

Families for SAFE Dates

*A Program for Parents and Other Caregivers
to Help Teens Date Safely*

BOOKLET 4

Preventing Dating Sexual Abuse and Rape





Preventing Dating Sexual Abuse and Rape

This booklet focuses on one type of dating abuse—dating sexual abuse, including rape. The FBI estimates that 60 percent of all rape cases in the United States are by people the victim knows, including dating partners.* This booklet helps caregivers and teens talk about dating sexual abuse: how to recognize it, and how to help prevent it. There's no way to guarantee that dating sexual abuse or rape won't happen to your teen. But with the information and activities in this booklet, together you can lower your teen's chances of becoming a victim or an abuser.

Instructions

1. Do activity 1, *It Isn't Necessarily So*, to learn about beliefs that may lead to date rape.
2. Do activity 2, *Recognizing Dating Sexual Abuse and Rape*, to raise caregiver and teen awareness of dating sexual abuse and rape.
3. Do activity 3, *Strategies for Preventing Dating Sexual Abuse and Rape*, to learn practical ways to help your teen stay safe.
4. Read the information in *Date Rape Drugs: Precautions*.
5. Read the Recap of booklet 4.
6. Do the Next Steps listed at the end of the booklet.

Before you start each activity with your teen, read the introduction and instructions aloud, taking turns reading if you prefer.

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You'll need a total of about 50 minutes to do these activities, in one or more sittings.
They should be done in the order they appear.

*Sousa, Carol, "The Dating Violence Intervention Project," in *Dating Violence: Young Women in Danger*, ed. Barrie Levy (Englewood, NJ: Seal Press, 1998).



ACTIVITY 1

It Isn't Necessarily So

Purpose: To increase awareness of beliefs that can lead to dating sexual abuse and rape.

Time needed: 15 minutes

Introduction: Teens sometimes think that something their dating partner says or does means that they want to have sex, when it does not mean that at all. Situations like this can lead to dating sexual abuse and rape.

Instructions: Caregivers, read the following six statements to your teen. After each one, ask what your teen thinks about it—including whether it sounds true or false. Then ask what a teen of the opposite sex might think about it, and how it could lead to dating sexual abuse and rape. After discussing the statements, read the Points to Remember that follow.



Remember the Tips for Successful Activities and Tips for Successful Communication from booklet 1.

Truth or Myth?

1. When a girl dresses in tight, sexy clothing for a date, it means that she wants to have sex.
2. Boys who talk about sex a lot are having sex.
3. When a girl goes into a bedroom alone with a boy, it means she wants to have sex with him.
4. Boys always want to have sex, so they can't really be sexually abused or raped by a dating partner.
5. When a guy tries to have sex and the girl doesn't move, it means she wants to have sex and what he's doing is okay.
6. A girl sometimes resists sex because she thinks her boyfriend expects her to resist—even if she really wants to go further.

Truth or Myth? Points to Remember

- 1. When a girl dresses in tight, sexy clothing for a date, it means that she wants to have sex.** Boys sometimes believe this, but it's not always true. Girls wear clothes like this sometimes because they want to look attractive and in style, but it doesn't necessarily mean that they want to have sex.
- 2. Boys who talk about sex a lot are having sex.** Sometimes boys talk about it because they want others to think they're having sex, even though they're not. They may be interested in sex and therefore talk about it, but they may not want to actually have sex.
- 3. When a girl goes into a bedroom alone with a boy, it means she wants to have sex with him.** A girl may go into a bedroom with a boy because she wants to get closer, which to her may mean hugging and kissing and cuddling. It doesn't necessarily mean that she wants to have sex.
- 4. Boys always want to have sex, so they can't really be sexually abused or raped by a dating partner.** Girls between fifteen and nineteen are most likely to get raped, but many boys also report being forced by the person they are dating to do sexual things they did not want to do. Just like girls, boys who are forced to do sexual things they do not want to do have bad feelings about it and can suffer from psychological effects such as anxiety and depression.
- 5. When a guy tries to have sex and the girl doesn't move, it means she wants to have sex and what he's doing is okay.** Under this kind of sexual pressure, a girl may freeze or hold still simply because she's afraid and doesn't know how to get out of the situation. If a girl is holding still, the boy should interpret it as a sign that she doesn't want sex, and he should *immediately* stop pressuring her.
- 6. A girl sometimes resists sex because she thinks her boyfriend expects her to resist—even if she really wants to go further.** If a girl resists, it means that she *does not* want to have sex, and the boy should *immediately* stop trying to have sex with her. *No* means *no*!



ACTIVITY 2

Recognizing Dating Sexual Abuse and Rape

Purpose: To help teens and caregivers more easily recognize dating sexual abuse and rape.

