



SEXUAL VIOLENCE

PROTECT YOURSELF
WITH THE FACTS

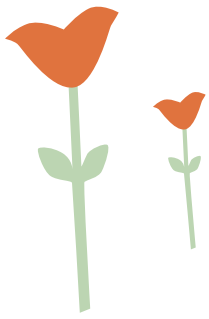


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SELF QUIZ

BEFORE READING THIS BOOKLET, IT MAY BE HELPFUL TO FIND OUT HOW MUCH YOU ALREADY KNOW ABOUT SEXUAL VIOLENCE AND ITS CAUSES. TAKE THIS 10 QUESTION TRUE-FALSE QUIZ, THEN CHECK TO SEE HOW YOU DID USING THE SCORECARD ON THE BACK OF THIS PAGE.

1. The victims of rape are always women.

- True
- False

2. Sexual violence can be the victim's fault if she dresses seductively, "leads" someone on, or says "no" when she really means "yes".

- True
- False

3. The motive for rape isn't the result of uncontrollable sexual urges. Rather, it's the need to gain a sense of power over the victim.

- True
- False

4. About 1 in 20 girls and 1 in 40 boys will become the victims of sexual violence by the time they turn 18.

- True
- False

5. Most people who are raped or sexually assaulted will report to law enforcement.

- True
- False

6. The victims of sexual violence are usually white; the offenders are usually black.

- True
- False

7. Most acts of sexual violence, including child sexual abuse, are committed by strangers in dark alleyways or other out-of-the-way places.

- True
- False

8. Acquaintance or date rape often involves alcohol.

- True
- False

9. The victims of sexual violence usually don't know their attacker.

- True
- False

10. Men are always the offenders; women are always the victims.

- True
- False

Answers on following page



ANSWERS

1. FALSE

Men, women and children – boys and girls – regardless of age, income, race or social standing, are victims of sexual violence. In 2002, nearly 32,000 men were forcibly raped or sexually assaulted. [i]

2. FALSE

Blaming the victim for the crime is the result of the myth that sexual violence is nothing more than sex. The fact is that sexual violence is a crime of power and control. It has nothing to do with the way someone dresses, acts, or how much someone's had to drink.

3. TRUE

Forcing someone to engage in a sexual act against his or her will is an act of violence and aggression. Sex offenders are not driven by uncontrollable sexual urges, but by an inability to release feelings of anger and helplessness.

4. FALSE

By the time they turn 18, 1 in 4 girls and 1 in 7 boys will be victimized [ii] Most commonly, a parent or relative is responsible for the abuse. [iii]

5. FALSE

Only 9.8% of victims in Utah in 2005 had reported to police. [iv]

6. FALSE

The majority of sexual violence involves an offender of the same race as the victim. 80-90% of violent crimes against women are committed by someone of the same racial background as the victim. [v] The misconception that the offender is usually of a different race than the victim is in part because of racial stereotypes and in part because the media has traditionally sensationalized black-white sex crimes.

7. FALSE

Although sexual violence can happen anywhere, to anyone, nearly 6 out of 10 rapes and sexual assaults occur in the victim's home or at the home of a friend, relative or neighbor. More than half occur within one mile of the victim's home or at their home. [vi] 33% of sexual assaults took place during the daytime and in nearly 3 out of 4 incidents of sexual violence the offender was not a stranger. [vii]

In 90% of the rapes of children younger than 12, the child knew the offender. [viii] 74% of sexual assault victims were assaulted by someone they knew, including family members. Nearly 55% of these sexual assaults occurred in the victim's home or in the victim's neighborhood, another 15% occurred at the victim's school. [ix]

8. TRUE

Although alcohol does not give an offender an excuse to commit a sex crime, it can make the offender and/or the victim feel more relaxed, thus placing them in a situation that they normally would avoid. At least 50% of sexual assaults involving college students are associated with alcohol use. [x]

9. FALSE

91.4% of rapes were committed by someone known to the victim. 19.6% by a friend, 15.7% by a relative not specified, 29.3% by a family member (excluding spouses) such as a father, brother, or other relative. 18.1% by an intimate partner, such as a boyfriend, husband, ex-husband and other partner. [xi]

10. FALSE

Although women are statistically more likely to be the victim, males are also victims of sexual violence. Almost 1% of the entire prison population in the United States (both male and female) consists of female sex offenders. [xii]

IF YOU WERE SURPRISED OR SHOCKED BY ANY OF THESE ANSWERS, YOU'RE NOT ALONE.

