adopt rape prevention strategies that put an end to stereotypical misconceptions about rape (e.g., that young, attractive women are assaulted in alleys by strange, sexually deranged men) and promote equality, respect, and the right of women and children to live free of sexual assault.

Physical Injury

Dr. Ann Wolbert Burgess and Linda Lytle Holmstrom, pioneer workers in rape crisis and recovery, recorded signs and symptoms of trauma from the medical records of 146 victims age five to seventy-three that they assisted at Boston City Hospital in the early 1970s. Signs of physical trauma (trauma visible to the eye) were indicated on 86 (58.9%) of the victims. The face received the greatest number of bruises. Bruises were a result of being hit or slapped with the assailant's hand or fist. Struggles often resulted in abrasions to the back, arms and limbs (Burgess and Holmstrom, 1979).

A later study by Drs. Judith E. Tintinalli and Marion Hoelzer of the Detroit Receiving Hospital and University Health Center included 372 female sexual assault victims. The age range of the victims was thirteen to seventy-eight years old; 87 percent were over eighteen years of age; of those, 3 percent were age fifty or older. Of the study group, 20 percent had a history of prior sexual assault. There were 148 sites of injury in 118 (32%) patients. Areas of injury were (1) face, head and neck; (2) trunk; (3) extremities; and (4) vaginal/perineal. Injuries to the face, head and neck were most common, comprising 41% of all injuries. Every case of vaginal or perineal trauma was accompanied by victim statements of pain, bleeding, or both. Of the eleven victims who were over age fifty, seven (63%) were injured (Tintinalli and Hoelzer, 1985).

Some rape victims are murdered. Dr. Mark L. Rosenberg noted in a study, "Homicide and Assaultive Behavior," that of the 170,000 rapes and attempted rapes reported to the FBI in 1980, 200 ended in murder (Rosenberg, 1985). In 1990, there were 305 deaths reportedly connected to sexual victimization. The actual incidence is undoubtedly higher.

Despite the historical myth that rape by one's partner is a relatively insignificant event causing little trauma, research indicates that marital rape often has severe and long-lasting consequences for women (Bergen, 1999, and sources cited therein). The physical effects of marital rape may include injuries to the vaginal and anal areas, lacerations, soreness, bruising, torn muscles, fatigue, and vomiting. Women who have been battered and raped by their husbands may suffer other physical consequences including broken bones, black eyes, bloody noses, and knife wounds that occur during the sexual violence. One study found that one half of the marital rape

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survivors in their sample were kicked, hit, or burned during sex. Specific gynecological consequences of marital rape include vaginal stretching, miscarriages, stillbirths, bladder infections, infertility, and the potential contraction of sexually transmitted diseases including HIV.

Psychological Impact

The psychological cost to the victim is difficult to measure. Burgess and Holmstrom conducted a follow-up study four to six years after the victims' initial contact with Boston City Hospital. The researchers wanted to assess how the victims viewed their victimization experience and how they ranked it as a crisis in their lives. Eighty-one of the 146 victims responded. Forty percent of the victims ranked the rape as the most upsetting event in their lives. Victims remarked on how the rape "messed up" their lives or changed their lives dramatically. Almost 30 percent of the victims ranked the rape as highly stressful. These women said the rape was worse than: a parent's death, another victimization, a family suicide, a fatal automobile accident, or having a child taken away by a social service agency or other personal family problems.

The majority of victims (74 percent) felt they had recovered by the time of the follow-up study (4-6 years). Of these, thirty-seven percent said recovery had taken a matter of months; the other 37 percent said recovery had taken place "within years." Twenty-six percent of the victims did not feel recovered by the time of the follow-up (Burgess and Holmstrom, 1979).

Similar to other survivors of sexual violence, some of the short-term effects of marital rape include anxiety, shock, intense fear, depression, suicidal ideation, and post-traumatic stress disorder (Bergen, 1999, and sources cited therein). Compared to women raped by strangers and those whom they don't know well, marital rape survivors report even higher rates of anger and depression. Long-term effects often include disordered eating, sleep problems, depression, problems establishing trusting relationships, and increased negative feelings about themselves. Research has also indicated that the psychological effects are likely to be long lasting—some marital rape survivors report flashbacks, sexual dysfunction, and emotional pain for years after the violence.

Marie Marshall Fortune, Director of the Center for Prevention of Sexual and Domestic Violence in Seattle, Washington and author of *Sexual Violence*, deftly summarizes the physical and psychological impact of rape:

Sexual violence is, first and foremost, an act of violence, hatred, and aggression. Whether it is viewed clinically or legally, objectively or subjectively, violence is the common denominator. Like other acts of violence (assault and battery, murder, nuclear war), there is a violation of and injury to victims. The injuries may be psychological or physical. In acts of sexual violence, usually the injuries are both.

For many, the realization that sexual violence is primarily violent and only sec-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

ondarily sexual in nature has been difficult to accept. There have been years of indoctrination that in “sex crimes” there are rapists who cannot control themselves and victims who really want to be raped. In this erroneous stereotype, sexual violence is seen as being primarily sexual in nature. In fact, rape and child sexual abuse are acts of violence which are injurious. Any victim of rape knows that she has experienced the most violent act possible short of murder. And any victim of child sexual abuse is haunted by the helplessness she felt at the hands of the molester who sought to control and exploit her (Fortune, 1983).

Rape Trauma Syndrome

After a woman is sexually assaulted, those responding to the victim, including family, friends, hospital personnel, and law enforcement officials are often confused by her behavior. They may wonder: “Why can't she remember how long the attack lasted, what the attacker looked like, or where it occurred? Why didn't she scream, fight back, or try to escape? Why doesn't she remember any pain? Why isn't she crying? Why did she wait so long to report?” To answer these questions, we need to understand the trauma of rape and how it affects the victim. Research has shown that there is a range of physical and emotional symptoms commonly experienced by rape victims. This complex series of reactions has come to be known as Rape Trauma Syndrome.*

In 1980, the Diagnostic and Statistical Manual of Mental Disorders II (DSMII) of the American Psychiatric Association first included the diagnosis of Post-Traumatic Stress Disorder. Rape Trauma Syndrome is considered a form of Post-Traumatic Stress Disorder. According to the manual, the essential and distinguishing feature of Post-Traumatic Stress Disorder “is the development of characteristic symptoms following a psychologically traumatic event, such as sexual assault, that is generally outside the range of usual human experience”. Victims of other catastrophic events such as earthquakes or war often experience similar crises. Every person is unique, and every person's experiences are different; however, Rape Trauma Syndrome can be a useful guide to understand the reactions that are common to many people faced with the crisis of sexual victimization.

Phases of Rape Trauma Syndrome

Recent research has continued to refine what we know about Rape Trauma Syndrome. In her 1992 book *Trauma and Recovery*, Judith Herman writes about the impact of trauma. She argues that the response to a threatening event such as sexual assault involves a mind-body reaction. The body reacts with an increase in the arousal of the sympathetic nervous system, putting the body in a “state of alert.” Often, during this time, ordinary senses and perceptions such as time, fatigue, pain, and hunger are altered. Intense feelings of fear and anxiety may be experienced. If the victim of a trauma finds herself unable to fight back or flee, the impact of the trauma is multiplied. This combination of physical and psychological helplessness can produce long-standing changes in the victim's stress response system.

* Rape Trauma Syndrome is referenced as a result of rape and is in no way to be construed as victim-blaming. This section is adapted from “Rape Trauma Syndrome,” by Linda Albert in *Rape Crisis Advocacy: A Voice for Victims*, published by the Illinois Coalition Against Sexual Assault in October 2000.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

Currently, rape crisis workers use either a two or four stage model of Rape Trauma Syndrome. All models describe the same pattern of reactions to rape, but they differ in the way they address the temporal stages of the victim's responses. The detailed four-stage model described below draws on the work of Burgess and Holmstrom. The phases detailed occur on a continuum and do not necessarily present themselves in sequential order.

Phase I: This phase of Rape Trauma Syndrome is experienced during the attack. Once attacked, the victim is unsure of what is happening to her; she is stunned and shocked. At some point during the attack, the victim realizes that something “bad”, “terrible” or “hurtful” is happening. At this point, the victim may become paralyzed by fear, her sense of time may be distorted, and she may dissociate from the fear and/or pain she is feeling. The victim may feel as if she is outside of herself, watching the assault happen. This is a form of dissociation. Her focus is typically on simply trying to survive the assault.

Phase II: This phase, often referred to as the Acute Phase, typically occurs after the sexual assault. The victim is in a state of shock and disbelief. Her primary concern is getting to a safe place. At this point, it is not unusual for the victim to comply with the perpetrator's demands, behavior that may puzzle those investigating the sexual assault. For instance, victims have been known to drive their perpetrators home after a sexual assault, to acquiesce to the perpetrator's demands that they continue to see him after the assault, even to go to the store and buy items requested by the perpetrator and bring them back to him. This behavior is often motivated by extreme fear on the part of the victim.

It is common for the victim not to tell anyone about the attack. Delayed reporting is also common. The victim may fear that if she tells she will be blamed, or that the attacker will return to hurt her further. Many victims report that their attacker threatened them with dire consequences if they reported the assault to anyone. Adolescent victims seldom report immediately to parents as they often assume the responsibility for the assault and fear parental consequences. During this phase, the victim may be afraid to go to places she usually would frequent. The victim may isolate herself or see danger around every corner. If she chooses to report her assault, the stress and shock she is experiencing may cause her to exhibit behaviors that are surprising to those to whom she reports. For example, she may not cry or seem angry when recounting the details of the assault. In fact, she might laugh or present a flat affect, seeming to show no reaction to the rape.

Intrusive behaviors and thoughts are also common during Phase II. This includes a sense of re-experiencing the attack, nightmares, flashbacks, crying spells, anxiety attacks, and sudden mood fluctuations. The victim may also experience physical illness such as stomachaches, headaches, or body pains. These reactions are often “triggered” by something unknown to the victim. She may be in a relatively safe environment and suddenly have a flashback or intense anxiety. These intrusive feelings and thoughts can have a

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

significant impact on the victim's ability to function in her daily routine. The victim may also experience a sense of numbness, dissociation, or loss of memory regarding the event. This reaction defends the body and mind from having to process the trauma too quickly for the survivor to handle. This explains why the victim may not remember certain aspects of the assault.

Phase III: This phase is often referred to as Outward Adjustment. In an attempt to put the sexual assault behind her and move on with her life, the victim may suddenly want to drop out of counseling or stop pursuing legal action. It is also common for the victim to try to convince others that she is no longer affected by the sexual assault. However, most victims are actually experiencing a significant amount of internal stress. Stress may trigger a return of many of the behaviors, thoughts, and emotions experienced during Phase II.

Phase IV: Typically referred to as the Resolution or Integration Phase, this is where the victim will process the trauma from the sexual assault and begin to integrate the experience into her life. The victim begins to recognize that the sexual assault is only a part of her, rather than the essence of who she is. This is often referred to as becoming a "survivor" as the person understands that she was not responsible for the assault. She places the responsibility on the perpetrator, and commits herself to moving on with her life. She may still experience problems with the physical and emotional symptoms of earlier states, but she has learned to manage them and they become less disruptive to her daily routine. There is a great variety as to when survivors enter this fourth phase. Some may reach it after only several months and others may find it takes years of hard work and courage to emerge as a survivor.

Rape Trauma Syndrome and Advocacy

Because of the level of trauma experienced during and after a sexual assault, most survivors state that they are forever changed by the assault. They will never forget it, and they work to manage its impact as they go through life. Having a thorough understanding of Rape Trauma Syndrome can be an important part of their healing process. It can also aid them in understanding why they may have a particular reaction at any point. This understanding can support the victim in continuing with legal remedies or seeking the assistance of a counselor. An advocate's role is to inform the victim about Rape Trauma Syndrome and its effects on her. The advocate can also explain Rape Trauma Syndrome to medical and legal personnel who are confused by the victim's behavior or demeanor after the assault. This intervention is critical to helping victims work with the system and ultimately heal from the trauma of sexual assault.

Recognizing the Traumatic Effects of Court Proceedings

A sexual assault victim's participation in court proceedings can be very stressful. Moreover, testifying in court, especially about such personal and violating circumstances, can be very trau-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: THE IMPACT OF SEXUAL ASSAULT

matic. This fear may arise from the proximity of the alleged perpetrator, reactions to testimony and other evidence presented at trial, attacks on the victim's credibility, and a perception that the judge and jury may not believe the victim's testimony (Resick, 1987). This is especially true of facing the alleged perpetrator. Looking at the defendant, or even preparing to do so, may remind the sexual assault victim of the circumstances underlying the alleged crime and thereby produce psychological trauma (Wiebe, 1996). This traumatic effect may be heightened for a sexual assault victim in a case where the defendant has chosen to represent himself or herself rather than being represented by counsel. In such a case, the encounter with the defendant may be direct: the defendant may choose to cross-examine the victim directly rather than through stand-by counsel. Apart from testifying and recounting extraordinarily personal circumstances, a sexual assault victim's participation in court proceedings may involve missing work, rearranging her daily schedule, waiting for hearings in crowded hallways and courtrooms, and dealing with continuances and delays.