What you'll need: The list of Harmful Consequences of Dating Sexual Abuse and Rape on page 9 of this booklet.

Time needed: 20 minutes

Introduction: Dating sexual abuse takes many forms, including unwanted sexual contact like forced kissing; unwanted touching, fondling, and grabbing; threats of unwanted sexual contact; forced oral sex; attempted rape; and rape. Forced sexual acts at any time, under any circumstances, are *crimes*. Sexual abuse and rape by a date are as criminal as those by a stranger. This activity gives caregivers and teens a chance to talk about dating sexual abuse and rape.

Instructions: This activity has two parts. For part A, read the story about Kaleb and Sara, answer the questions, and review the question points that follow. For part B, read the two short stories that describe two other types of dating sexual abuse and then use the guide that follows to discuss the stories together.

Part A: Sara and Kaleb

Sara and Kaleb have been dating for several months. Kaleb invited Sara to a party that was coming up in a week. Sara was very excited about going to the party with him. Friday she went shopping with her friends and bought a sexy outfit to impress Kaleb. On Saturday they went to the party together and she wore her new clothes.

At the party, Sara and Kaleb got bored and they started kissing and touching each other. Neither of them cared much about the party, so Kaleb led Sara upstairs to an empty bedroom. They continued kissing. Kaleb wanted to have sex, but Sara told him she was scared and didn't think she was ready for that.

Because Sara's previous boyfriend had bragged publicly about having sex with her, Kaleb was upset. He asked Sara if she loved that guy she used to date more than she loved him. Sara said no, she loved Kaleb more than she'd ever loved any boyfriend. Kaleb started pressuring her for sex again, and Sara told him again that she was scared, but she didn't know what to do. She did love Kaleb, and she didn't want to lose him. She started to cry a little. Kaleb told her not to worry; he would take care of her. He wiped her tears away. Sara was frozen, afraid to move. Kaleb forced her to have sex.

IN THIS STORY, KALEB RAPED SARA.

Sexual activity can be forced on someone in many different ways, from verbal persuasion, guilt, and emotional teasing to frequent attempts, threats, and physical force. No matter what methods are used, if someone is forced to have sex without permission, it is rape, and rape is a crime. What things did Kaleb do to force Sara to have sex?

Sara gave Kaleb signs that she didn't want to have sex. What were those signs?

Rape often causes serious physical and psychological problems. What are some bad things that could happen to Sara because she was raped? (Answer this question first using your own ideas. Then look at the third item under Question Points and the Harmful Consequences of Dating Sexual Abuse and Rape on the next pages, and think about any further effects, and add them here too.)

What are some bad things that could happen to Kaleb because he raped Sara? (Answer this question first using your own ideas. Then look at the fourth item under Question Points and the Harmful Consequences of Dating Sexual Abuse and Rape on the next pages, and think about any further effects, and add them here too.)

At what points in the story could Kaleb or Sara have done something different to avoid this outcome? What could have happened instead?

SARA AND KALEB: QUESTION POINTS

What things did Kaleb do to force Sara to have sex?

Kaleb made her feel bad about herself, scared her, told her he would take care of her, and made her think she'd lose him if she didn't have sex with him. No matter what methods are used, sex without permission is rape.

What were the signs that Sara did not want to have sex?

Sara said she was scared, she said she was not ready to have sex with Kaleb, she was crying and unsure, and she froze. Teens need to pay attention to the signs that their dates are not ready to have sex.

What are some bad things that could happen to Sara because she was raped?

Sara could become pregnant or get a sexually transmitted infection. She might also have sexual and intimacy problems in the future. She could become depressed, anxious, and fearful. She might have trouble focusing on school, work, or other activities that were important to her before she was raped.

What are some bad things that could happen to Kaleb because he raped Sara?

Kaleb could be arrested and found guilty of rape. He could have a felony record for the rest of his life, which could prevent him from going to college, having a military career, or getting a good job. He could get a sexually transmitted infection or father a child before he is ready. Kaleb could feel shame and guilt; he might also have trouble in other relationships.

At what points in the story could Kaleb or Sara have done something different to avoid this outcome? What could have happened instead?

Kaleb made the mistake of interpreting Sara's joining him in the bedroom as a sign that she wanted to have sex. He also made the mistake of believing that Sara had had sex with her previous boyfriend based on the brags he'd heard. (It might not even be true.) But even if she had, Kaleb shouldn't assume that just because Sara had sex with her previous boyfriend, she was ready to have sex now with him. He also ignored Sara's signs that she did not want to have sex. When Sara said that she was scared

and that she didn't think she was ready for sex, Kaleb should have immediately stopped pressuring her.