There are many misconceptions about who victims and offenders are and what they look like. The stereotypes surrounding victims and offenders continue to be an obstacle to changing society's attitudes towards sexual violence. If you have any questions, or would like more information, call the Utah Toll-Free 24-Hour Rape and Sexual Assault Crisis and Information Line at 1-888-421-1100 to speak confidentially to a victim advocate.

WHAT IS SEXUAL VIOLENCE?

Sexual violence occurs any time a person is forced, coerced, and/or manipulated into any unwanted sexual contact, attempted or completed.

The spectrum of sexual violence includes:

Rape

Marital or partner rape

Sodomy

Incest

Alcohol and drug facilitated sexual assault

Child sexual abuse

Statutory rape

Ritual abuse

Sexual exploitation

Human trafficking

Sexual harassment

Dating violence

Stalking

Molestation

Fondling

Sexual battery (unwanted touching)

Indecent exposure

Voyeurism

SEXUAL VIOLENCE IS NOT A "WOMAN'S ISSUE."

IT IS A HUMAN ISSUE AFFECTING VICTIMS, THEIR FAMILIES, FRIENDS, AND COMMUNITIES. IT CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME. SEXUAL ASSAULT IS DESTRUCTIVE TO THOSE WHOSE LIVES HAVE BEEN AFFECTED BY THIS VIOLENT CRIME AND TO OUR SOCIETY.



SEXUAL VIOLENCE STATISTICS

UNITED STATES

Approximately 302,100 women and 92,700 men are forcibly raped each year in the United States. [xiii]

Over 32,000 pregnancies result from rape every year in the United States. [xiv]

Rape and sexual assault is the least often reported violent crime. [xv]

The closer the relationship between the victim and the offender, the greater the likelihood that the victim would not report the crime to the police. [xvi]

Among children confirmed by child protective service agencies as being maltreated, 10% were sexually abused. [xvii]

More than half of all rapes of women (54%) occur before age 18; 22% of these rapes occur before age 12. For men, 75% of all rapes occur before age 18, and 48% occur before age 12. [xviii]

American Indian and Alaskan Native women are significantly more likely (34%) to be raped than African American women (19%) or White women (18%). [xix]

Chances of developing Post Traumatic Stress Disorder after being raped are between 50 and 95%. [xx]

After a rape, victims are 10 times more likely to abuse drugs, and 14 times more likely to have significant alcohol dependencies. [xxi]

COLLEGES AND UNIVERSITIES

Among college students nationwide, between 20% and 25% of women reported experiencing a completed or attempted rape. [xxii]

Of surveyed college women, about 90% of rape and sexual assault victims knew their attacker (boyfriend, ex-boyfriend, classmate, friend, acquaintance or co-worker) prior to the assault. [xxiii]

In another survey of college women, 13.3% indicated that they have been forced to have sex in a dating situation. [xxiv]

75% of the time acquaintance rape on college campuses involves a male perpetrator under the influence of alcohol/drugs; over 50% of women victims reported being intoxicated or “mildly buzzed”. [xxv]

Women who use drugs, attend a university with high drinking rates, belong in a sorority, and drank heavily in high school are at greater risk for rape while intoxicated. [xxvi]

Between 26.6% and 35.2% of female college students, and between 14.7% and 18.4% of male college students have been stalked. [xxvii]

IN UTAH

- 1 in 3 women will experience some form of sexual violence during their lives. [xxviii]
- **Approximately 1 in 8 women will be raped sometime during their lifetimes.** [xxix]
- 86.2% of victims were first assaulted before their 18th birthday. [xxx]
- **Only 9.8% of rape victims reported to law enforcement.** [xxxi]
- Rape is the only category of violent crime whose rate exceeds the national average. [xxxii]



WHO'S MOST AT RISK

SEXUAL VIOLENCE CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME.