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This section is adapted from "Rape Trauma Syndrome," by Linda Albert in *Rape Crisis Advocacy: A Voice for Victims*, published by the Illinois Coalition Against Sexual Assault in October 2000.

TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: FACT SHEET

- Adolescent women are at a higher risk for sexual violence than any other age group.
- It is NEVER the victim/survivor's fault no matter what she wore, where she was, whether or not she fought back, or whether or not she was drinking.
- Individuals who have been assaulted and/or abused by someone they know may feel guilty or responsible for the abuse, feel betrayed, question their judgment and have difficulty trusting people.
- Dr. Ann Burgess and Linda Holmstrom recorded signs and symptoms of trauma from the medical records of victims age five to seventy-three that they assisted. Signs of physical trauma were indicated on 58.9% of the victims. The face received the greatest number of bruises.
- The physical effects of rape may include injuries to the vaginal and anal areas, lacerations, soreness, bruising, torn muscles, fatigue, and vomiting. Women who have been battered and raped by their husbands may suffer other physical consequences including broken bones, black eyes, bloody noses, and knife wounds that occur during the sexual violence.
- Women have said the rape was worse than: a parent's death, another victimization, a family suicide, a fatal automobile accident, or having a child taken away by a social service agency or other personal family problems.
- Rape Trauma Syndrome refers to the complex range of physical and emotional symptoms commonly experienced by rape victims.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER THREE: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training identified basic statistics for youth and sexual assault.	5	4	3	2	1
3.	This training explored the physical injury and psychological impact of rape.	5	4	3	2	1
4.	This training addressed Rape Trauma Syndrome.	5	4	3	2	1
5.	I feel that I learned a great deal in this training session.	5	4	3	2	1
6.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
7.	I will apply what I learned back on my job.	5	4	3	2	1

8. What were the chief benefits of this training session?

9. What topics in the training needed to be covered in more detail?

10. I will take the following action steps in my work as a result of this training:

11. Any other comments, recommendations, thoughts?



CHAPTER FOUR
ALCOHOL, DRUGS AND
SEXUAL ASSAULT



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	ALCOHOL, DRUGS AND SEXUAL ASSAULT
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH
TIME ALLOTTED	1 HOUR
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter Four:

At the conclusion of this lesson, the participants will:

- Explore alcohol and its presence in sexual assaults
- Explore Rohypnol as a date rape drug
- Explore GHB as a date rape drug
- Explore Ketamine as a date rape drug





Alcohol and Sexual Assault

“Sexual assault of adolescent and adult women has been called a silent epidemic, because it occurs at high rates yet is rarely reported to the authorities (Koss 1988).” There are several reasons why victims choose not to report sexual assault that range from the fear of not being believed to not knowing that what they experienced is legally defined as sexual assault.

Studies show that sexual assault is extremely prevalent in today’s society. However, because it goes unreported the majority of the time, estimates have to be taken from a variety of sources, such as interviews with victims and perpetrators, surveys of college students and women, in addition to the data collected from police reports. Statistics show that 25 percent of American women have been sexually assaulted and 18 percent have experienced rape. Statistics also illustrate that 50 percent of college women have been sexually assaulted and 27 percent have experienced rape or attempted rape. College women are at a higher risk of being sexually assaulted because there are more social situations present in which sexual assaults are likely to occur.

Alcohol consumption is a recurrent factor in sexual assault. It is important to note that while alcohol consumption places the victim at an increased risk of being sexually assaulted, this in no way blames or places responsibility for the assault on the victim. Sexual assault is ALWAYS the perpetrator’s fault.

Although most rapes are committed by an acquaintance of the victim, most reported rapes are those committed by a stranger. Alcohol-involved sexual assaults and non-alcohol-involved sexual assaults share common characteristics, such as the perpetrator is an acquaintance of the victim, either a friend or date, and he uses physical force or a verbal threat to sexually assault the victim who expresses her non-consent and tries to resist. However, the two differ in that in alcohol-related rapes the relationship between the victim and perpetrator is in the beginning stages, meaning that they do not know each other well, and the assault is more likely to happen in the place of meeting, such as a party or bar.

In investigating alcohol’s role in sexual assault, there are two main avenues that have to be explored: (1) surveys of victims and perpetrators and (2) laboratory studies of alcohol effects on human behavior. With sexual assault being such an intimate and personal crime, the first serves as the primary source of information. Both approaches are needed for accuracy because both approaches are limited. “Surveys of victims and perpetrators cannot unequivocally demonstrate a cause effect relationship between alcohol and sexual assault, whereas laboratory studies cannot measure actual responses to sexual assault.”

In studying alcohol’s contribution to sexual assault, it is important to examine both distal factors that include variables such as personality traits, attitudes and general life experiences of the individuals involved as well as situational factors, such as the prevalence of alcohol consumption, the location and environment of the assault as well as the quality of the relationship between the victim and the perpetrator. Important findings regarding distal factors include:

This analysis was written by Janelle Jones Douglas for the Tennessee Social Norms Project for the Tennessee Coalition Against Domestic and Sexual Violence. This is a summary of “Alcohol and Sexual Assault” by Antonia Abbey, Ph.D. and colleagues.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT
CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

- Perpetrators of sexual assault were more likely to illustrate a more hostile and less empathetic personality towards women than other men.
- Perpetrators of sexual assault were more likely to embrace traditional patriarchal stereotypes about gender roles than other men.
- Perpetrators of sexual assault were more likely to experience abuse or violence and partake in sexual activity at an earlier age and more frequently than other men.

Researchers connect alcohol consumption and alcohol expectancies to sexual assault, which are illustrated in the table below. (taken from original article)

	Perpetrators	Victims
Distal Factors	General, heavy alcohol consumption	General, heavy alcohol consumption
	Alcohol expectancies about sex, aggression, and disinhibition	Childhood sexual abuse
	Stereotypes about drinking women being sexually available and appropriate targets	
Situational Factors	Heavy drinkers spend time in bars and at parties	Heavy drinkers spend time in bars and at parties
	Drinking is used as an excuse for socially unacceptable behavior	Alcohol's cognitive impairments reduce ability to evaluate risk
	Alcohol's cognitive impairments enhance misperception of the woman's friendly cues as sexual	Alcohol's motor impairments reduce ability to resist effectively
	Alcohol's cognitive impairments facilitate an aggressive response if the man feels he has been "led on"	

This table also shows the main distal factors of victims. Importantly, the table indicates personality characteristics are not strong predictors of victimization. However, findings conclude that sexual assault victims were more likely to have been victims of childhood sexual abuse than other women and victims often use alcohol during sexual encounters to help cope with mixed emotions toward sexual acts in general.

Situational factors that must be explored when examining sexual assault include the location, the relationship between the victim and the perpetrator, and alcohol consumption. In a situation where the victim and perpetrator are unknown to each other, such as a party or bar, heavy alco-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

hol consumption by the victim makes her a “target” for sexual assault, whereas alcohol serves as “liquid courage” for the perpetrator. However, given a situation in which the victim and perpetrator are either acquaintances or friends, alcohol consumption serves as an excuse for the perpetrator’s behavior.

Because 80% of all sexual assaults occur during social interactions where consensual sex is a potential conclusion, one must recognize that a man’s interpretation or misinterpretation of the situation between him and the victim may influence how he responds. The original article describes the following scenario to illustrate this point.

“As male-female interaction progresses, a woman who has been misperceived as being interested in sex may realize that her companion is reading more into her friendliness than she intended. However, she may not feel comfortable giving a direct message of sexual disinterest, because traditional female gender roles emphasize the importance of being nice and “letting men down easy.” The man, in turn, may not take an indirect approach to expressing sexual disinterest seriously. Research on the power of stereotypes, expectancies, and self-fulfilling prophecies demonstrate that when people have an expectation about a situation or another person, they tend to observe and recall primarily the cues that fit their hypothesis and to minimize or ignore the cues that contradict their hypothesis. Consequently, when a man hopes that a woman is interested in having sex with him, he will pay most attention to the cues that fit his expectation and disregard cues that do not support his expectation. Studies with both perpetrators and victims have confirmed that the man’s misperception of the woman’s degree of sexual interest is a significant predictor of sexual assault (Abbey et al. 1996a, 1998).”

General research on alcohol’s effect on aggressive and sexual behavior shows that alcohol’s effect on aggressive behavior is more cognitive and alcohol’s effect on sexual behavior is more psychological. This means that when a man is intoxicated, aggression seems like a more reasonable response in situations. However, when a man is heavily intoxicated his sexual response decreases, but when his alcohol consumption is low or moderate, then his sexual arousal increases.

Alcohol effects in sexual assault situations are explained in a model developed by Abby and colleagues (1994, 1996b). The model examines alcohol at two discrete points; the first being during the stage of initial interaction while the man is examining the potential of a consensual sexual relationship with the woman and during the final stage where the perpetrator forces sex against the victim’s will. The first point in which the man is evaluating the likelihood of sexual intercourse is an ongoing process. During this process the man is examining the woman’s verbal and non-verbal communication and receiving them in a way that seems more sexually positive than actually conferred. If the woman is drinking as well, then she aware of her non-sexual indications but is not conscious of the signs that the man gives indicating that he has misread her signals.

In the latter stage of this model, alcohol is not a necessary variable because some men feel that

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they are entitled to sex if the woman has led them on. Alcohol does, however, increase the likelihood that a man would respond aggressively in this situation, especially if he feels in some way that his manhood has been threatened. If a man feels that a woman has agreed to sex and then changes her mind, the man perceives her resistance as a threat and therefore, retaliates in an aggressive manner. “The effect of his aggressive behavior is further exacerbated if the woman is intoxicated, because alcohol’s effects on motor skills may limit her ability to resist effectively (Koss and Dinero 1989).”

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Alcohol Involved in Most Date-Rape Cases; Reported incidents are usually difficult to prosecute

Dennis O'Brien, Baltimore Sun
Friday, December 1, 2000

Baltimore -- The Towson University student had turned 21 that day and was out to celebrate. She went to a bar with friends and with their encouragement, she said, drank eight shots of liquor in a little more than an hour.

But police said later that night the woman became the victim of a type of assault that is often not reported and difficult to prosecute.

A 29-year-old acquaintance returned with the woman to her apartment the night of Oct. 11, 1999, then assaulted her after she passed out, according to Baltimore County Circuit Court records. He was charged with second-degree rape but pleaded guilty to a lesser charge.

While "date-rape drugs" -- pills slipped into a woman's drink to incapacitate her -- have gained widespread publicity, experts say that alcohol is still the most common substance used in such incidents.

"Alcohol is definitely the No. 1 date-rape drug," said Jessica Cavey, education coordinator at Turn Around Inc., a rape counseling center that works with sexual assault victims at Towson-area hospitals.

Experts emphasize that victims of acquaintance rape are not to blame for the attack -- whether they've been drinking or not.

"It doesn't matter what you wear and it doesn't matter how much you drink. If a guy's going to rape you, he's made that decision, and you didn't choose to be a victim," Cavey said.

But prosecutors say when charges are filed, the cases can be difficult to prosecute.

For a conviction, jurors must decide that they believe a victim -- whose memory might be clouded by alcohol -- over the word of a defendant who knows the victim and can claim the sex was consensual.

"They're probably the hardest cases we have, and the flip side is that they're really traumatic for the victim," said Assistant State's Attorney Jill Savage, who is assigned to Baltimore County's sexual assault unit.

In the case of the Towson University student, prosecutors accepted the defendant's plea to second-degree assault Oct. 26, cutting short a four-day jury trial in Baltimore County Circuit Court.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT
CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

He was sentenced to 200 hours of community service as part of the plea agreement. "I just wanted him held accountable," said Assistant State's Attorney James O. Gentry, who prosecuted Boyd.

Similar cases are pending in Maryland courts.

Assistant State's Attorney John Cox, who is head of the Baltimore County state's attorney's sexual assault unit, is prosecuting a mechanic based at Aberdeen Proving Ground. The man is accused of raping a female soldier in June when she passed out in her White Marsh hotel room after they spent a night drinking together.

Three Naval Academy football players have been charged with raping a female midshipman in June at an off-campus party where police said there was heavy drinking.

Police say the victim was assaulted while she was unconscious in the bedroom of a home in Arnold, outside Annapolis.

In October, 250 students rallied at University of Maryland, College Park, to voice alarm over a series of date rapes at the campus. Four sexual assaults -- each involving victims who knew their assailants -- have been reported to campus police since the fall semester started in August.

"We'll do everything we can to turn this around," University President C.D. Mote Jr. told the students.

Police departments report the number of rapes that occur each year, but they do not break down the number of rapes committed by those who knew their victims, or those cases in which alcohol was a factor.

Scott Rouch, community services supervisor for the Towson University police, said that recent surveys on college campuses nationwide estimate that 5 percent of sexual assaults are reported to police.

"Sexual offenses have always been one of the least reported of crimes," Rouch said. Cavey and other experts agreed, saying that victims are often reluctant to report rapes or other sexual assaults because they worry about their credibility or they want to avoid recounting the experience to police and to a jury.

"You can be victimized all over again," Cavey said. College police departments say they do what they can to prevent rapes on campus.

