

RAPE- Definition:

The word rape is the term society uses to discuss sexual acts that are performed against the will of another. In the State of Florida, the legal term for rape is Sexual Battery. According to Florida Statute, Sexual Battery is the "oral, anal or vaginal penetration by union with a sexual organ of another or the anal or vaginal penetration by any other object. The act is performed against your will".

RAPE Facts:

- 1 in 4 women will be sexually victimized at one time in their lives (1 in 8 will be victims of rape).
- 1 in 7 men will be sexually victimized at one time in their lives.
- 90% of the women who were raped knew their assailants.
- 75% of women who were raped do not identify their experience as rape.
- Rape can happen to victims of all ages; the average age is 18 years old.
- National Crime Survey notes that 45% of reported rape cases were acquaintance rape.
- Only 10 - 20% of sexually assaulted persons seek the help they need or report the crime to police, family members, or friends.
- In one study, 1 in 12 men admitted to having forced sex, but almost none of them identified themselves as rapists.
- Cooperation is not consent: it is often a life-saving defense.
- Being raped can cause a lot of women to not trust men, have nightmares, feel depressed and/or anxious and difficulty with the thoughts of the rape.
- A victim of childhood sexual abuse can have the same difficulties as rape victims far into adult hood.

Common Feelings That Surface After Being RAPED:

Anger - This feeling is probably the most common reaction. A victim may be angry at the assailant, the legal system, your family, even themselves. Talking about anger to someone who wants to listen is often helpful.

Guilt - The victims may find that in an effort to accept what happened, they blame themselves in some way. Remember the victim is not to blame for the crime - the criminal is.

Terror - After a violent crime, such as rape, the victim may be unable to take her/his safety for granted. Crime is often life-threatening and almost always unexpected. It is natural for a victim of a violent crime to fear the possibility of being revictimized.

Withdrawal - A victim may feel numb after the rape and may feel like being alone or staying somewhere that feels safe and secure. They may not want to talk to other people about the rape for fear of judgments and the hope that if she/he doesn't talk about it, it will just go away.

Grief / Sadness - Intense sadness following the brutal crime a victim has survived may be overwhelming at times. The intensity and duration of a victim's grief is his/her's to determine. For each person, the time and amount of grieving is different. A rape victim may grieve over a loss of powerfulness, individuality and control over his/her body.

Why Me? - A victim may have a strong need to understand why they were selected by an offender. Coming to terms with an "explanation" for one's victimization may be a long and difficult process. A counselor can talk with a victim about this and

For more detailed information on
Sexual Assault Services
please call:



Quigley House

P.O. Box 142
Orange Park, FL 32067

24 hour confidential hotline:
(904) 284-0061

TTY/TTD:
(904) 284-0424

Office Phone:
(904) 284-0340

**A Comprehensive Domestic
Violence and Sexual Assault Center**



What You Need To Know About

RAPE

Common Physical Reaction:

- Headaches
- Exhaustion, Restlessness, or Insomnia
- Anxiety
- Change in eating habits, Loss of appetite
- Forgetfulness, Inability to concentrate
- Irritability, Mood swings
- Lowered resistance to illness/infection
- Nightmares and flashbacks of the rape

What Can A Sexual ASSAULT Victim Do?

- The sooner a rape victim can begin to deal with the various thoughts and feelings associated with the rape, the quicker the healing process can begin. Contact the Sexual Assault Program to talk with a trained counselor who can guide you through the healing process.
- For some rape victims the only way they can deal with the rape is to press charges and make sure the assailant pays for the crime he did. The judicial process can be a scary ordeal for many as prejudice surrounding rape victims still prevail in our society. The Sexual Assault Program can help as a court advocate and help the victim through this difficult process.
- A rape victim can talk about the rape to their family members. It is important that victims have the support from their family and friends to get through this difficult time. We encourage family members and close friends of rape victims to actively listen to the victim without judgment or feeling blame. The most important act is caring.
- Learn how to protect themselves in the future by learning self-defense, how to protect themselves at home and in their cars.
- Volunteer at a local domestic violence or sexual

assault center to help empower other women who are facing the same obstacles they are. It is important for victims to gain a sense of control and power back in their lives.

Reduce Your Vulnerability

At Home:

- Install a peephole and use it.
- Use your first initial on mailboxes and in the phone book.
- Do not give out personal information on the telephone.
- Close and lock all doors and windows.
- Do not admit strangers into your home.
- Require identification of repair people.
- Use lights and timers to give your home an "at home" look.
- Remember that you do not have to open the door to people that you don't know.

In Your Car:

- Keep doors locked at all times.
- Look in the back seat before getting in to see if anyone is hiding there, even if the door was locked.
- Have your keys in hand so you don't have to fumble before entering the car.
- If you have car trouble, raise the hood, lock yourself in, and wait for police.
- Do not stop to offer help to a stranded motorist; stop at the next phone booth and call the police or highway patrol.
- If you suspect that someone is following you, drive to the nearest public place and blow your horn.

When Dating:

- Avoid men that show no respect for women.
- Remember that you owe him nothing more than a "thank you" for an expensive dinner.
- Avoid men who do not respect your feelings,

or who regularly invade your body space.

- Avoid men who are verbally hostile towards women - men that make demeaning comments especially of a sexual nature.
- Stay sober. Drinking can impair your judgment and weaken your ability to defend yourself.
- Be assertive. When you say no, mean it.
- Don't be afraid to scream or cause a scene.
- Avoid isolated places when dating someone new.

In General:

- Walk with confidence; look alert.
- Never accept a ride from a stranger.
- Keep your distance when you walk past alleys, doorways and stairways.
- Be discreet - don't broadcast details of your personal plans.
- Walk in well lit areas.
- Consider taking a self-defense course.

Victim/Survivor Rights

You have the right to determine whether or not you want to report the sexual assault to law enforcement.

You have the right to report but not proceed with prosecution.

You have the right to be treated in a considerate and sensitive manner by law enforcement and prosecution personnel.

You have the right to contact and be contacted by law enforcement and the District Attorney's office.

You have the right to obtain copies of police reports regarding the sexual assault.

You have the right to report the attack to law enforcement and expect that all avenues within the law will be pursued to apprehend and convict the offender.

You have the right not to be exposed to paparazzi because of your race, age, class, lifestyle, or occupation.

You have the right to be considered a rape survivor regardless of the relationship of the assailant to you (i.e. spouse, acquaintance, relative, etc.)

You have the right to strict confidentiality.

You have the right to have common reactions to the rape, such as sleeplessness, nightmares, anxiety, fear, etc., and not have these reactions considered abnormal behavior.

You have the right to have someone with you at police and court proceedings such as line-up identifications or Superior Court.

You have the right not to be asked questions about your sexual experience - with anyone other than the defendant.

You have the right to be loved -- you have done nothing wrong.

Finally... You Have The Right To Survive...

which means that you have the right to report everything that you need in making the transition from victim to survivor.

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