Sexual assaults are not always committed by strangers. Frequently sexual violence is committed by a parent, family member, babysitter, roommate, friend, a date, spouse, boyfriend or girlfriend, and it is most often someone you know and trust.

Sexual violence is not a crime of lust. It is a crime of power and control. In all cases of sexual violence, no one is to blame but the perpetrator, who must be held accountable for his or her actions. A common misconception is that sex offenders cannot control their sexual urges and are driven to commit these crimes.

NO ONE ASKS OR DESERVES TO BE SEXUALLY ASSAULTED.

If you or someone you know is a victim of sexual violence, call the Utah Toll-Free 24-Hour Rape and Sexual Assault Crisis and Information Line at 1-888-421-1100 to speak confidentially to a victim advocate.

For a complete listing of sexual assault resources statewide, see pages 15 and 16.

WHO'S MOST LIKELY TO BE A PERPETRATOR?

Despite stereotypes of a stranger in a dark car or a crime-ridden alleyway, the offender is most likely someone the victim knows. 90% of the time, he or she is also of the same race as the victim.

Overall, nearly all sex offenders in Utah are male. [xxxiii] 96.6% victims of sexual assault in Utah were attacked by a male. [xxxiv] However, while many offenders are men, not all men are offenders.

91.4% of victims were attacked by someone they knew including friends and acquaintances, family members and relatives, intimate partners, neighbors, co-workers, and babysitters. [xxxv]

Abusers and perpetrators of sexual violence know what they are doing and know what they want from their victim. If no one speaks out against them, they will continue. Abusers and offenders often feel little control over other aspects of their lives, so they attempt to control their partner or someone they know in order to ease this insecurity. Sex offenders may perpetrate sexually violent crimes for many reasons including attempting to regain or establish a sense of power and control.



MALE RESPONSIBILITY AND RAPE

STATISTICS SHOW THAT MOST RAPISTS ARE MEN, ALTHOUGH MEN WHO RAPE MAKE UP ONLY A SMALL FRAGMENT OF THE MALE POPULATION.^[xxxvii] WHILE IT IS EASY FOR A MAN TO SAY, “THAT COULD NEVER HAPPEN TO ME,” OR “WOMEN ARE TO BLAME FOR SEX CRIMES,” SEXUAL VIOLENCE IS NOT A WOMAN’S ISSUE. IT’S A HUMAN ISSUE. IT AFFECTS VICTIMS, THEIR FAMILIES, THEIR FRIENDS AND THEIR COMMUNITIES.

WHETHER OR NOT THEY ARE ACTUALLY THE ASSAILANTS, MEN HAVE THE POWER TO COLLECTIVELY END RAPE. THE REASONS SOME MEN RAPE ARE CONNECTED TO WHY SEXUAL VIOLENCE IS TOLERATED IN SOCIETY. ATTITUDES CAN PROMOTE THE PERPETRATION OF RAPE AND OTHER VIOLENT ACTS AND/OR ENABLE PEOPLE TO RATIONALIZE THEIR USE OF VIOLENCE. SOCIETAL ATTITUDES, ACTIONS AND NOTIONS OF MASCULINITY NEED TO BE RECONSIDERED.

WHAT YOU CAN DO TO HELP STOP SEXUAL VIOLENCE

EXAMINE YOUR OWN ATTITUDES

Speak out against sexual assault. Making it a public issue can influence, and change attitudes. Sexual violence is not okay – stand up and say so. Others will listen.

STOP VIOLENT BEHAVIOR

Stop any friend or acquaintance you see violating or exploiting – verbally or physically – a woman’s space. Report abuse and interrupt harassment. Declare sexist jokes and language unacceptable.

DON’T JOIN IN

Don’t join in if friends encourage you to participate in paying unwanted sexual attention to a woman at a party, in a bar or on the street. Sexual objectification can lead to sexual violence.

RESPECT WOMEN

Don’t ogle, whistle at, talk to or look over a woman in ways that make her feel uncomfortable. If you aren’t sure, ask her.

DON’T MAKE EXCUSES

Don’t make excuses for the crime by saying the victim shouldn’t have gone there, worn that, or drank that.