At University of Maryland, College Park, campus police offer 24-hour escorts, a shuttle bus service to dormitories, emergency phones and classes on security for the school's 33,000 students.



Club Drugs Overview

In recent years, certain drugs have emerged and become popular among teens and young adults at dance clubs and "raves." These drugs, collectively termed "club drugs," include MDMA/ Ecstasy (methylenedioxymethamphetamine), Rohypnol (flunitrazepam), GHB (gamma hydroxybutyrate), and Ketamine (ketamine hydrochloride).

Producing both stimulant and psychedelic effects, MDMA is often used at parties because it enables party-goers to dance and remain active for long periods of time. This substance is usually ingested in tablet form, but can also be crushed and snorted, injected, or used in suppository form.¹

The tasteless and odorless depressants Rohypnol and GHB are often used in the commission of sexual assaults due to their ability to sedate and intoxicate unsuspecting victims. Rohypnol, a sedative/tranquilizer, is legally available for prescription in over 50 countries outside of the U.S. and is widely available in Mexico, Colombia, and Europe.² Although usually taken orally in pill form, reports have shown that some users grind Rohypnol into a powder and snort the drug.³

GHB, available in an odorless, colorless liquid form or as a white powder material, is taken orally and is frequently combined with alcohol. In addition to being used to incapacitate individuals for the commission of sexual assault/rape, GHB is also sometimes used by body builders for its alleged anabolic effects.⁴

The abuse of ketamine, a tranquilizer most often used on animals, became popular in the 1980s, when it was realized that large doses cause reactions similar to those associated with the use of PCP, such as dream-like states and hallucinations.⁵ The liquid form of ketamine can be injected, consumed in drinks, or added to smokable materials. The powder form can also be added to drinks, smoked, or dissolved and then injected.⁶ In some cases, ketamine is being injected intramuscularly.⁷

Extent of Use

According to the 2003 National Survey on Drug Use and Health, an estimated 10.9 million Americans aged 12 or older tried MDMA at least once in their lifetimes, representing 4.6% of the U.S. population in that age group. The number of past year MDMA users in 2003 was 2.1 million (0.9% of the population aged 12 and older) and the number of past month MDMA users was 470,000 (0.2%). The past year and past month figures are down from 2002 when approximately 3.2 million (1.3% of the population aged 12 and older) reported past year MDMA use and 676,000 (0.3%) reported past month MDMA use.⁸

Among 12–17 year olds surveyed in 2003, 2.4% reported lifetime MDMA use, 1.3% reported past year MDMA use, and 0.4% reported past month MDMA use. Among 18–25 year olds surveyed in 2003, 14.8% reported lifetime MDMA use, 3.7% reported past year MDMA use, and 0.7% reported past month MDMA use.⁹

The Youth Risk Behavior Surveillance System (**YRBSS**) study by the Centers for Disease Control and Prevention (**CDC**) surveys high school students on several risk factors including drug

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT
CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

and alcohol use. For the first time in 2003, the YRBSS collected data on lifetime use of MDMA. Results of the 2003 survey indicate that 11.1% of high school students reported using MDMA at some point in their lifetimes (11.6% of male students and 10.4% of female students). The 2003 lifetime MDMA figures broken down by grade are as follows: 10.9% for 9th graders, 9.0% for 10th graders, 11.4% for 11th graders, and 12.8% for 12th graders.¹⁰

According to students surveyed as part of the 2004 Monitoring the Future study, 2.8% of eighth graders, 4.3% of tenth graders, and 7.5% of twelfth graders reported using MDMA at least once during their lifetimes.¹¹

Percent of Students Reporting MDMA Use, 2003-2004

	8th Grade		10th Grade		12th Grade	
	2003	2004	2003	2004	2003	2004
Past month	0.7%	0.8%	1.1%	0.8%	1.3%	1.2%
Past year	2.1	1.7	3.0	2.4	4.5	4.0
Lifetime	3.2	2.8	5.4	4.3	8.3	7.5

Approximately 42.5% of eighth graders, 52% of tenth graders, and 57.7% of twelfth graders surveyed in 2004 reported that using MDMA once or twice was a "great risk."¹²

Percent of Students Reporting Risk of Using MDMA, 2003-2004

Percent Saying "Great Risk"	8th Grade		10th Grade		12th Grade	
	2003	2004	2003	2004	2003	2004
Try MDMA once/twice	41.9 %	42.5 %	49.7 %	52.0 %	56.3 %	57.7 %
Use MDMA occasionally	65.8	65.1	71.7	74.6	n/a	n/a

One percent of eighth graders and 1.2% of tenth graders surveyed in 2004 reported using Rohypnol at least once during their lifetimes (twelfth grade data are not available for Rohypnol).¹³

Percent of Students Reporting Rohypnol Use, 2003-2004

	8th Grade		10th Grade		12th Grade	
	2003	2004	2003	2004	2003	2004
Past month	0.1%	0.2%	0.2%	0.3%	n/a	n/a
Past year	0.2	0.6	0.6	0.7	1.3	1.6
Lifetime	1.0	1.0	1.0	1.2	n/a	n/a

Additional Monitoring the Future results for 2004 indicate that 0.7% of eighth graders, 0.8% of tenth graders, and 2.0% of twelfth graders reported past year use of GHB. Data showing lifetime and past month use of GHB and ketamine were not captured in the survey.¹⁴

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Percent of Students Reporting Past Year GHB & Ketamine Use, 2003-2004

	8th Grade		10th Grade		12th Grade	
	2003	2004	2003	2004	2003	2004
GHB	0.9%	0.7%	1.4%	0.8%	1.4%	2.0%
Ketamine	1.1	0.9	1.9	1.3	2.1	1.9

During 2003, 12.9% of college students and 15.3% of young adults (ages 19–28) reported using MDMA at least once during their lifetimes.¹⁵

Percent of College Students & Young Adults Using MDMA, 2003

Past Use of MDMA	College Students	Young Adults
Past month	1.0%	0.8%
Past year	4.4	4.5
Lifetime	12.9	15.3

Health Effects

Using MDMA can cause serious psychological and physical damage. The possible psychological effects include confusion, depression, anxiety, and paranoia and may last weeks after ingesting the substance. Physically, a user may experience nausea, faintness, and significant increases in heart rate and blood pressure. MDMA use can cause hyperthermia, muscle breakdown, seizures, stroke, kidney and cardiovascular system failure, and may lead to death. Also, chronic use of MDMA has been found to produce long-lasting, possibly permanent, damage to the sections of the brain critical to thought and memory.¹⁶

Rohypnol, GHB, and ketamine are all central nervous system depressants. Lower doses of Rohypnol can cause muscle relaxation and can produce general sedative and hypnotic effects. In higher doses, Rohypnol causes a loss of muscle control, loss of consciousness, and partial amnesia. When combined with alcohol, the toxic effects of Rohypnol can be aggravated.¹⁷ The sedative effects of Rohypnol begin to appear approximately 15–20 minutes after the drug is ingested. The effects typically last from 4–6 hours after administration of the drug, but some cases have been reported in which the effects were experienced 12 or more hours after administration.¹⁸

GHB has been shown to produce drowsiness, nausea, unconsciousness, seizures, severe respiratory depression, and coma. Additionally, GHB has increasingly become involved in poisonings, overdoses, date rapes, and fatalities.¹⁹

The use of ketamine produces effects similar to PCP and LSD, causing distorted perceptions of sight and sound and making the user feel disconnected and out of control.²⁰ The overt hallucinatory effects of ketamine are relatively short-acting, lasting approximately one hour or less. However, the user's senses, judgment, and coordination may be affected for up to 24 hours after the initial use of the drug.²¹ Use of this drug can also bring about respiratory depression, heart

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

rate abnormalities, and a withdrawal syndrome.²² The number of emergency department (ED) MDMA mentions reported to the Drug Abuse Warning Network (DAWN) has increased from 421 in 1995 to 4,026 in 2002. During this same time period, the number of GHB mentions increased from 145 to 3,330. The number of ketamine ED mentions has increased from 81 in 1996 to 260 in 2002.²³

Drug Episode: A drug-related ED episode is an ED visit that was induced by or related to the use of drug(s).

Drug Mention: A drug mention refers to a substance that was recorded during an ED episode. Because up to 4 drugs can be reported for each drug abuse episode, there are more mentions than episodes.

Arrests & Sentencing

The number of arrests by the Drug Enforcement Administration ([DEA](#)) for MDMA-related offenses have declined from 1,930 in 2001 to 1,346 in 2002. The proportion of MDMA-related arrests to all DEA arrests for any major drug decreased from 5.7 percent in 2001 to 4.7 percent in 2002.²⁴

The Department of Justice reports that MDMA was involved in 153 Organized Crime Drug Enforcement Task Force (OCDETF) investigations during FY2002, a decrease from 188 in FY2001, but still higher than 107 such investigations in FY2000. The number of OCDETF indictments filed in which an MDMA trafficking offense was reported in the indictment has decreased from 212 in 2001 to 191 in 2002.²⁵

According to DEA, the number of arrests for GHB-related offenses increased from 0 in 2002 to 9 in 2003. The number of GHB-related investigations by DEA also increased from 8 in 2002 to 19 in 2003. However, from FY 2002 to FY 2003 the number of OCDETF GHB- and GBL-related investigations and indictments decreased. The number of GHB- and GBL-related OCDETF investigations decreased from 18 in FY 2002 to 11 in FY 2003; the number of indictments decreased from 9 in FY 2002 to 2 in FY 2003.²⁶

In response to the Ecstasy Anti-Proliferation Act of 2000, the [U.S. Sentencing Commission](#) increased the guideline sentence for trafficking MDMA. The new amendment, enacted on November 1, 2001, increases the sentence for trafficking 800 MDMA pills by 300%, from 15 months to 5 years. It also increases the penalty for trafficking 8,000 pills by nearly 200%, from 41 months to 10 years.²⁷

Production & Trafficking

MDMA is primarily manufactured in clandestine laboratories located in Europe, particularly the Netherlands and Belgium. From these labs, MDMA is transported to the U.S. and other countries using a variety of means, including commercial airlines, express mail services, and sea cargo. Currently, Los Angeles, Miami, and New York are the major gateway cities for the influx of MDMA from abroad.²⁸

From 2001 to 2002, the amount of MDMA seized by Federal agencies decreased from

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

4,639,540 dosage units in 2001 to 3,495,960 dosage units in 2002. According to seizure data collected by the DEA's El Paso Intelligence Center (EPIC), the number of MDMA dosage units seized at U.S. points-of-entry (POEs) arriving from foreign source or transit countries decreased from 8,071,127 in 2000, to 6,699,882 in 2001, to 3,395,036 in 2002. EPIC reports that of the 3,395,036 MDMA tablets seized at POEs in 2002, approximately 3,229,311 were transported via commercial air carriers, 103,925 via private and commercial vehicles, and 61,800 via commercial maritime vessels.²⁹

GHB, GHB kits, and recipes for making GHB can be found on the Internet.³⁰ DEA El Paso Intelligence Center (EPIC) National Clandestine Laboratory Seizure System (NCLSS) data show that the number of reported GHB laboratory seizures is low and decreased from 13 in 2001 to 7 in 2002 to 2 in 2003.³¹

Rohypnol, legally produced and sold in Latin America and Europe, is typically smuggled into the U.S. using mail or delivery services. States along the U.S. border with Mexico have the most significant activity related to Rohypnol being mailed or brought into the U.S. via couriers from Mexico.³² Since the mid-1990s, the number of Rohypnol seizures in the U.S. have decreased. In 1995, a high of 164,534 dosage units of Rohypnol were seized, while in 2000, less than 5,000 dosage units were seized.³³

Legitimately used by veterinarians, ketamine is sometimes stolen from animal hospitals and veterinary clinics. DEA reporting also indicates that some of the ketamine available in the U.S. has been diverted from pharmacies in Mexico.³⁴ Since first recorded in 1999, the number of ketamine seizures reported by the DEA have increased each year. Seizures of this drug have increased from 4,551 dosage units in 1999 to 1,154,463 in 2000. DEA data also indicate that 581,677 dosage units were seized from January to June 2001.³⁵

Legislation³⁶

MDMA, GHB, Rohypnol, and ketamine have all been scheduled under the Controlled Substance Act (CSA), Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970. The Schedules of the club drugs are as follows:

- MDMA—Schedule I as of 1998
- GHB—Schedule I as of 2000
- Rohypnol—Schedule IV as of 1984
- Ketamine—Schedule III as of 1999

Street Terms³⁷

GHB	Ketamine	MDMA	Rohypnol
Goop	Cat valium	Disco biscuit	Forget me drug
Grievous bodily harm	K	Hug drug	Mexican valium
Max	Jet	Go	Roaches
Soap	Super acid	XTC	Roofies

This section was adapted from *Club Drugs: Facts and Figures* developed by the Office of National Drug Control Policy.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: ALCOHOL, DRUGS AND SEXUAL ASSAULT

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Alcohol Fact Sheet

Chemical Name:

Ethanol or ethyl alcohol

Street Names:

Alcohol, Panty Dropper

Description:

Alcohol comes in a liquid form of many shades. The taste is very unique and distinctive. It is often mixed with other liquids such as fruit juices, making the taste hard to distinguish.