The person who is forced to have sex is often blamed for it. However, it *never* is that person's fault. There are *no* circumstances that make forced sexual acts okay. Forced sex is rape, and rape is a crime. Sometimes girls don't yell or scream during a date rape because they're afraid of being embarrassed or of getting the boy into trouble. But girls who do scream, fight back, and run away can often stop the rape from happening. In this case, Sara could have screamed, fought back, or run out of the room.

HARMFUL CONSEQUENCES OF DATING SEXUAL ABUSE AND RAPE

- Have conflict with parents or other caregivers
- Have trouble maintaining long and happy relationships
- Get a sexually transmitted infection
- Face an unwanted pregnancy
- Build up large doctor or lawyer expenses
- Lose date's love and respect; possible breakup
- Give up dreams and goals
- Become depressed, anxious, fearful, or suicidal
- Have problems at work, school, and other activities
- Lose confidence in oneself
- Get arrested
- Become afraid to express feelings of anger
- Face limitations on college or work careers
- Go to jail
- Feel shame and guilt
- Feel lonely
- Suffer physical injury or death

Part B: Sophie and Enrico, Brenna and Jace

Read the following two stories and use the questions found on page 11 to discuss the stories together.

SOPHIE AND ENRICO

Sophie and Enrico had been flirting a lot in school. Sophie really liked Enrico and hoped he would ask her out. One day after school, Enrico told Sophie his parents weren't home, and he invited her to come over to his house. Sophie was excited and agreed to walk home with Enrico.

When they got there, Enrico said he wanted to kiss Sophie. She was embarrassed, but she wanted Enrico to kiss her. They began kissing, but then Enrico put his hands under Sophie's shirt. She pushed his hands away and said she didn't want him to do that. She said she liked kissing him, but she didn't want to do anything else. Enrico told her that he was surprised. He said he thought she was more mature than that, but he promised to just kiss. Sophie felt intimidated and embarrassed that Enrico thought she was immature. After a few more minutes of kissing, Enrico put his hands under Sophie's shirt again. Sophie began crying, but she didn't say anything because she didn't want Enrico to think she was immature and stop liking her. They continued to kiss, and Enrico continued to touch Sophie under her shirt.

IN THIS STORY, ENRICO SEXUALLY ABUSED SOPHIE.

BRENNA AND JACE

Brenna had been dating Jace for a month. One day she was talking with a group of girlfriends about how much she liked Jace, and her friends dared her to pull Jace into the girls' bathroom to make out with him. A few days later, Brenna told Jace to meet her by the girls' bathroom during class. She pulled him into the bathroom and into a stall. She started kissing him and rubbing her hands all over his body. Jace asked her to stop and said he didn't want her to do that. He told her he could get detention if he was caught in the girls' bathroom and if he got detention he could be kicked off

the school's baseball team. Brenna told him to stop being a baby. If he wanted to be with her, he should start acting like a man. Brenna proceeded to kiss him and move her hands around on his body. Jace was extremely anxious and felt embarrassed, but didn't ask her to stop because he didn't want to lose her.

IN THIS STORY, BRENNAL SEXUALLY ABUSED JACE.

SOPHIE AND ENRICO, BRENNAL AND JACE: DISCUSSION QUESTIONS

After reading the stories about Sophie and Enrico and Brenna and Jace, discuss them using these questions.

1. How did the abusers force sexual activity onto their partners?
2. How did the victims signal that they didn't want to do the sexual activity?
3. For the victims, what bad things could happen as a result of being sexually abused?
4. For the abusers, what bad things could happen as a result of their sexual abuse?
5. What could both victims have done differently? What could both abusers have done differently?



ACTIVITY 3

Strategies for Preventing Dating Sexual Abuse and Rape

Purpose: To increase caregiver and teen awareness of strategies for preventing dating sexual abuse and rape.

Time needed: 10 minutes

Introduction: The best way to prevent dating sexual abuse, including rape, is for those who commit the crime to stop doing it. There are, however, some strategies that can be used to decrease the chance of becoming a victim of dating sexual abuse and rape, although there is no way to guarantee that dating sexual abuse and rape will not happen. This activity is to get caregivers and teens to discuss ways to avoid and prevent dating sexual abuse and rape.

Instructions: Look on page 13 for a list of strategies to use to avoid committing dating sexual abuse and rape, and a list of strategies to use to avoid being a victim of dating sexual abuse and rape. Caregivers and teens, read each list. If you think of other strategies, write them on the blank lines.