DON’T PERPETUATE STEREOTYPES

Rape is a crime of power, control and violence – it’s not about the way a woman looks. Don’t buy into the myth that rape is a crime of lust or that only beautiful women can be victims.

NO ONE WANTS TO BE RAPED

Never voice, believe or support the idea that a woman “wanted it.” Sexual violence is a violent crime – no one wants it to happen to them.

DON’T TREAT SEX AS AN OBLIGATION

Never think a woman owes a man sex under any circumstances. Sexual intercourse is not a payback for an expensive meal or an evening out on the town.

BE SECURE

Secure men are sensitive to others. Explore your insecurities and live your life in a way that is non-threatening to women.

LISTEN TO WOMEN

In intimate relationships:

- **Never force, pressure, or coerce a woman to have sex.**
- **Stop if a woman says “maybe,” is reluctant, or says “no.” Women have the right to set limits on sexual behavior – just as you do.**
- **Don’t assume you know what a woman wants.**
- **If you think you’re getting mixed signals, ask her what she wants. If she says she isn’t sure, wait until she is sure.**
- **Respect a woman’s right to say “no” or change her mind at any time.**
- **Treat your partner with dignity.**
- **Don’t take silence as consent.**
- **Be certain you both agree on what you’ll be doing together.**

ASK!

Join Utah Men Against Sexual Violence (UMASV) and use your strength to stop sexual violence.



DATING VIOLENCE IS CHARACTERIZED BY PATTERNS OF ABUSE. SEXUAL, PHYSICAL AND/OR PSYCHOLOGICAL ABUSE HAPPENS TO GIRLFRIENDS AND BOYFRIENDS, IN BOTH GAY AND STRAIGHT RELATIONSHIPS.

IT'S NEVER OKAY FOR SOMEONE TO BE ABUSED BY ANOTHER PERSON. DON'T EVER FORGET THAT VIOLENCE IS NEVER THE VICTIM'S FAULT.

THE EFFECTS OF DATING VIOLENCE CONTINUE EVEN WHEN THE VIOLENCE HAS STOPPED.

MANY VICTIMS TURN TO HIGH-RISK BEHAVIORS, INCLUDING BINGE DRINKING, DRUG USE, SUICIDE ATTEMPTS, AND EATING DISORDERS.

IT'S YET ANOTHER REASON WHY IT'S CRUCIAL TO SPEAK UP, WHETHER YOU SEE IT IN YOUR OWN RELATIONSHIP OR A FRIEND'S, AND SEEK SUPPORT.



DATING VIOLENCE INCLUDES:

PHYSICAL ABUSE:

Physical force or violent behavior used to maintain control over a person, injure or frighten a person, or to get what one wants. Examples include pushing, shoving, slapping, hitting, kicking, pinching, throwing, or using weapons to inflict harm. The threat of physical violence can also be considered abuse.

VERBAL ABUSE:

Words used to intentionally hurt, demean, frighten, or threaten another person; often the first stage of abuse in a violent dating relationship.

SEXUAL ABUSE:

Any unwanted behaviors or actions that are sexual in nature. Forced sex, deliberate embarrassment during sex, sexual names, manipulation into having sex, physical threats to pressure someone into sex, or drug/alcohol use to impair someone's judgment, are all examples of sexual abuse.

SEXUAL HARASSMENT:

Any unwanted sexual pressure, verbal, visual, or physical in nature. Sexual harassment includes spreading sexual rumors, rude gestures or noises, inappropriate touching or rubbing, and offensive comments about someone's clothes or body. Sexual harassment can be common at work and school and is sometimes committed by someone who is in a position of power, such as a boss, teacher, or professor.

STALKING:

A pattern of repeated and unwanted attention, harassment, contact, or any other conduct that creates fear. Stalking includes repeated, unwanted, intrusive, and frightening communications by phone, mail, the internet and/or email. This can include direct or indirect threats of harm, damage of property, spreading rumors, following someone or waiting for them at places like their home, school, or workplace. It also includes repeatedly leaving or sending unwanted items, notes, or gifts.