Use:

Alcohol is ingested orally. The use of alcohol is not necessarily dangerous; it is the amount of alcohol consumed that makes it a dangerous drug.

Effects:

Alcohol reduces activity in the central nervous system. Alcohol can cause loose muscle tone, loss of fine motor coordination. When alcohol is consumed at an intoxicating level, it can decrease heart rate, lower blood pressure and respiration rate, and result in decreased reflex responses and slower reaction times. At certain levels, alcohol can cause a loss of consciousness, a coma or death.

Legal Status:

Alcohol is legal in the United States and can be purchased at any liquor store or neighborhood market.



This analysis was written by Janelle Jones Douglas for the Tennessee Social Norms Project for Tennessee Coalition Against Domestic and Sexual Violence. Information for this page taken from "Date Rape Drugs" developed by the National Women's Health Information Center, "Date Rape Drugs" developed by Men Against Sexual Violence, and "The Prosecution of Rohypnol and GHB Related Sexual Assaults" developed by the American Prosecutors Research Institute.



Rohypnol Fact Sheet

Chemical Name:

Flunitrazepam

Street Names:

Roofies, Roach, R-2, Mind Eraser, Roche, The Forget Pill, La Rocha, Rib, Mexican Valium, Rope, Ropies, Roopies

Description:

Rohypnol usually comes in the form of pills and it dissolves in liquid. The company behind the drug, Hoffman La Roche reformulated the pills so that they turn blue when added to liquids. However, the old non-colored tablets are still available.

Use:

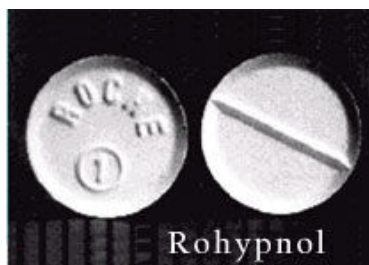
Tablets of Rohypnol is ingested orally, usually in a drink. After being slipped into the drink, Rohypnol (old pill) leaves no detectable taste, color or odor, and will take effect between 15 minutes and 1 hour.

Effects:

Rohypnol can cause visual disturbance, drowsiness, confusion, dizziness, motion difficulty, respiratory depression, amnesia, lower blood pressure, muscle relaxation or loss of muscle control, nausea, difficulty with motor movements, loss of consciousness, loss of inhibitions, impaired judgment, stomach problems and excitability or aggressive behaviors in some users.

Legal Status:

Rohypnol is not legal in the United States. It is legal in Europe and Mexico for the specific uses of sleep disorder treatment and anesthesia.



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GHB Fact Sheet

Chemical Name:

Gamma-hydroxybutyrate, Gamma-hydroxybutyramine, gamma hydroxybutyric acid

Street Names:

GHB, Liquid Ecstasy, Liquid X, Grievous Bodily Harm, Georgia Home Boy, Liquid G, Cherry Meth, Easy Lay, Gamma 10, Gamma OH, Goop

Description:

GHB usually comes in the form of a clear odorless liquid that has a salty taste. GHB can also come in the form of a white powder or a pill.

Use:

GHB is put into a drink, which will mask the salty taste.

Effects:

GHB usually takes effect within 15 minutes of ingestion and its effects can last for several hours depending upon ingested amount. GHB can cause visual disturbance, drowsiness, dizziness, sweating, tremors, vomiting, slower heart rate, respiratory arrest, amnesia, deep unresponsive sleep, nausea, loss of inhibitions, and loss of consciousness. When mixed with alcohol, GHB can cause the central nervous system to shut down and can result in a coma or even death.

Legal Status:

GHB was recently made legal in the U.S. to treat problems from narcolepsy. However, because GHB is not commercially available in the U.S., most GHB is homemade.



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Ketamine Fact Sheet

Chemical Name:

Ketamine Hydrochloride, Ketaset, Vetalar

Street Names:

Special K, Ket, K, Vitamin K, Kit Kat, Keller, Cat Valium, Purple, Super C

Description:

Ketamine usually comes in the form of a white powder, that resembles cocaine. It can also come in a liquid format.

Use:

Ketamine, in its powder format, can be snorted, mixed into drinks or smoked. The liquid can be injected or mixed into drinks as well.

Effects:

The effects of Ketamine usually last for 4-6 hours. Users generally do not fully recover from the drug for at least 48 hours. Ketamine can cause distorted perceptions of sight and sound, lost sense of time and identity, communication ability, vision impairment, numbness, disorientation, trembling, amnesia, hallucinations, respiratory depression, loss of consciousness, impaired motor function, problems breathing, out of body experiences, slurred speech, and aggressive or violent behavior.

Legal Status:

Ketamine is legal in the U.S. for use as an anesthetic for humans and animals. It is mostly used on animals.



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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: FACT SHEET

- Alcohol consumption is a recurrent factor in sexual assault. Alcohol reduces activity in the central nervous system. Alcohol can cause loose muscle tone, loss of fine motor coordination. When alcohol is consumed at an intoxicating level, it can decrease heart rate, lower blood pressure and respiration rate, and result in decreased reflex responses and slower reaction times. At certain levels, alcohol can cause a loss of consciousness, a coma or death.
- Rohypnol can cause visual disturbance, drowsiness, confusion, dizziness, motion difficulty, respiratory depression, amnesia, lower blood pressure, muscle relaxation or loss of muscle control, nausea, difficulty with motor movements, loss of consciousness, loss of inhibitions, impaired judgment, stomach problems and excitability or aggressive behaviors in some users.
- GHB usually takes effect within 15 minutes of ingestion and its effects can last for several hours depending upon ingested amount. GHB can cause visual disturbance, drowsiness, dizziness, sweating, tremors, vomiting, slower heart rate, respiratory arrest, amnesia, deep unresponsive sleep, nausea, loss of inhibitions, and loss of consciousness. When mixed with alcohol, GHB can cause the central nervous system to shut down and can result in a coma or even death.
- The effects of Ketamine usually last for 4-6 hours. Users generally do not fully recover from the drug for at least 48 hours. Ketamine can cause distorted perceptions of sight and sound, lost sense of time and identity, communication ability, vision impairment, numbness, disorientation, trembling, amnesia, hallucinations, respiratory depression, loss of consciousness, impaired motor function, problems breathing, out of body experiences, slurred speech, and aggressive or violent behavior.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FOUR: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training explored alcohol and its presence in sexual assaults.	5	4	3	2	1
3.	This training explored Rohypnol as a date rape drug.	5	4	3	2	1
4.	This training explored GHB as a date rape drug.	5	4	3	2	1
5.	This training explored Ketamine as a date rape drug.	5	4	3	2	1
6.	I feel that I learned a great deal in this training session.					
7.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
8.	I will apply what I learned back on my job.	5	4	3	2	1

9. What were the chief benefits of this training session?

10. What topics in the training needed to be covered in more detail?

11. I will take the following action steps in my work as a result of this training:

12. Any other comments, recommendations, thoughts?



CHAPTER FIVE
SEXUAL ASSAULT AND
COLLEGE CAMPUSES



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	SEXUAL ASSAULT AND COLLEGE CAMPUSES
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH
TIME ALLOTTED	30 MINUTES
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter Five:

At the conclusion of this lesson, the participants will:

- Explore the facts and figures of students as victims of rape
- Explore college men as perpetrators of rape





Fact and Figures

- 65% of attacks are unreported, making sexual assault the “silent epidemic.” Sexual assault remains the most drastically underreported crime. (1)
- 20-25% of women will be raped during their college career. (2)
- 3% of college women nationally have experienced rape or attempted rape during the academic year. This means, for example, that a campus with 6,000 coeds will have an average of one rape per day during a school year. (2)
- 13% of women are stalked during the academic year, and each stalking episode lasts an average of 60 days. (2)
- 90% of women know the person who sexually assaulted or raped them. (2)
- 75% of the time, the offender, the victim, or both have been drinking. (3)
- 42% of college women who are raped tell no one about the sexual assault. (4)
- 5% of rape incidents are reported to the police. (2)
- 10 times more rapes are reported to crisis lines than are reported to the police. (5)
- 42% of raped women expect to be raped again. (4)

Debunking Myths

Both college women and men harbor misconceptions about sexual assault. Getting the facts is essential to combating sexual assault on campus.

- 71% of all rapes are planned in advance. (6)
- 80% of women who are raped try to physically resist. (6)
- 48.8% of the women did not consider what happened to them to be rape even though researchers considered the incidents to be rape. (2)
- 43% of college-aged men conceded to using coercive behavior to have sex (including ignoring a woman’s protest, using physical aggression, and forcing intercourse) but did not admit that it was rape.

The Impact on Victims: Physical and Emotional

- 40% of rape survivors develop sexually transmitted diseases as a result of sexual assault. (8)
- 80% of rape victims suffer chronic physical or psychological problems over time. (9)
- 13 times as many rape survivors are likely to attempt suicide than are people who are not victims of crime. Rape survivors are six times more likely to attempt suicide than victims of other crimes. (10)
- 20-50% of sexual assault victims seek mental health treatment as a result of the assault. (11)

The Impact on Victims: Academics and achievement

In addition to physical and emotional damage, college students who have been victims of sexual assault suffer from a host of problems that impede their academic achievement:

This section was adapted from the *American Association of University Women, Sexual Assault on Campus Statistics*.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FIVE: SEXUAL ASSAULT AND COLLEGE CAMPUSES

- In nearly every case, victims cannot perform at the same academic levels that they did prior to the attack.
- Sexual assault sometimes causes students to be unable to carry a normal class load, and they miss classes more frequently. (This is often a result of social withdrawal or a way to avoid seeing the perpetrator.)
- Student victims regularly withdraw from courses altogether. (12)

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College Men as Perpetrators of Acquaintance Rape and Sexual Assault

A substantial proportion of college women are at risk of becoming victims of acquaintance rape on campus. Prevalence figures range from 15% to 44%, and even greater numbers of women experience other forms of sexual assault. Although this review and most other research examine heterosexual dating situations, there is evidence that acquaintance rape occurs at similar rates among gay men and lesbian women.

Outreach programs and prevention strategies developed to address this problem have focused primarily on reducing women's risk of sexual victimization or have used coeducational audiences in an effort to examine the social and interpersonal behaviors associated with rape. Despite the existence of a substantial literature identifying attitudes, behaviors, and personal characteristics of college men who are prone to commit sexual assault, few programs that focus on men's issues in relation to acquaintance rape have been developed specifically for all-male groups.

This article reviews literature on college men as perpetrators of sexual assault, including acquaintance rape, with particular emphasis on research completed since 1980; proposes an integrated theory of sexual assault; and discusses implications for developing rape prevention programs for men.

Definition and Incidence of Male Sexual Assault

Sexual assault occurs when one person is sexually intimate with another without the consent of the second party. Sexually assaultive behaviors can be placed on a continuum according to the degree of force or coercion involved. They include behaviors such as ignoring indications that intimacy is not mutual, threatening negative consequences or use of force, or using force to obtain sexual intimacy. Rape is the most extreme form of sexual assault. In most states, rape is defined as penetration without the victim's consent.

Most studies of the frequency of sexual assault among college students indicate that from 25% to 60% of college men have engaged in some form of sexually coercive behavior. In one survey by Rapaport and Burkhart, only 39% of the men sampled denied coercive involvement; 28% admitted to having used a coercive method at least once; and 15% admitted they had forced a woman to have intercourse at least once. Koss and others, using data from a large, nationally representative sample of college and university students, found that 25% of the male respondents had been involved in some form of sexual assault since age 14.

Muehlenhard has conducted a number of interesting studies that examine the prevalence of sexual assault among college students in relation to a variety of predisposing factors. In one study, 57% of the men admitted to perpetrating sexual assault, with 51% reporting an incident during college. The most frequent means these men employed was simply to ignore their victim when she protested or said "no." Rapaport and Burkhart, in the study cited above, also noted that most

This section is an excerpt from: Berkowitz, Alan, PhD, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault: A Review of Recent Research", *College Health*, Vol.40, January 1992.



incidents of sexual assault perpetrated by college men involved ignoring the victim's protests rather than using violence or overt force. Muehlenhard and Schrag recently provided an excellent review of the different forms of nonviolent sexual coercion experienced by women. Koss noted that the incidents of sexual assault admitted to by college men are not sufficient to account for all of the victimization experiences reported in her survey. This phenomenon was found to be due to underreporting of perpetrators rather than to actions of a few extremely sexually active men victimizing large numbers of women.

Another behavior noted in the literature is men's reports of engaging in sexual activity against their own wishes. In a recent study, Muehlenhard and Cook found that almost two thirds of the men surveyed had engaged in unwanted intercourse, primarily because of male peer pressure or wanting to be popular. Similar results were obtained in another study in which 14% of the male students reported having been forced to have intercourse against their will, and 17% that they had been pressured to have sexual contact when they did not desire it.

An Integrated Theory of Sexual Assault

Various theoretical models have been proposed to explain the occurrence of sexual assault. A growing number of researchers and theorists have suggested that sexual assault is the result of normal socialization processes that men experience. This sociocultural approach places rape on a continuum of sexually assaultive behaviors without defining rape as a deviant act committed by atypical individuals. A great deal of research supports this model.

