

Myths and Facts

Myth: If a guy has taken me out and spent money on me, I owe him something, at least a kiss.

Fact: You have the right to say “no” . Even if your date spent money on you, even if you agreed to a kiss, even if you had sex with that person before.

Myth: It is ok to have sex with somebody who becomes intoxicated and passes out at a party.

Fact: A person who is incapacitated (drunk or passed out) is not able to give consent for sexual acts and is therefore illegal. No one asks or deserves to be hurt or violated no matter what the circumstances.

Myth: Women lie about being raped, especially when the victim has been drinking or doing drugs.

Fact: According to the FBI, only 8% of all rape reports made to the police are false reports. This is a similar false reporting rate as most other felony reports.

Where should I go for help?

If you have been assaulted, talk to someone you trust. If you need additional support, a specially trained sexual violence advocate is a phone call away. After an assault, there are many decisions to make, whether or not to report the assault, whether to have a medical exam and collection of physical evidence, as well as making a safety plan.

Remember that you are not to blame. Do not assume guilt for another person’s act of violence.

Available Services:

Crisis Intervention ~ Ongoing Support
Assistance in obtaining Protection Orders
~ Information ~ Referrals ~
Support Groups ~ Follow-up Assistance



Itasca County Office:

1325 4th Street NW
Grand Rapids, MN 55744
218.326.5008 • 866.747.5008

Aitkin County Office:

204 2nd Street NW
Aitkin, MN 56431
218.927.6266 • 866.747.5008

Funding Sources:



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Date/Acquaintance Rape



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Show your colors.

What is Acquaintance Rape?

Acquaintance or date rape occurs when a victim is forced to have intercourse without their consent by someone they know. Date rape isn't about love or lust, but power and control.

Date rape tends to occur on the weekends and usually takes place on the assailant's turf. It often occurs at parties or during other situations where alcohol usage is present. In fact, on college campuses over 80% of rapes are committed by individuals known to the victims. Further, incidences of date rape often occur during a victim's first year in college.

Alcohol does not cause sexual violence, but it does lower inhibitions and impairs judgments.

It also contributes to an atmosphere where anything goes, including rape. The assailant uses the victim's impaired state and physical strength to overpower the victim. Often the victim of date rape blames themselves, may not recognize it as a crime, or does not define the incident as "rape". IT IS RAPE.

Kim's Story

I never gave much thought to rape until it happened to me my freshman year in college. I had gone to a party with friend where I ran into a guy from my home town. We stood around and talked about people we both knew. Around midnight I decided to leave and he offered to walk me home. I let him kiss me but when he started touching me and pulling at my clothes, I told him "no", and said he'd better leave. But he wouldn't listen. I yelled and struggled to get away. He held me down and raped me, and I couldn't stop him. I was crying. He laughed and said I had led him on.

At first, I felt confused and blamed myself. I didn't think anybody would believe me. I worried that my parents would be upset about the drinking. Then I started feeling really angry about the pain he had caused me. I knew that he would probably do it to someone else since he didn't seem to think that what he did was wrong. I decided to call a sexual assault crisis center for help. It's been a year now, and recovery has been rough, but I am feeling stronger everyday.

Precautions Against Rape

- ◆ Stay sober. If you do drink, have one drink with alcohol and the next one or two without.
- ◆ Be responsible when drinking. Don't give anyone the opportunity to slip something into your drink (i.e.: get your own drinks and don't leave your drink on the table to dance and then come back to finish your drink).
- ◆ Get away from someone if you feel uncomfortable.
- ◆ Don't be afraid to make a scene or hurt someone's feelings.
- ◆ Trust your instincts. If it doesn't feel right it probably isn't.
- ◆ Don't be manipulated by phrases such as "You want this as much as I do" or "we've gone too far, it's too late to stop now".
- ◆ Know the person you go out with. Casual acquaintances can often lead to dangerous situations. If you are still uncertain ask a couple of friends to double date for the evening.
- ◆ Have a safe way of getting home, especially if you are going to be drinking. Call a friend or take a taxi. Refuse rides from people you don't know very well.
- ◆ Tell someone (roommate or friend) where you are going, with who, and when you will return.
- ◆ Don't go to the home of someone you don't know.