EMOTIONAL ABUSE:

Words used to minimize someone's feelings and put him/her down. Emotional abuse disregards the victim's feelings, and instead instills beliefs of not being important or good enough. If your boyfriend/girlfriend makes you feel guilty, insecure, or afraid, it's disrespectful and unhealthy.

ISOLATION:

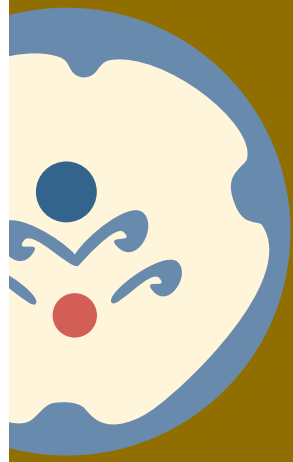
Forcing, guilt, or pressuring someone to stop seeing friends and family or cut ties to their community. This can be heard in the statements like "If you love me, you would spend time with me."

FINANCIAL ABUSE:

When someone controls your financial decisions and behaviors without your consent, it is considered financial abuse. Examples include forcing someone to work or not work, taking someone's paycheck, expecting unrealistic gifts, or one person making all or most of the financial decisions in the relationship.

DATE/ACQUAINTANCE RAPE:

Date rape is exactly as stated – a form of sexual violence occurring on a social outing or date. It is also a common form of acquaintance rape. Both of these can be defined as being subjected to unwanted sexual intercourse, oral sex, anal sex, or other sexual contact through force, threats or coercion. There can be male or female victims of rape, although most reported cases of rape are against young women. Date rape is most often perpetrated by someone the victim knows, in a situation familiar to them (i.e., a friend's house, their house, a party, etc.).



AM I AT RISK?

EVERYONE IS AT RISK. DATING VIOLENCE AND ACQUAINTANCE RAPE ARE LIKE OTHER FORMS OF VIOLENCE — IT HAS NO BOUNDARIES. IT STRETCHES ACROSS ALL ETHNIC, ECONOMIC AND GENDER LINES.

KNOW YOUR LIMITS WHEN YOU'RE ON A DATE

Listen carefully. Take time to hear what the person you are with is saying. If you feel you are getting a mixed message, ask for clarification. If the person you are with is unsure about having sex, don't try to influence the decision.

Communicate. Talk to the person you are with. Express your sexual desires honestly and as early as possible. Don't assume that you know what the person you are with wants – ask before you act. Explain actions that might give the wrong idea.

No means no – always. Take "no" to mean no, and explain that you respect that decision and won't pressure the person.

Don't confuse desire with actions. Your desires for sexual pleasure may be beyond your control, but your decision to act on them is in your control. Sexual excitement does not justify forced or coerced sex – no matter how turned on you are.

Know your own boundaries. Before you even go out with someone, make sure you know how far you are willing to go, and stick to it. You have the right to decide what happens to your body.

Trust your gut instinct. If you get a bad feeling about a situation, it is probably for a good reason. Don't worry what other people think. Trust your feelings and try to get out of the situation as soon as you feel uncomfortable.

Have a plan. Tell a friend where you're going and when you'll return. If possible, arrange for your own transportation or have enough money to get home. Try to have other friends around to keep an eye on each other.

Think when you drink. Remember that alcohol and drugs can interfere with your ability to assess situations and to communicate effectively. Use the buddy system, whenever possible, at parties and clubs.

Be careful around people you don't know well. Resist the temptation to put total trust in a new friend by accepting a ride or going to someone's home. Just because one of your friends knows someone doesn't mean you should automatically trust them. Try and suggest things that you can do in a place where there are lots of other people around.

It is okay to stray from stereotypical gender attributes. What matters is an equal respectful relationship where each person feels valued. Don't be afraid to show and communicate your feelings – this is what is at the core of a healthy respectful relationship. It's okay to be assertive and tell the person you're with what you need and want in order to be happy. If you're unsure about having sex, say no, and wait until you're completely sure. Don't feel like you have to please the other person first.

DON'T ASSUME, "IT CAN'T HAPPEN TO ME."