Other theoretical models have focused on the personality characteristics and behaviors of the perpetrator and/or the victim, situations in which assaults are more likely to occur, and patterns of misinterpretation and miscommunication about sexual intimacy between women and men.

As evidence documenting the importance of all of these variables has accrued, researchers have argued for a multivariate model of sexual assault that considers the relative roles of all the variables. Rapaport and Posey argued for such a model in their recent review of the literature on sexually coercive college males:

Rape concepts and rape research should focus on a complex model wherein personality characteristics, situational factors, and socialization all play a role in the development of sexual coerciveness in general and rape in particular.

A multivariate approach can be used to explain differences among men on variables related to the likelihood of committing a sexual assault and can help to identify those with a greater propensity to rape. Although all components of the model need not be present for a sexual assault to occur, there is evidence that their presence can be used to predict the likelihood of sexual assault.

This model of sexual assault considers the relative influence of perpetrator characteristics, situ-

This section is an excerpt from: Berkowitz, Alan, PhD, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault: A Review of Recent Research", *College Health*, Vol. 40, January 1992.



ational variables associated with sexual assault, the degree to which the perpetrator misperceives the sexual intent of his partner, and victim characteristics associated with women's increased risk of victimization. A discussion of risk factors for women's victimization is outside the scope of this review, but readers will find that a considerable literature exists on this topic.

The perpetrator's attitudes, beliefs, and socialization experiences define for him conditions in which he would be willing to assault an acquaintance sexually or to believe that assault was justifiable. Other perpetrator characteristics, including personality and early sexual experiences, may create a willingness or greater likelihood of acting on these beliefs and attitudes. Situational variables-what actually happens in the context of a date or social interaction with a female acquaintance-can serve as triggers for the perpetrator, leading him to conclude that continued sexual aggression is justified. His misreading of these situational cues may cause him to misinterpret his partner's sexual intent, incorrectly attributing to her a similar interest in sexual intimacy. For example, a man may be socialized to believe that women do not really mean it when they say "no" to sexual advances. A man who adheres to this belief will probably overlook a negative verbal response to his attempts at sexual intimacy, especially if he is somewhat irresponsible, impulsive, or traditional in his sex role attitudes. The assumption that "no means yes" will then lead him to misperceive his partner's sexual intent.

This model assumes that most college men who commit acquaintance rape and other forms of sexual assault do not define their behavior as such and are, therefore, able to justify their actions to themselves and others. The unwillingness or inability of rapists to label their actions correctly has been documented in a number of studies, and there is considerable research suggesting that the relationship between predictor variables and the occurrence of sexual assault is much stronger for perpetrators than it is for victims.

Perpetrator Characteristics

Men grow up in an environment that supports the objectification of women and encourages them to behave in ways that are sometimes violent and coercive. Many college men admit, for example, that they would be willing to commit sexual assault under certain conditions. These actions logically follow from men's socialization into traditional gender roles. Such gender socialization experiences, however, are not sufficient to explain the occurrence of sexual assault because many men do not act on these cultural messages. Rape-supportive attitudes and beliefs may create a potential for engaging in sexual assault that is reinforced by personality characteristics and early sexual experiences. Studies that evaluate the role of perpetrator characteristics in predisposing men to condone or engage in sexually aggressive acts are summarized below.

Male socialization: Many theorists have argued that the socialization of American men encourages a complex of attitudes and behaviors that predispose them to dominate and abuse women and other men in a variety of ways. Brannon and David's analysis of the male sex role included the following components: (1) avoid acting in ways that can be seen as feminine ("no sissy stuff"); (2) strive for power, status, and control ("be a big wheel"); (3) act tough and unemo-

This section is an excerpt from: Berkowitz, Alan, PhD, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault: A Review of Recent Research", *College Health*, Vol. 40, January 1992.



tional ("be a sturdy oak"); and (4) be aggressive and take risks ("give 'em hell").

Relationships with women and sexuality, in particular, provide a sphere for the enactment and confirmation of these traditional gender role expectations. Because formation of a gendered and sexual identity is one of the important developmental tasks for young adults, sex role prescriptions may take on particular importance for college men between the ages of 18 and 25 years. Such normative gender roles assign men the role of "aggressor" and women the role of "gatekeeper" with respect to issues of sexual intimacy. O'Neil has referred to the totality of these male sex role behaviors and attitudes as the "masculine mystique."

These authors and others in the academic disciplines of women's studies and men's studies have argued that sex role socialization provides men with permission to commit sexual abuse and creates a cognitive framework that allows them to justify similar behavior among male peers. Men feel pressure from other men to be sexual as a means of confirming their masculinity. In conversations with other men, they frequently emphasize their sexual experiences. These pressures may also result in men's participation in sexual encounters that they later regret.

Attitudes: As a result of their socialization experiences, men may develop attitudes and belief systems that allow them to justify sexual assault or not define it as such. In a number of studies, men who accepted stereotypical myths about rape, held adversarial views about relationships between men and women, condoned violence against women, or held traditional attitudes about sex roles were found to be more tolerant of rape, more blaming of rape victims, and more likely to rape if they could be assured that no one would find out. Adherence to these rape-supportive attitudes has also been associated with actual experience as a perpetrator. Muehlenhard et al, in a frequently cited study, found that men perceived rape to be more justified if the couple went to the man's apartment, if the woman asked the man out, and if the man paid all of the expenses for the date. Although most men adhere to these attitudes to some extent, those men who scored as more traditional in their sex role attitudes were even more likely to view rape as justifiable in these conditions.

Rape-supportive attitudes may take the form of beliefs in rape myths. A rape myth has been defined as "prejudiced, stereotyped or false belief about rape, rape victims, and rapists." These myths can include believing that the victim wanted or deserved to be assaulted, that no harm was done, or that sexual assault never happened. Rape myths have been found to be widely held by men in the general population. In one study, the rape myth most frequently associated with sexual assault was men's belief in the "token no" hypothesis, that is, that "no does not mean no." Another belief strongly correlated with sexual assault in this study was men's belief that violence is an acceptable response to women who "lead men on." Belief in such rape myths has been strongly correlated with college men's willingness to justify rape in a number of studies. The following statement by Steven Box provides an excellent description of men's socialization into coercive sexuality:

Masculine sex-role socialization is a cultural precondition of rape because, first, it re-

This section is an excerpt from: Berkowitz, Alan, PhD, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault: A Review of Recent Research", *College Health*, Vol. 40, January 1992.



duces women in men's minds to the status of sex objects, and second, it instructs men to be prepared for strong, even if deceitful, resistance... Thus, in pursuing "normal" sexual relationships men often find themselves in a situation where a reluctant female has to be overcome, not only because that's what "real men" do, but because that's what "real" women really want. In other words, "normal" and "coercive" sexual encounters become so fused in the masculine mystique that it becomes possible to see rape as not only normal, but even desired by the victim.

Personality characteristics and early sexual experience: The belief that rape perpetrators are psychologically disturbed individuals who differ from more "normal" men has not been supported in most studies, which show that men without evidence of psychological disturbance have been found as likely to commit sexual assault. More recent studies, however, suggest that certain personality characteristics or childhood experiences may act as predisposing factors for sexual aggression without being an indicator of overt psycho-pathology. Koss and Dinero found that men who perpetrated severe sexual aggression had their first sexual experience at a younger age and reported earlier and more frequent childhood sexual experiences, both forced and voluntary. These men were also characterized by greater hostility toward women. Other researchers have found sexually coercive behavior to be associated with characteristics of irresponsibility, lack of social conscience, values legitimizing aggression against women, and a need for dominance over sexual partners. These results provide support for a developmental sequence of sexual aggression, with early experiences and personality characteristics serving as preconditions of sexual violence in the presence of facilitating environmental conditions.

Situational Risk Factors

The aforementioned predisposing factors exist within the perpetrator as personality characteristics, attitudes, and belief systems about sexuality. They may be triggered by actual situations that are interpreted as justifying sexual intimacy. Thus, another set of risk factors for sexual assault relates to characteristics of the actual dating situation. Situations or characteristics of dates that have been empirically correlated with sexual assault include those associated with men's increased control or dominance (such as date location and activity, who initiates and who pays, and mode of transportation); alcohol and other drug use; the nature of the victim-perpetrator relationship; and peer support or enabling behaviors.

Control and dominance issues: Muehlenhard and Linton reported that men who initiated the date, paid all expenses, and provided transportation were more likely to be sexually aggressive. Engaging in these activities gives men a greater ability to define what happens during a date and reflects the existing disparities in power between men and women within society at large. The phenomenon of "parking" (engaging in intimate behavior in a car or truck), which was strongly correlated with sexual assault in one study, illustrates this dynamic. Parking usually occurs in the man's car in an isolated place, providing him with considerably more control than his date has over what happens.

This section is an excerpt from: Berkowitz, Alan, PhD, "College Men as Perpetrators of Acquaintance Rape and Sexual Assault: A Review of Recent Research", *College Health*, Vol. 40, January 1992.



Alcohol and other drug use: Alcohol or other drug use is frequently associated with sexual assaults on college campuses. In one study, frequent use of alcohol and other drugs was associated with more serious incidents of sexual assault and was one of the four strongest predictors of rape among college women. Abbey has suggested that use of alcohol increases the chances that sexual intent will be misperceived, can be used to justify sexually aggressive behavior, and can impair men's and women's abilities to communicate their intentions effectively. Other studies have documented that both men and women adhere to a double standard--men are perceived as less responsible and women as more responsible for what happens when one or both parties drink alcohol before a sexual assault. The results of one recent study suggest that unwanted sexual experiences as a result of alcohol use are commonplace for both men and women: approximately 25% of both genders reported having this happen at least once within the past year, and 15% of men and 10% of women more than once.

Victim-perpetrator relationship: Another situational variable is the perpetrator's relationship to the victim. In one study, most incidents of sexual assault in college occurred between men and women who had known each other for at least a year. In another study, 42% of victims had sex with their perpetrator at a later time. These studies contradict the belief that sexual assault commonly occurs among strangers rather than among individuals in a more ongoing relationship.

Close-knit male peer groups and gang rape: Koss and Dinero found a relationship between the degree of sexual assault and the perpetrator's use of violent and degrading pornography or involvement in peer groups that reinforced views of women as highly sexualized objects. Fraternities have often been used as an example of a highly intensive male peer environment that reinforces such rape-supportive attitudes and behaviors. Martin and Hummer advanced this hypothesis in an article on fraternities and campus rape, noting the likelihood of sexual abuse in an environment that promotes narrow, stereotypical conceptions of masculinity, encourages use of alcohol to overcome women's sexual reluctance, and emphasizes violence, force, and competition in relationships.

Most gang rapes that occur in college environments are perpetrated by male members of such groups. In one review of alleged gang rapes by college students since 1980, 22 out of 24 documented cases were perpetrated by members of fraternities or intercollegiate athletic teams. Membership in such groups may "protect a perpetrator from doubts about the propriety of his behavior," especially when such groups are associated with high status and special privileges on campus. Participation in or observation of group sexual assaults may also serve to increase group cohesiveness and resolve doubts about heterosexuality created by close, intimate relationships with other men.

Misperceptions of Sexual Intent

Antonia Abbey and her colleagues have shown that college men and women interpret sexual and nonverbal cues differently, with men typically overestimating women's sexual availability

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and interest. For example, men are more likely than women to perceive male and female stimulus persons as seductive and are more likely to report sexual attraction toward opposite-sex targets. These results were supported in two follow-up studies in which stimulus situations were varied in relation to a wide variety of situational cues, including revealingness of the target's clothing, interpersonal distance, eye contact and touch, and sex composition of the dyad. Scotland and Craig, in a related study, found that although both genders make distinctions between "friendly" and "interested" behavior, men have a much lower threshold for the perception of sexual intent. Muehlenhard reported similar results: "No matter who initiated the date, who paid, or where the couple went, men were always more likely than women to interpret the behavior as a sign that women wanted sex."

Men who commit a sexual assault have often misperceived their victim's sexual intent. In one study of actual dating experiences, men who perpetrated a sexual assault reported feeling "led on," in part because they perceived their female partners to be dressed more suggestively than usual. Koss reported that men who committed a sexual assault did not define their behavior as rape, placed equal responsibility on their partners for what happened, and said they were willing to engage in similar behavior again. These perpetrators also disagreed with their victims about the extent to which force was used and resisted.

This research points to a considerable gender gap in men's and women's interpretations of heterosexual dating behaviors, a gap that has led some to define cross-gender communication as a form of cross-cultural communication. The studies reviewed here indicate that men are much more willing than are women to interpret a variety of behaviors as indicative of sexual interest, even when the stimuli are very subtle, and especially when they are ambiguous. Men see attributes in women such as friendliness, revealingness of clothing, and attractiveness as seductive when these same behaviors are not perceived this way by women. These differences in the perception of sexual intent set the stage for misunderstanding and misinterpretation in heterosexual dating situations and may result in men's perceiving a green light when none exists.