STRATEGIES TO AVOID COMMITTING DATING SEXUAL ABUSE AND RAPE

- Don't do anything sexual that your date does not want to do.
- Pay attention to your dating partner's signs that he or she isn't ready to have sex.
- Don't assume that certain things your dating partner says or does—or doesn't say or do—mean he or she wants to have sex.
- Stop sexual advances if your partner is unsure or has doubts.
- Ask for your partner's permission before doing anything sexual.
- Don't drink alcohol or get high while on dates.

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STRATEGIES TO AVOID BEING A VICTIM OF DATING SEXUAL ABUSE AND RAPE

- Double-date, or go out in groups of friends for the first few dates.
- Don't leave parties or go to isolated areas with new dating partners.
- Don't drink alcohol or get high while on dates.
- Trust your feelings and instincts, and go to a safe place if you feel uncomfortable.
- Decide on your own feelings and boundaries about being sexual, and tell your dating partner clearly and firmly what those boundaries are.
- Be careful if your dating partner holds strict gender stereotypes about men and women. Men who commit rape tend to hold beliefs that men should have more power and control than women.
- When you go on a date, let your caregivers know where you're going and when you are coming home.
- If someone tries to force you to do sexual things you don't want to do, say "stop!" If it continues, scream, fight back, and run away.

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Date Rape Drugs: Precautions

Caregivers and teens, review this information together.

Date rape drugs are becoming more common among teens. When these substances are slipped into a person's drink, the person will lose some amount of consciousness and control, becoming an easy target for rape. There have even been reports of date-rape-type drugs being added to punch and other drinks at parties.

One very common type of date rape drug is Rohypnol, also called roofies, ruffies, roche (ro-shay), roach, R-2, and rope. (Other types are GHB, Ketamine, and Ecstasy.) Some Rohypnol pills are small, round, and white, but newer types are gray-green ovals. The newer types are made to help prevent their misuse: when slipped into a drink, a dye in these new pills makes clear liquids turn bright blue and dark liquids turn cloudy. Still, this color change might be hard to see in drinks such as cola or dark beer, or in a dark room. Moreover, the original dye-free Rohypnol is still available, and it cannot be seen in a drink.

Remember, too, that alcohol is probably the most common drug leading to dating sexual abuse and rape. More rapes have been committed under the influence of alcohol than under the influence of any of the drugs mentioned above.

To learn more about dating sexual abuse and rape drugs, visit these Web sites:

National Institute on Drug Abuse: www.nida.nih.gov/Infobox/clubdrugs.html

Women's Health: Date Rape Drugs: www.womenshealth.gov/faq/date-rape-drugs.cfm

Caregivers and teens, review the following precautions on date rape drugs.

If you think of other precautions, add them to the list.

Remember, date rape is committed by a person the victim knows.

- Don't put a drink down and leave it.
- Don't accept drinks from anyone you don't know well.
- Accept drinks only in unopened containers.
- Be especially careful about drinks at parties and clubs.
- Don't drink anything that tastes funny, even if your friends are drinking it.
- Don't drink alcohol or get high when on dates.
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Recap

- Teens need to recognize that dating sexual abuse and rape are against the law, that they can result in criminal charges, and that they can trigger many bad consequences—both for the victim and for the abuser.
- Caregivers, encourage your teen to never do anything sexual with someone without the other person's permission, and to pay attention to signs that a partner is not ready to have sex or do sexual acts.
- Date rape drugs are now more common. Teens can lower their chance of being drugged by following the precautions on page 14 of this booklet. Not using alcohol can also help teens avoid dating sexual abuse and rape.
- Caregivers, in your discussions with your teen, you may have discovered that he or she is in an abusive relationship or has been a victim of sexual abuse or rape. If so, please refer to the resources listed on the last page of booklet 1. Remember, the National Teen Dating Abuse Helpline is 1-866-331-9474, and the National Domestic Violence Hotline is 1-800-799-SAFE (7233).

Next Steps

If you have received all five Families for Safe Dates activity booklets at once, these are your next steps:

1. Continue to practice your communication skills and your skills for managing anger and settling disagreements.
2. Complete booklet 5, the final Families for Safe Dates booklet, which includes:
 - an activity to help teens think about how they want to treat and be treated by dating partners in the future
 - an activity to help teens develop a plan for what to do if they are being abused, or if they are abusing a dating partner
 - ideas about how to develop family guidelines for dating

If your family is participating in Families for Safe Dates through an organization that will be calling you after you complete each booklet, these are your next steps:

1. Continue to practice your communication skills and your skills for managing anger and settling disagreements.
2. Write down any questions you have about dating abuse or this booklet's activities to ask the health educator who will be calling you soon.
3. Booklet 5 (described on page 15) will be sent to you about three days after your telephone conversation with the health educator.