ALCOHOL AND SEXUAL VIOLENCE

Alcohol use is frequently associated with rape. 26% of the men who acknowledged committing sexual assault on a date reported being intoxicated at the time of the assault. An additional 29% reported being "mildly buzzed". 21% of the college women who were sexually assaulted on a date were intoxicated at the time of the assault. An additional 32% reported being "mildly buzzed". [xxxvii]

Alcohol is also used to facilitate rape. 21% of college men reported using alcohol and/or drugs as a means of coercion to intentionally impair their victims. [xxxviii]

FOR MEN, ALCOHOL MIGHT CAUSE YOU TO:

- Feel more social, confident and attractive.
- **Misinterpret a variety of verbal and nonverbal cues as evidence that someone is interested in having sex with you.**
- Misperceive a compliment, friendliness, physical contact, what a woman is wearing, a woman going to your room or somewhere secluded with you, and even drinking, as a woman's desire to have sex with you.
- **Ignore what a woman is doing or saying that shows that she is not interested in sex.**
- Feel justified in forcing sex on a woman who, you believe, has been "leading you on".

Sexual provocation, whether intentional or not, is not justification for rape; sex with someone who doesn't give consent or is unable to give consent (e.g. drunk) is rape.

FOR WOMEN, ALCOHOL MIGHT CAUSE YOU TO:

- Ignore or miss cues that would help you evaluate your safety.
- **Be seen as more willing to have sex than someone who is not drinking.**
- Not notice attempts to isolate you as a way to facilitate an assault.
- **Be encouraged to drink by a man as a way to facilitate an assault.**
- Unsuccessfully resist an assault, either verbally or physically.
- **Be perceived as partially responsible for what happened, due to stereotypes.**

Nonetheless, if a person who has been drinking is raped, the rape is never the victim's fault. Rape is always the responsibility of the rapist.

Many rapists know that their victims may be deterred from reporting the crime or seeking support because they were drinking or using drugs and fear that they will be punished, particularly if a victim is underage or is in violation of a school's code of conduct. If you have concerns about where to turn, call the Utah Toll-Free 24-Hour Rape and Sexual Assault Crisis and Information Line at 1-888-421-1100 to speak confidentially to a victim advocate or use the resources on pages 15 & 16.



There Is No Universal Response To Protect You From Threats To Your Safety.

It Depends on You and the Situation.

Keep assessing the situation.

It may be necessary to use physical force to protect yourself. If a person blocks your path to safety or physically attacks you, your only recourse may be to fight back. A good self-defense class can teach you how to size up a situation and decide what you should do. One of the best things people take away from self-defense classes is self-confidence.

Another part of self-defense is doing things that can help you stay safe. Some risk reduction tips that you may already be doing include:

- **Know your surroundings**
- **Carry a cell phone if possible**
- **Program your cell phone with numbers you would need in an emergency**
- **Trust your instincts**

CONTACT THE RESOURCES ON PAGES 15 & 16 TO FIND OUT WHETHER YOUR SCHOOL OR COMMUNITY OFFERS SELF-DEFENSE CLASSES.

IF THEY DON'T HAVE THEM, THEY MAY BE ABLE TO TELL YOU WHO DOES.

Surviving Sexual Violence: If It Happens To You or Someone You Know...

Victims of rape and other forms of sexual violence are in a special category. No other crime offers a similarly personal and intimate violation of self. Even if you don't have a single cut or bruise, a violent crime was still committed.

Victims of sexual assault who don't resist should never feel guilty – the attacker committed the crime. If you were in shock, froze, or if you were afraid to fight back, submitting to sexual violence out of fear doesn't equal consent – it is still sexual violence, and it is still a crime.

If you are unsure about whether or not you – or your friend's - experience is a crime, you can always talk to a confidential victim advocate by contacting the Utah Rape and Sexual Assault Crisis and Information Line.

If you or a friend has been raped or sexually assaulted, is being stalked, harassed, or is in an abuse relationship, there are things you can do:

Call the Utah Rape and Sexual Assault Crisis and Information Line 1-888-421-1100.

A trained confidential victim advocate can provide crisis intervention and discuss options for reporting, medical care, counseling services, safety planning, as well as talk to you about the laws and advocate for your rights. If you have been raped, preserve evidence by not douching, bathing or showering, eating, changing clothes or altering the environment in which the assault took place. Emotional support is very important.