Implications for Rape Prevention Programming

Recent research suggests that rape is best understood as an extreme on a continuum of sexually assaultive behaviors; that sexual assault is engaged in by many men and may be somewhat normative; and that sexual assault is best understood as occurring in a sociocultural environment that promotes rape-supportive attitudes and socializes men to adhere to them. Many men may report engaging in unwanted sexual activity, in part as a result of peer pressure to be sexually active.

From this review, a number of conclusions can be drawn with respect to the design and development of effective rape prevention programs for men. Such programs should obviously address the different risk factors associated with men's willingness to condone or engage in sexual assault. This may include defining rape and sexual assault, challenging rape myths, understanding male socialization experiences, and encouraging men to confront peers who express adher-

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ence to rape supportive beliefs. Interventions designed to have an impact on situational contributors to sexual assault, including campus substance abuse patterns and policy, are also indicated by the present review.

Because most of the variables predicting men's likelihood of committing a sexual assault are associated with experiences in all-male environments or with close male peers, efforts to change male attitudes and behavior may be more effective in all-male groups. In fact, rape prevention programs that focus exclusively on women may serve to reinforce attitudes and belief systems that allow men to deny responsibility for the problem. Similarly, coed discussion groups or workshop formats may unintentionally reinforce differences between men and women and adversarial views of male-female relationships that are associated with men's increased proclivity to rape. In contrast, all-male workshops can create a safe environment where men can discuss the attitudes and behaviors that make them potential perpetrators and can be encouraged to take action to stop rape. Peer-facilitated groups that use respected campus leaders as role models may be particularly effective in generating positive peer pressure against rape and for modeling alternatives to traditional male sexist behavior. Such workshop formats can also be used to encourage men who do not adhere to rape-supportive beliefs and attitudes to speak out and have their views represented among the diversity of male viewpoints.

In summary, the causes of sexual assault are complex and incorporate a wide range of experiences, attitudes, and cognitions among men. Rape prevention is clearly a men's issue, and we need prevention programs that draw on relevant research to help men begin a process of self-examination and change.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FIVE: FACT SHEET

- 20-25% of women will be raped during their college career. 90% of women know the person who sexually assaulted or raped them.
- In addition to physical and emotional damage, college students who have been victims of sexual assault suffer from a host of problems that impede their academic achievement.
- Most studies of the frequency of sexual assault among college students indicate that from 25% to 60% of college men have engaged in some form of sexually coercive behavior.
- Recent research suggests that rape is best understood as an extreme on a continuum of sexually assaultive behaviors; that sexual assault is engaged in by many men and may be somewhat normative; and that sexual assault is best understood as occurring in a sociocultural environment that promotes rape-supportive attitudes and socializes men to adhere to them. Many men may report engaging in unwanted sexual activity, in part as a result of peer pressure to be sexually active.
- In the study, Alcohol and Sexual Assault, Antonia Abbey and her colleagues have shown that college men and women interpret sexual and nonverbal cues differently, with men typically overestimating women's sexual availability and interest.
- In summary, the causes of sexual assault are complex and incorporate a wide range of experiences, attitudes, and cognitions among men. Rape prevention is clearly a men's issue, and we need prevention programs that draw on relevant research to help men begin a process of self-examination and change.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER FIVE: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training explored the facts and figures of students as victims of rape.	5	4	3	2	1
3.	This training explored college men as perpetrators of rape	5	4	3	2	1
4.	I feel that I learned a great deal in this training session.	5	4	3	2	1
5.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
6.	I will apply what I learned back on my job.	5	4	3	2	1

7. What were the chief benefits of this training session?

8. What topics in the training needed to be covered in more detail?

9. I will take the following action steps in my work as a result of this training:

10. Any other comments, recommendations, thoughts?



CHAPTER SIX
PREVENTING YOUTH
SEXUAL ASSAULT



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

LESSON PLAN

TITLE OF INSTRUCTION	SEXUAL ASSAULT DEFINED
TARGET AUDIENCE	INDIVIDUALS THAT HAVE INFLUENCE ON OR WORK WITH YOUTH INDIVIDUALS THAT SEEK AN IN-DEPTH ANALYSIS OF YOUTH SEXUAL ASSAULT AND PREVENTION
TIME ALLOTTED	1.5 HOURS
METHOD OF INSTRUCTION	LECTURE-DISCUSSION-POWERPOINT
DATE PREPARED	07-05
PREPARED BY:	TENNESSEE COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

Instructional Objectives for Chapter Six:

At the conclusion of this lesson, the participants will:

- Address issues that contribute to youth sexual assault and social norms
- Explore how to respond to sexual assault
- Identify prevention strategies of youth sexual assault





Addressing Issues that Contribute to Youth Sexual Assault and Social Norms

Female Objectification in Pop Culture

Today's youth identify heavily with pop culture. During discussions with youth across the state as part of the Coalition's Social Norms Project, they explained that their generation often takes music lyrics seriously. They feel that some of their peers are unable to separate the reality of the lyrics from the embellishing comments included. They feel that this is a significant contribution to sexual assault since many of the lyrics treat women as objects not people. The following music lyrics by 50 Cent in his song *P.I.M.P.* exemplify this notion:

(Verse 3)

I told you fools before, I stay with the tools
I keep a Benz, some rims, and some jewels
I holla at a hoe til I got a bitch confused
She got on Payless, me I got on gator shoes
I'm shopping for chinchillas, in the summer they cheaper
Man this hoe you can have her, when I'm done I ain't gon keep her
Man, bitches come and go, every nigga pimpin know
You saying it's secret, but you ain't gotta keep it on the low
Bitch choose with me, I'll have you stripping in the street
Put my other hoes down, you get your ass beat
Now Nik my bottom bitch, she always come up with my bread
The last nigga she was with put stitches in her head
Get your hoe out of pocket, I'll put a charge on a bitch
Cause I need 4 TVs and AMGs for the six
Hoe make a pimp rich, I ain't paying bitch
Catch a date, suck a dick, shiiit, TRICK

(Chorus)

I don't know what you heard about me
But a bitch can't get a dollar out of me
No Cadillac, no perms, you can't see
That I'm a motherfucking P-I-M-P

(Repeat)

Some music's sexual content is so overbearing that it degrades women totally. It addresses a woman's sexual behavior, activities, and presence but nothing else, as if these are the most or only important qualities that a woman needs to possess for their interest. An example of these lyrics is Kid Rock's song *Classic Rock*:

Well guess whos back, with a big fat cock
Its the Kid motherfucker with the Classic Rock

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT
CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

Like Wax That Booty, yodeleyeho, punk
Slappin you hoes with Dick when I get drunk
From Alabama, to Texacana
Bend over bitch and let me slam her
Big fat dick up in your booty, oh goody
If your a freaky hoe, well do the backdoor boody
Bitch
Dont need your front
You'de shit your pants if I licked your cunt
Fuckin in the can, fuckin in the showers
I got more hoes then my man Ed Powers
I wont send flowers at the fuckin
You can bet your ass I'll be screaming
I dont really need to be tied down
Im a rancid man and I'll slap the bells
When I was on the hunt rippin hoes apart
And I fuck so hard I make their pussy fart
Do the hip-hip-hop yep it dont stop
Im back, bitch, with the Classic Rock
Now if you wanna be fucked then step up, bitch
Im gonna pack my dick all up in your shit
Now I dont like rubbers, they hold me back
Instead a hoe like would rock that back
I wont cut slack for the stuck up hoes
Here, my prime turn up their nose
Slimmy on a slit, try to tell me how to shake
An' when I trop my drawers and shove up my dick
Huh, you know thats true
I got a pocket full of pills and a bottle of brew
Got a hole Nig Sue in one dang pants
Fucked em both at the same time
Playin shows, fuckin hoes
Got the dope in my veins and up my nose
I want some hoes I can mack on
Kid Rock, an' I get more pussy then a tamp-on
Kid, to the clip, to the grip, to the flip
Stood back, to the slap, to my nuts in your butt
Yeah dont stop, because Im back with the Classic Rock
You put my balls in your mouth, and you dont stop
You put my balls in your mouth

The youth also identified and addressed the issue of peers mimicking violence that they witness in games and movies or hear in music. One of the most popular and most violent games is

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

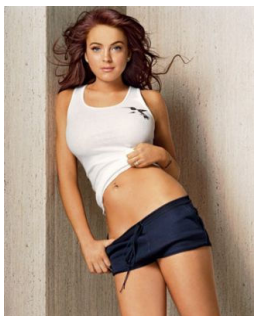
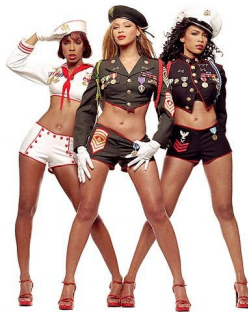
Grand Theft Auto. The overall design of this game is to become the city's biggest crime lord. In doing this, the player commits a series of activities and crimes, including having sex with an unidentified woman and concluding by running her over with a car. This type of behavior indicates that a woman is only good for sex and after that there is no need for her. It also supports the belief that violence against women is acceptable and women are inferior to men.

Lack of Positive Public Role Models

Celebrities find it stressful to be in the public eye because any mistake that they make becomes public domain. There are a lot of celebrities who find themselves saying that they are not role models, don't want to be role models or are scared of being role models. They prefer to look at celebrity status as a perk that comes along with the job. However, being a role model is a responsibility that comes with the job and celebrities need to understand that.

Youth often imitate what they see their role models do and what they hear their role models say. Celebrities have to be conscious of the picture that they portray. For example, when a boy hears his favorite rapper call a girl a slut, he begins to refer to girls as sluts. What an actress wears to an awards show on Sunday could have an effect on what a 13-year old girl wears to school the next day or what an 18-year old girl wears to a party that night. Of course, it's not the celebrity's fault if something happens to the fan, but what they illustrate can influence the decisions of their fans.

Here are a few images of celebrities that our teens idolize:



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The Correlation between Sex and Popularity in School Environments

In school, popularity is the most important characteristic that a person can have. Popularity defines who you are and who it is acceptable for you to date and be friends with. When you are popular, no one cares what you wear, what kind of car you drive, or the kind of house you live in. It serves as a security blanket that covers all the negative things about you.

In some schools, it makes you popular to have sex. It can serve as a criterion for being a part of the in-crowd. All the athletes flock to you, the class president loves you and the smart guys adore the ground that you walk on. Every guy wants to have you as his girlfriend and every girl wants to be you.

However, in other schools, your sexual activity can make you popular for all the wrong reasons. You still get all the guys, but you become “that girl.” You are the girl that no one knows your name but everyone knows what you do. You are the girl that other females despise and males exploit. You are the girl that no one believes was forced to have sex by the captain of the basketball team. You are the girl that “deserves to be raped.”

The correlation between sex and popularity is unhealthy and it leaves young girls vulnerable to sexual assault. In the first case, a girl’s popularity can be threatened if she decides not to have sex. Guys can use that to get what they want. In the latter case, some girls feel that negative popularity is better than no popularity. At least they are invited to every party, not alone on Friday night, and the spotlight is always on them. They may not have a date for prom, but “who cares about prom anyway, it’s just high school?”

Responding to Youth Sexual Assault

One step in prevention is breaking the silence and acknowledging that sexual assault exists. In Tennessee, youth said they would tell a friend if they were sexually assaulted because the friend would listen to them without judgment, unlike adults. Youth in Tennessee reported that they felt the adults in their lives wouldn’t take them seriously, might think they were joking and would blame them if they disclosed that they were assaulted.

Based on feedback from youth across Tennessee, we have compiled sexual assault prevention strategies for adults who work with and have influence with youth. Overall, the students concluded that in order to tell an adult, they would need the adult to:

- Actively listen to youth’s concerns – do not dismiss their concerns as “teenage angst.”
- Listen to what they are not saying – even if they are saying something sarcastic or say they are asking “what if” questions, they may be testing to see if they can trust you.
- Stay calm, don’t get angry and don’t overreact. Remember that they are the victim. Your reaction can make the situation a lot worse than it has to be. If you act out of anger, you may not make responsible decisions that keep the victim in mind.
- Ask supportive, non-judgmental questions – steer clear of “What did you do to deserve that?” and questions that assume they did something wrong.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

- Believe what they say and validate them – don't minimize their experience; treat them as a person, not as someone "less than" you because they are young.
- Offer options – let them know what's available as far as counseling, support groups, etc.; include them in their process, don't decide for them and don't take over. Remember that every decision made should be their decision.

Parental Issues

The students also addressed some issues that would accompany confiding in a parent that may actually prevent them from doing so. Teens across the state concurred that their parents would immediately attempt to find their fault in the incident if they were sexually assaulted. They would get that impression from victim-blaming questions, such as "What were you doing there?" "What did you do to provoke him or give him the impression that you wanted to have sex?" or "Why did you go to his room alone?"

Victim-blaming is one of the key reasons why victims don't report sexual assault. Guilt is often the initial and most intense response for victims and additional blame placed on them could send them over the edge, making it impossible to cope with the pain of the experience. Blaming the victim releases the perpetrator from accountability for their actions. Family and friends may blame the victim in order to relieve themselves of personal guilt for not protecting the victim or to give themselves a false sense of security in thinking, "it will never happen to me, because I won't travel alone at night like she did."

