

# Men & Date Rape

Sexual violence is committed most often by men - mostly against women but sometimes against other men.

- **Examine:** Ask yourself how your views and assumptions of sex and women affect your attitudes and actions.
- **Personalize:** Treat women like you would want your mother, sister, or daughter to be treated.
- **Avoid:** Drugs and alcohol can impede a woman's ability to consent to sex and your ability to understand when consent has been given.
- **Accept:** When a woman says no, accept it and do not see it as a challenge.
- **Be sensitive:** The trauma of rape is very serious. Don't joke about it.
- **Get help:** Seek professional counseling or a support group if you have feelings of violence or aggression toward women.



- **Remember:** Forcing a woman to have sex against her will is rape, a violent crime with serious consequences that may include registering as a sex offender for the rest of your life.

- **Get involved:** Volunteer at or join a community advocacy organization.

## When men are the victims:

It is important to note that men can also be date rape survivors. This brochure is aimed at both male and female survivors. Resources available to women are also available to men who survive date rape.



## Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Also visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



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Pima County  
Sheriff's Department

*Keeping the Peace and Serving the  
Community Since 1865*

# DATE RAPE

## YOU ARE NOT ALONE



**Clarence W. Dupnik, Sheriff**

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[www.pimasheriff.org](http://www.pimasheriff.org)



# What is date rape?



Date or acquaintance rape means being forced or pressured into having sex without your consent

by someone you know.

Miscommunication is often central to a date rape. Often a rapist will ignore a woman's attempt at communication, misinterpret the attempt and continue anyway, or hear the request and ignore it. If a person says no and is still coerced or forced into having sex, then rape has occurred.

## Why should we be aware?

Often a date-rape survivor does not view the assault as rape but still suffers some or all of the symptoms of rape trauma like self-blame, eating and sleeping disturbances, and feelings of humiliation.



This stress can increase when bystanders and friends of both rapist and survivor do not view the incident as a rape, misinterpret the event and feel it was somehow deserved, or belittle the experience. These actions often mean that the survivor doesn't get the support they need.

# Before a sexual assault happens

Date rape is *never* the fault of a victim. Here are some things you can do to stay safe:

- Listen to your instinct. If any person, place, action, or situation makes you uncomfortable, remove yourself as quickly as possible. Be safe and get help if necessary.
- Have your own transportation if possible or enough money for a cab.
- If you are on a blind date or don't know your date well, go with a group or on a double date.
- If you are in a group, make a safety plan with other members including what to do when someone gets separated.
- Communicate clearly your sexual limits and what is acceptable behavior. You have a right to decide what you do or do not want to do with your body.
- Tell a close friend where you're going, with whom, and when you'll be back.
- Never leave a drink unattended; either finish it or order a new one when you return.
- Don't accept open containers from anyone.
- Don't leave a party, concert, club, or other social occasion with someone you just met or don't know well.



• Alcohol and drugs cloud your ability to make good decisions or take care of yourself. Don't overindulge.

# When date rape happens....

When date rape happens to you:

- Report it: Contact law enforcement by calling 9-1-1 as soon as possible.
- Preserve it: Don't alter the scene, shower, bathe, douche, or change clothes.
- Get medical attention: Go to a hospital as soon as possible to get medical attention, preserve evidence, and document injuries.
- Get help: Ask for referrals to crisis counseling.



When someone you love is date raped:

- Believe them: Acknowledge their courage for talking. Let them talk at their own pace and listen.
- Offer comfort and support: Go to counseling or the hospital if asked or needed.
- Don't blame them: It's not their fault.
- Empower them: Help survivors make decisions that feel right for them. Help them explore their options.



## Protect yourself!

Pima County Sheriff's Department offers free Rape Aggression Defense (R.A.D.) classes to females age 12 and up. This training can help save your life.

If you are interested in taking a class, please contact the Community Resources Unit:

(520) 351-4615