Identify people you can talk to and will support you. Take advantage of any counseling services available to you (e.g., rape crisis services, victim advocates, victim sensitive clergy, etc.).



WHERE TO GO FOR HELP

UTAH RESOURCES - RAPE CRISIS PROGRAMS

UTAH TOLL-FREE 24-HOUR RAPE
AND SEXUAL ASSAULT CRISIS AND
INFORMATION LINE
1-888-421-1100

COMMUNITY ABUSE PREVENTION
SERVICES AGENCY (CAPSA)
LOGAN, UT
435.752.4439
WWW.CAPSA.ORG

CENTER FOR WOMEN AND
CHILDREN IN CRISIS (CWCIC)
OREM, UT
801.227.5038
WWW.CWCIC.ORG

CANYON CREEK WOMEN'S
CRISIS CENTER
CEDAR CITY, UT
435.867.9411

DOVE CENTER
ST. GEORGE, UT
435.628.1204

DOMESTIC VIOLENCE AND SEXUAL
ASSAULT VICTIM ADVOCATES
(DLSAVA)
TOOELE, UT
435.241.0337
WWW.DLSAVA.ORG

GENTLE IRONHAWK SHELTER
BLANDING, UT
435.678.2445
WWW.GENTLEIRONHAWK
SHELTER.COM

NEW HORIZONS CRISIS CENTER
RICHFIELD, UT
435.896.9294
800.343.6302 (TOLL-FREE)
WWW.NEWHORIZONSCRISIS
CENTER.COM

RAPE RECOVERY CENTER
SALT LAKE CITY, UT
801.467.7282
WWW.RAPERECOVERY
CENTER.ORG

SAFE HARBOR CRISIS CENTER
KAYSVILLE, UT
801.444.3191
WWW.WOMENSDVSHELTER.ORG

SEEKHAVEN
MOAB, UT
435.259.2229

YOUR COMMUNITY
CONNECTION (YCC)
OGDEN, UT
801.394.9456

YOUR COMMUNITY
IN UNITY (YCU)
BRIGHAM CITY, UT
435.723.5600
WWW.YCUBE.ORG

UTAH CAMPUS RESOURCES

BRIGHAM YOUNG UNIVERSITY
WOMEN'S SERVICES AND RESOURCES
PROVO, UT
801.422.4877
HTTP://WSR.BYU.EDU

COLLEGE OF EASTERN UTAH
HEALTH AND WELLNESS CENTER
PRICE, UT
435.613.5607
WWW.CEU.EDU

DIXIE STATE COLLEGE
WELLNESS CENTER
ST. GEORGE, UT
435.652.7756
HTTP://WELLNESS.DIXIE.EDU

SALT LAKE COMMUNITY COLLEGE
HEALTH AND WELLNESS SERVICES
SALT LAKE CITY, UT
801.957.4268
HTTP://ACTIVE.SLCC.EDU/HW

SNOW COLLEGE
WELLNESS CENTER
EPHRAIM, UT
435.283.7125
HTTP://WWW.SNOW.EDU/~STU
DENTLIFE/COUNSERVICE.HTML

SOUTHERN UTAH UNIVERSITY
WELLNESS CENTER
CEDAR CITY, UT
435.586.7718
HTTP://WWW.SUU.EDU/SS/
WELLNESS

UTAH STATE UNIVERSITY
SAAVI OFFICE
LOGAN, UT
435.797.1510
HTTP://WWW.USU.EDU/SAAVI/

UNIVERSITY OF UTAH
WOMEN'S RESOURCE CENTER
SALT LAKE CITY, UT
801.581.8030
WWW.SA.UTAH.EDU/WOMEN

UTAH VALLEY STATE COLLEGE
WOMEN'S RESOURCE CENTER
OREM, UT
801.863.8080
WWW.UVSC.EDU/CONTEDED/CPCD/
WRINFO.HTML

WEBER STATE UNIVERSITY
SERVICES FOR WOMEN
STUDENTS
OGDEN, UT
801.626.6090
WWW.WEBER.EDU/SWS

WEBER STATE UNIVERSITY –
DAVIS CAMPUS
STUDENT AFFAIRS, SPECIAL
POPULATIONS
LAYTON, UT
801.395.3514
HTTP://PROGRAMS.WEBER.
EDU/DAVISCAMPUS/DAVIS
STUDENTAFFAIRS.ASP