There is also a trust issue that comes with notifying a parent of sexual assault. Students expressed the concern that their parents may become over-protective of them as result of the assault. They may not trust them to make decisions for themselves anymore since the victim is viewed as partly responsible for making a careless decision. Parents can get so involved with making sure that their child is safe now that they begin to isolate them from friends and social events. They become controlling, not allowing any type of freedom, making the young seem trapped. No one wants to risk their independence by confiding in a parent about a sexual assault, so they remain silent and become vulnerable to further sexual assault.

Suggestions for Victims Immediately following a Sexual Assault

When a victim is assaulted the fear of not being believed weighs heavily on their decision of whether or not to report. The most important thing you can do when responding to a victim is let them know that you believe them.

Immediately following a sexual assault, a victim's actions and behaviors are very critical. A victim has up to 72 hours after the assault to go to the hospital and have evidence collected. If the victim waits more than 72 hours, he or she will not be able to use any collected evidence in a court of law, and the hospital may not administer a rape kit. If a victim comes to you immediately after a sexual assault and asks for your help, suggest the following steps:

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

- Comfort the victim and let them know that it is not their fault. Victims often blame themselves for the attack, which can add to the physical, emotional and mental damage that has resulted from the attack.
- Direct the victim to the nearest sexual assault or rape crisis center for immediate information, resources, crisis intervention and support. The victim can gain the emotional support needed to cope with the assault there. There may also be someone who can accompany the victim to the hospital.
- Take the victim directly to the hospital emergency room to be examined for injuries, sexually transmitted diseases, or possible pregnancy and collection of evidence.
- It is important to preserve evidence after the assault by suggesting the following to the victim:
 - Not smoking
 - Not showering, bathing or washing hands
 - Not eating, drinking or brushing teeth
 - Not combing hair or cleaning under nails
 - Not going to the bathroom; if the victim must use the bathroom, suggest collecting urine and taking it to the hospital
 - Not changing clothes; if the victim must remove clothing, put all items in paper bags



Eliminating Youth Sexual Assault

To prevent sexual assault among youth, we must first define sexual assault. After we define and recognize it, we must speak up before it happens and when it happens and support the victims of sexual assault. Ignoring lewd comments in the hallway at school, telling a young woman that guys won't stare at her if she would wear something less revealing, and dismissing a young woman's cry for help when she says she's been raped will only keep sexual assault alive and well in your community.

After recognizing sexual assault, we must dig deeper and acknowledge why violence against women exists in our society; what perpetuates this violence? As adults working with youth, we can do a lot to prevent youth sexual assault by challenging the norm that women and girls are valued less than men and boys. Another key piece of prevention is to let victims know that the violence is not their fault, that they have someone to talk to, and that they are not alone.

In challenging the norm that women and girls are valued less than men and boys, we are challenging traditional gender roles and sexism. Many believe that sexism is a woman's issue. However, sexism hurts everyone in our society, including men. The societal norms and expectations of men and women put restraints around us and pressure us to act in certain ways or face name calling, social isolation, and even violence. The objectification of young women leads to violence; it teaches us that women are objects. Young men are socialized that anger and violence are the only acceptable ways to express themselves. This socialization leads to violence because it teaches us that men who don't follow this norm are not "real men." For example, in doing research with youth in Tennessee, we heard a common scenario among young men:

Billy: "Did you have sex with Kim?"

Adam: "No, she really didn't want to..."

Billy: "What's wrong with you? Are you gay?"

Our culture supports this norm that men should always want and are entitled to have sex. This pressure often leads to sexual assault in some form, ranging from a young man spreading rumors about a young woman's sexual activity to rape. Furthermore, our culture pressures young women to act and dress sexy and then blames them when they are assaulted. We can begin preventing violence in our communities by recognizing and challenging the "boxes" men and women are forced into by society.



Social Expectations for Men

What do we think of when we say as a society “Be a man” or “Act like a man?”

Act Like A Man Box¹

<p>Strong & Tough Unemotional Dominant Independent Don't Cry The Provider Take Charge Angry In Control</p>

What happens when a man steps outside this box? What are some of the names he is called?

Names: Wimp, Sissy, wus, girl, queer.

What emotions does the box teach young men are acceptable?

Socially Acceptable Emotions for Men: Happy or Angry.

Social Expectations for Women

What do we think of when we say as a society “Act like a lady” or “That’s not lady-like?”

Act Like A Lady Box²

<p>Polite Nurturing Emotional Submissive Dependent Caretaker Pretty</p>
--

What happens when a woman steps outside this box? What are some of the names she is called?

Names: butch, tom-boy, slut, aggressive

What emotions does the box teach young women are acceptable?

Socially Acceptable Emotions for Women: Happy, obedient, calm, passive

Women who step outside of the box are often isolated by men and women alike for being too independent or aggressive. Women often encounter violence when they step outside this box, especially if they are viewed as a lesbian. Lesbian women challenge male dominance and are often sexually assaulted so that they can “see what they are missing.” When a woman is aggressive in the workplace, she is labeled a “bitch.” She has to demand respect and almost threaten male counterparts to get it. When a woman is extremely successful financially, educationally and socially, males are intimidated. She is then labeled “high maintenance” and unapproach-

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¹ McCarty, Mike (2004). *Youth Dating Violence Train-the-Trainer Curriculum*. Public Training Institute.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

able, making success equal loneliness.

If we analyze these boxes and challenge them, then we are taking steps in preventing youth sexual assault. Take this scenario for example:

Jacob: “Hey Amy, looking slutty today!”

[Amy walks away feeling hurt.]

Lisa: “He’s only calling you a slut because of that tank top you’re wearing. You deserve it.”

Amy: “Oh, maybe I should change.”

[Teacher nearby does not intervene.]

Silence breeds assault in many different ways. The adult’s silence teaches the perpetrator that his behavior is acceptable and teaches the victim that she does deserve it and has no right to speak up about how she feels. As a result, the perpetrator’s harassment may escalate and the victim will not likely seek help. The victim’s silence about the harassment (and possible future sexual assault) could put other women and girls at risk.

Kathy England Walsh of the Tennessee Coalition Against Domestic and Sexual Violence tells a story about her middle school coach. The coach would comment on her body, specifically her breasts, and she kept it to herself because she would soon be leaving middle school. Soon after, the coach was transferred to the high school and the harassment continued. At one point the coach attempted to kiss Kathy. Years later, a woman came forward accusing the coach of sexual assault. Kathy had remained silent about her experience, but finally told her sister about the incidents. Her sister disclosed that the same thing happened to her. Both of them wondered how many other girls this coach assaulted and if they could have prevented some of the assaults if they had come forward.

Audre Lorde once said, “Your silence will not protect you.” Silence will not prevent sexual assault from occurring either. Society silences survivors of sexual assault every day. Breaking the silence will force our society to acknowledge that sexual assault exists. Once they acknowledge it, then we can do what it takes to eliminate it.

Parent Intervention and Prevention Strategies

- Be a good role model. Children learn more from your actions than they do from your words.
- Create an open environment for children to ask questions about relationships.
- Talk frequently to your child. Take advantage of situations that raise the issue and talk in a brief yet informative manner.
- Spend time with your children on a regular basis. This strengthens your ability to communicate effectively with your children.
- Watch for signs that your child may have experienced a traumatic event. Signs may include: sudden failure in grades, sudden withdrawal from certain activities or social functions, use of alcohol and/or drugs, isolation, not wanting to be alone, and changes in mood or personality.

Parents often share rules of living with teens as they begin different chapters of their lives, such as dating or going to college. These rules are referred to as safety dating tips and include in-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

structions, such as “Never leave your drink unattended,” “Always be aware of those around you,” or “Have money for a taxi and phone and always let someone know your plans for the evening.” While these are important pieces of advice, it is critical to note that these tips are a form of risk reduction and not prevention.

Dating safety tips can be tricky and examined from two viewpoints. On one hand, it is valuable information that people can use to help protect themselves from sexual violence. On the other hand, the tips also seem to put the prevention in the hands of the victim indicating that if you do these things, you will not be sexually assaulted or if you do not do these things then its your fault if you are sexually assaulted. This makes the tips seem victim-blaming and somewhat dismiss male responsibility in the eyes of those who assume this approach. It also gives people a false sense of security. This also places pressure on victims, because if they have been taught these things throughout their life and they are raped, they may feel totally at fault for the entire situation and may not report it. No matter what, rape is never the victim’s fault. Therefore, the key to understanding dating safety tips is to look at them as a form of risk reduction. By following the tips, a person may reduce the risk of sexual assault but it does not necessarily prevent sexual assault from occurring. The best way to understand the concept of dating safety tips is to look at them as a seat belt. By wearing your seat belt, it does not ensure that you will not get injured in a car accident, but you wear it to reduce the risk of injury.

Community Intervention and Prevention Strategies

- Develop a team of teachers, students, parents, counselors, law enforcement, mental health professionals, juvenile justice professionals and sexual assault center staff to meet regularly to discuss issues around sexual assault, identify resources, and create victim-centered policies. Include youth in this process as you model equality and openness to address sexual assault.
- Examine and challenge school policies that may be sexist (e.g., young women cannot play football, young men cannot dance in school plays).
- Create a safe space such as a confidential support group for youth to talk about sexism and sexual assault issues.
- Consistently speak out against sexism and gender stereotypes. Promote equality among young men and women.
- Incorporate sexual assault curriculum into classes and after school programs.
- Create bulletin boards in the school to raise awareness.
- Acknowledge Sexual Assault Awareness Month (April) and organize a class project.
- Recognize the warning signs of victims and perpetrators and address them.
- Don’t condone, allow or tolerate sexual harassment in your school.

Law Enforcement Intervention and Prevention Strategies

- Get to know the people at your local crisis, sexual assault and women’s centers.
- Get trained on techniques for investigating sexual assault.
- Take teens seriously when they report sexual assault.

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

- Work with your prosecutors on what they need to prosecute cases of sexual violence.
- Find ways to stop by the school for observation.
- Be respectful of teens.
- Do not tolerate sexually violent behavior.
- Do not make promises that you cannot keep.
- Talk to local sponsors of survivors group and ask if you can attend. You can learn a lot and greatly enhance your understanding of what a survivor goes through.
- Know and be ready to utilize available community resources.
- Encourage your department to sponsor a community safety assessment.
- Be a role model.

Student Intervention and Prevention Strategies

- Start a peer education program on teen sexual violence.
- Ask your school library to buy books about sexual violence.
- Create bulletin boards in the school cafeteria or classroom to raise awareness.
- Do not condone, allow or tolerate sexual harassment in your school.
- Speak out against harassment, and report it to a responsible adult when you see it.
- Talk to your local crisis, sexual assault, rape crisis or women's center and learn about sexual violence. Ask workers to come and speak to your school.
- Take a stand against sexual violence.
- Post Your Personal Bill of Rights in your school.
 - You have the RIGHT to be treated with respect.
 - You have the RIGHT not to take responsibility for anyone else's problems or bad behavior.
 - You have the RIGHT to say "NO."
 - You have the RIGHT to make mistakes.
 - You have the RIGHT to have your own feelings, opinions and convictions.
 - You have the RIGHT to change your mind and decide on a different course of action.
 - You have the RIGHT to negotiate for change.
 - You have the RIGHT to ask for emotional support or help.
 - You have the RIGHT to protest unfair treatment or criticism.

The Key to Prevention

Current research indicates that men are most often the perpetrators of sexual assault. Therefore, male education is the key to preventing sexual violence. The topics throughout this curriculum are great for educating males on sexual assault and our culture. But there is one main topic that males can be educated on to prevent them from becoming perpetrators of sexual assault. The most important topic of male education should be consent. Sexual consent is an important subject and is the most crucial issue in defining rape.

Joseph Weinberg describes consent very specifically in his articles, "The Conversations of Con-

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sent: Sexual Intimacy Without Sexual Assault:

To us, consent is the continual process of explicit and verbal discussion, a dialog, brief or extended, taken one step at a time, to an expressed "yes" by both parties and a shared acknowledgment that at this moment what we are doing together is safely comfortable to each of us. Consent is what establishes that the interaction (including sex) is between equals in power. We feel safe enough to say anything we need to without incapacitation of either party, coercion or threat, implied or actual to attempt to protect ourselves from violation. Each party is autonomous at each moment and can change their minds at any time. We share control of the situation with each other. Our responsibility is to be as sure as possible that what we are doing is not felt as violation.

When educating males on consent, you can provide Mr. Weinberg's basic rules of consent.

