

REMEMBER

- * No matter who the rapist is, it is a crime.
- * More than 80% of all rapes happen between people who know each other.
- * It is *never* the victim's fault.
- * Most rapes can be prevented.
- * You *never* owe anyone any part of your body.
- * With support and treatment, you can recover.
- * Get medical treatment right away to avoid serious diseases.



Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

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Some Long-term Effects

- ❖ Loss of trust
- ❖ Guilt
- ❖ Fear / Panic attacks
- ❖ Depression
- ❖ Sexual problems

Concerned About Someone?

Highlight this brochure and share it with them.

Offer your help and support.



For Free and Confidential Help Call:

- * Infoline: 211
- * The Sexual Assault Crisis Center: 888-999-5454
- * HopeWorks: (860) 561-1175, ext. 0



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Inventory #PI:RP-DTRP

Workbook #2.3

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Coping with Date Rape

Fear defeats more people than any other one thing in the world.

Ralph Waldo Emerson
Author



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Providing hope and help to young people and their families through counseling and education.

Date Rape is Sexual Assault

Warning Signs of a Potential Abuser

- ❖ Bad vibes
- ❖ Aggression
- ❖ Jealous/possessive behavior
- ❖ Controlling and domineering behavior
- ❖ Open disrespect of women
- ❖ Put downs
- ❖ Interest in pornography
- ❖ Unpleasant intimacy
- ❖ Drinking
- ❖ Drugs
- ❖ History of violence

Preventing Problems:

- ☛ Avoid secluded places
- ☛ Don't ever leave your drink unattended
- ☛ Have your wits about you - avoid alcohol and drugs!
- ☛ Leave at the first sign of trouble!
- ☛ Have back-up transportation
- ☛ Assert yourself
- ☛ Plan ahead and establish limits
- ☛ Don't allow yourself to become isolated, stay with friends
- ☛ Be verbally assertive. Yell, "Stop! I do not want this!"
- ☛ Trust and value yourself and your body
- ☛ Do not freeze!
- ☛ Get yourself to safety



Healthy Responses to Date Abuse:

- * Reach out for help
- * Take action
- * Regain your self-esteem through support and counseling
- * Know that although you can learn from the experience, you did not cause it.
- * Get help from a sexual assault counselor.



You are not alone. Reach out, **get help!**