WESTMINSTER COLLEGE
COUNSELING CENTER
SALT LAKE CITY, UT
801.832.2237
HTTP://WWW.WESTMINSTER
COLLEGE.EDU/STUDENT_LIFE



DATING RIGHTS

I HAVE THE RIGHT TO REFUSE A DATE WITHOUT FEELING GUILTY.

I HAVE THE RIGHT TO ASK FOR A DATE WITHOUT BEING CRUSHED IF THE ANSWER IS “NO.”

I HAVE THE RIGHT TO CHOOSE TO GO SOMEWHERE ALONE WITHOUT HAVING TO PAIR UP WITH SOMEONE.

I HAVE THE RIGHT NOT TO ACT “MACHO” OR SEDUCTIVE.

I HAVE THE RIGHT TO SAY “NO” TO PHYSICAL CLOSENESS.

I HAVE THE RIGHT TO SAY, “I WANT TO KNOW YOU BETTER BEFORE I BECOME INVOLVED OR BEFORE WE HAVE SEX.”

I HAVE THE RIGHT TO SAY, “I DON’T WANT TO BE IN THIS RELATIONSHIP ANY LONGER.”

I HAVE THE RIGHT TO EQUAL RELATIONSHIPS.

I HAVE THE RIGHT NOT TO BE ABUSED PHYSICALLY, SEXUALLY OR EMOTIONALLY.

I HAVE THE RIGHT TO CHANGE MY LIFE GOALS WHENEVER I WANT.

I HAVE THE RIGHT TO HAVE FRIENDS, INCLUDING THOSE OF THE OPPOSITE SEX.

I HAVE THE RIGHT TO EXPRESS MY FEELINGS.

I HAVE THE RIGHT TO SET LIMITS, TO SAY “NO” OR “YES,” AND TO CHANGE MY MIND IF I SO CHOOSE, WITHOUT PERMISSION FROM ANYONE ELSE.

I HAVE THE RIGHT TO STOP DOING SOMETHING, EVEN IN THE MIDDLE OF IT.

I HAVE THE RIGHT TO HAVE MY MORALS, VALUES AND BELIEFS RESPECTED.

I HAVE THE RIGHT TO SAY “I LOVE YOU” WITHOUT HAVING SEX.

I HAVE THE RIGHT TO BE ME, EVEN IF IT IS DIFFERENT FROM THE “NORM,” OR FROM WHAT YOU WANT ME TO BE.

I HAVE THE RIGHT TO SAY “I DON’T WANT TO PLEASE YOU AT THIS TIME, OR DO THAT.”

I HAVE THE RIGHT TO TALK WITH OTHERS ABOUT MY RELATIONSHIPS.

I HAVE THE RIGHT TO BE AS OPEN OR AS CLOSED AS I FEEL COMFORTABLE.

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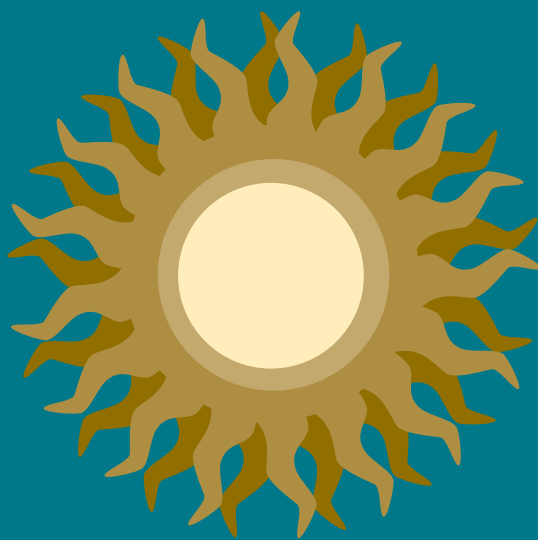
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