1. No equals No. If a partner says it, believe it. Otherwise you will be turning your potential lover into your victim. It isn't someone else's responsibility to set our limits. If someone doesn't say "no," it certainly does not mean "yes."
2. No answer does not = yes. Too many males have acted without good information (or ignored clear messages). If either (or both) of you can't (won't) talk about sex and the possible consequences for a relationship, then it is much too soon to be sexual together.
3. Submission does not = consent. Reasons that females might submit include: fear: experience might have shown her that resistance, verbal or physical, doesn't work and may even be punished additionally; fatigue: she may become tired of fending us off. If you ask and someone says "I guess" or "Well, if you want to" or "Fine...just get it over with" or "I don't know..." or "If that's what you want..." or "Whatever you say" these don't sound like someone is freely, happily, consenting to sexual acts.
4. After the fact (of sex) is no time to be finding out that a partner did not want any of the same level of sexual interaction. It is 100% my responsibility to be as sure as possible that my partner is as "into" sex as I am.
5. Each assumption about your partner's intentions or receptivity that you make and act on is a choice that you are making. The way someone looks at you, the way they are dressed, that they laugh at your jokes, that they seem into it (by kissing, for example), that they should know what you want because it's obvious what you want, that they stop pushing your hand away are not acts that equal verbal consent. Relying on our optimistic reading of our partner's body language is a good way to set ourselves up to commit assault.
6. Sex with someone unable to consent is sexual assault. Sex with someone drunk, stoned, asleep, passed-out, retarded, underage or otherwise unable to consent is sexual assault. Prior to sexual acts, to protect ourselves from hurting someone by committing assault, it is our re-

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TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: PREVENTING YOUTH SEXUAL ASSAULT

sponsibility to find out if our partner is (and can) consent.

7. Consent is a verbal process, established without coercion. "Yes" is only the beginning of the process to establish consent. "Would you like to hold hands?" "Where do you like to be touched?" "I'd like to touch your breast, would you like me to?" "What does intercourse mean to you? Here is what it means to me." "I am gladly using a condom. Two forms are better than one; what birth control are you using?" "Does that feel good?" "May I co-conspire in your orgasm?" These are but a few examples of questions that help establish that both parties are equally interested in participating.
8. If someone, female or male, feels assaulted they have been assaulted. After the fact is too late to find out for the first time how our partner felt about the sexual interaction. Later, if someone felt that they had been coerced, then that "sex" was a sexual assault, whatever our intention at the time.
9. Someone can change their minds at any point. For example, if they say "stop" or "no" or "that hurts" STOP. We can stop at any time. To avoid committing assault, check in with your partner during sexual acts: "Are you doing OK?" "Does this feel good?" "Does this still feel good?" are some ways of finding out that your partner is still "into it" as you are. There is no "point of no return."

Research has demonstrated that males play a significant role in perpetrating sexual assault. Therefore, the key to eliminating sexual assault is to have that same significant role in the prevention movement. However, before males can prevent sexual assault, they must be educated on what sexual assault is, and the role that they play. The key to understanding these things is understanding the subject of consent. Once this is accomplished, then they can prevent themselves from becoming first-time perpetrators and/or continuing perpetrators of sexual assault.

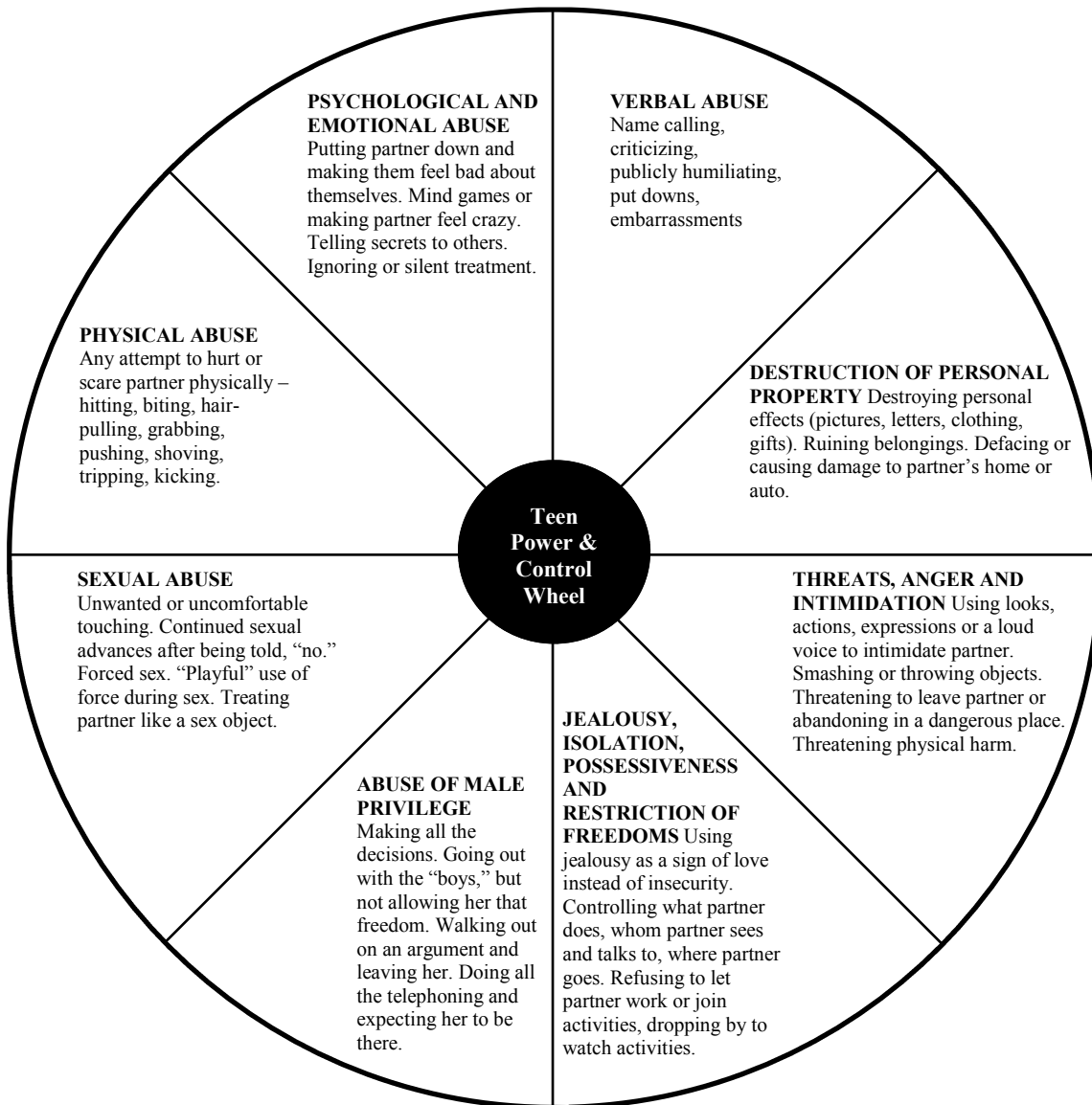
There have been prevention strategies developed to address each different group that will need to be implemented in the effort to eliminate youth sexual assault. But there is one strategy that will help every group in this process. Understand what sexual violence is, and **DO NOT TOLERATE IT**.

The following images will help you understand the power and control aspect of sexual assault, as well as relationship equality from a visual perspective. Additional reading materials are also provided for your reference.

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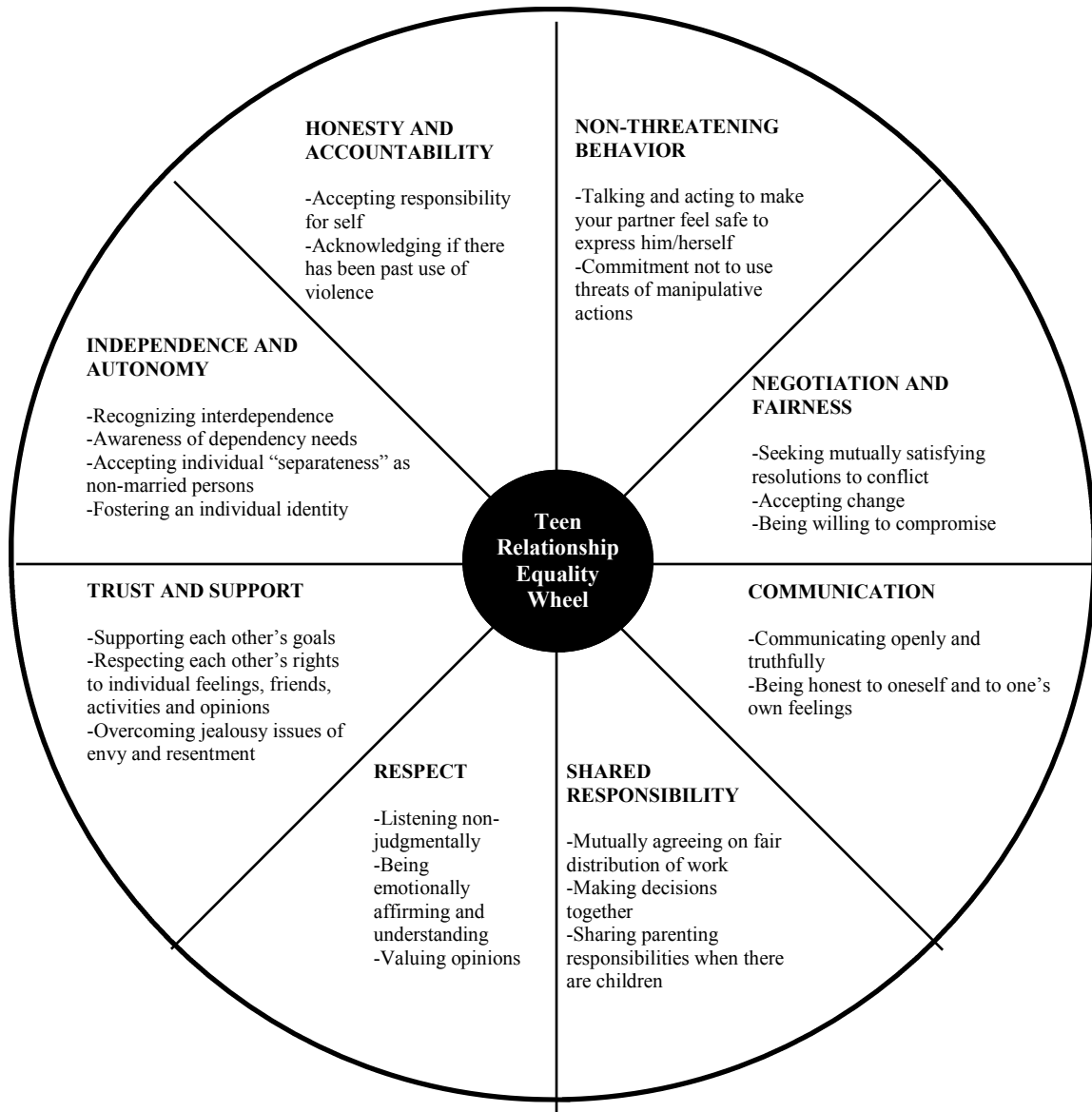
Teen Power and Control in Dating



COURTESY OF THE *DOMESTIC ABUSE INTERVENTION PROJECT* BY WAY OF EVERYWOMAN'S CENTER UNIVERSITY OF MASSACHUSETTS, AMHERST, MA. 01003



Teen Relationship Equality Wheel



COURTESY OF THE *DOMESTIC ABUSE INTERVENTION PROJECT* BY WAY OF EVERYWOMAN'S CENTER UNIVERSITY OF MASSACHUSETTS, AMHERST, MA. 01003

TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: FACT SHEET

- Today's youth identify heavily with pop culture. During discussions with youth across the state, they explained that many of the music lyrics treat women as objects not people. One of the most popular and most violent games, Grand Theft Auto, indicates that violence against women is acceptable and women are inferior to men.
- Youth often imitate what they see their role models do and what they hear their role models say. Celebrities have to be conscious of the picture that they portray.
- In school, popularity is the most important characteristic that a person can have. It serves as a security blanket that covers all the negative things about you. In some schools, it makes you popular to have sex.
- In Tennessee, youth said they would tell a friend if they were sexually assaulted because they would listen to them without judgment, unlike adults. Teens across the state concurred that their parents would immediately attempt to find their fault in the incident if they were sexually assaulted.
- To prevent sexual assault among youth, we must first define sexual assault. After we define and recognize it, we must speak up before it happens and when it happens and support the victims of sexual assault.
- Our culture supports this norm that men should always want and are entitled to have sex. Furthermore, our culture pressures young women to act and dress sexy and then blames them when they are assaulted.
- There have been prevention strategies developed for different groups in the community, but one strategy that anyone can use is to understand what sexual violence is and **DO NOT TOLERATE IT**.



TOUGH ISSUES: YOUTH AND SEXUAL ASSAULT

CHAPTER SIX: EVALUATION TOOL

Please circle the number that matches how you feel about each statement. We appreciate your time and feedback.

		5	4	3	2	1
		<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree / disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1.	This training session had a clearly defined purpose.	5	4	3	2	1
2.	This training addressed issues that contribute to youth sexual assault and social norms.	5	4	3	2	1
3.	This training explored how to respond to sexual assault.	5	4	3	2	1
4.	This training identified prevention strategies of youth sexual assault.	5	4	3	2	1
5.	I feel that I learned a great deal in this training session.	5	4	3	2	1
6.	I feel that I achieved the learning objectives as stated.	5	4	3	2	1
7.	I will apply what I learned back on my job.	5	4	3	2	1

8. What were the chief benefits of this training session?

9. What topics in the training needed to be covered in more detail?

10. I will take the following action steps in my work as a result of this training:

11. Any other comments, recommendations, thoughts?

