



Discussion Guide for

ACQUAINTANCE RAPE, DRUGS AND YOU

LEADER'S GUIDE

INTRODUCTION

The Canadian comparison statistics have been added to this document. Should the leader want more detailed statistics for their own province, he/she should check with their own provincial offices, hospitals or sexual assault clinics.

This video uses the specific term, "rape" as its subject. In Canada rape is included under "sexual assault". Sexual assault and rape almost always occurs from men towards women. However, it should be recognized that according to the Badgley Report, Ministry of Health in Ottawa, 1:7 men have been the victims of unwanted touching, generally from another male. In this video, the subject is geared mainly to sexual assault from a man towards a woman.

Women face the greatest risk of sexual assault from men they know, not strangers. It is reported that over 75% of all rape survivors knew their attackers (69% in Canada)¹ (dates, boyfriends, marital partners, friends, family members or neighbours)¹. For example, four out of five female undergraduates recently surveyed at Canadian universities said that they had been victims of violence in a dating relationship. Of that number, 29% reported incidents of sexual assault.²

It is widely estimated that 1 in 4 women will be the target of some form of sexual assault ³. According to Statistics Canada, it is estimated that only 6% of all sexual assaults ever get reported, and that even fewer get reported to the police.

If the occurrence of rape in our society is going to be decreased, men need to truly believe that sex is not something they can demand or take from a woman and that they will face legal consequences if they commit the crime.

To prevent rape, we must work to change the culture in which it happens. That means getting people to talk, listen and believe, but it also means encouraging more women to report rape to the police so that more rapists can be prosecuted in the future.

ABOUT THE VIDEO

Acquaintance Rape, Drugs And You uses excerpts from interviews, engaging commuter graphics and a young male and female narrator team to address many of the issues involved with dating and rape, specifically acquaintance rape. This video emphasizes the need for better communication and respect between men and women and brings out into the open some of the misunderstandings and misconceptions that frequently lead to trouble.

The narrators and counselors, along with a sex crimes police detective and two rape survivors, discuss what circumstances lead to date rape, the dangers drugs and alcohol add to dating situations (including information on so-called date rape drugs, G.H.B. and Rohypnol) what to do after a rape has occurred, and finally, how to prevent rapes from happening in the future, by raising awareness among women and, more importantly, by emphasizing that the final responsibility for preventing rape belongs 100% to the aggressor.

Preventing rape is the task at hand. Acquaintance Rape, Drugs and You sends the message to men loud and clear that "No" means "No" and that to have sex with a woman without her absolute, explicit, verbal consent is a crime, and that the rapist can and will be charged with the crime.

THE PRESENTATION

0-5 MINUTES – INTRODUCE YOURSELF

Welcome your audience and introduce yourself. Inform the audience that the problem of acquaintance rape affects everyone. Explain that the purpose of the presentation is to increase awareness and stop rape by raising the levels of respect and communication between men and women.

5-20 MINUTES – SHOW THE FILM (ALLOW 26 MINUTES FOR COLLEGE VERSION)

Show Acquaintance Rape, Drugs And You to increase awareness about many of the issues surrounding the crime of rape.

20-40 MINUTES – DISCUSSION

Ask questions from the "Questions for Discussion" section of this guide. Tailor your question choice to your specific audience. Spark discussion by encouraging audience members to share their own opinions about the dating scene. Urge audience members to ask any additional questions they may have and tell them where they might go to get more information.

40-45 MINUTES – CLOSE

Distribute any resource materials you may have available. Review and discuss hand-outs with the audience to ensure they have a clear understanding of the materials you have given them. Encourage audience to date safely, to respect the thoughts and wishes of others (to listen to "No"), to communicate better with their friends and dates and to share what they have learned with family members. Offer to be available after the presentation to answer any additional questions.



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QUESTIONS FOR DISCUSSION

Q. What is the definition of rape?

A. Rape occurs when a man forces a woman to have sex whether by physical force, coercion or manipulation. Anytime a man has sex with a woman without her explicit verbal consent, it is rape and that includes all situations where the woman was unable to give her consent or was under the influence of drugs and/or alcohol.

In Canada, sexual assault is any unwanted act or a sexual nature imposed by one person upon another. The Criminal Code definition of sexual assault includes a number of acts ranging from unwanted sexual touching, to sexual violence resulting in wounding, maiming or endangering the life of the victim.

Q. Who is the typical rapist?

A. There is no typical rapist. Rapists can be anybody and are most often men who were acquaintances of the women they raped.

Q. How and why does rape occur?

A. Rape occurs when a man forces or coerces a woman into having sex against her will. Rape also occurs when a man mistakenly reads silence and submission from a woman as consent for sex, which it is not. And lastly, rape occurs when a man has sex with a woman when she was unable to give her consent because of the influence of alcohol or drugs. The cause of rape is simple—because a man decided to have sex with a woman without first getting her explicit, verbal, sober consent. This act of sexual aggression is the direct result of a lack of understanding and respect, often for women in general, and is unfortunately all too common in our society.

Q. What role do alcohol and drugs play in date rape?

A. Alcohol and drugs are involved in nearly all acquaintance rape situations. Alcohol and drugs impair judgment, reduce inhibitions, often increase aggressiveness and decrease communication and understanding. Furthermore, there are drugs out there being disguised in all kinds of beverages to sedate potential rape victims. Often it is the combination of drugs and alcohol together that facilitates a potential rape situation.

Q. What are the so-called "date rape drugs"? What are their nicknames?

A. G.H.B. (Gamma-hydroxybutyrate, or Liquid X, Liquid E, Grievous Bodily Harm) and Rohypnol (roofies, la roche, R-Z, the forget pill, roll'n'fall and rope) are the two drugs most commonly associated these days with the sedation of potential rape victims.

Q. What steps can a woman take to avoid getting into danger?

A. Set limits ahead of time. Don't go to secluded areas where help won't be available if your date becomes aggressive. Don't accept drinks from a stranger, or accept any drinks that you didn't see get poured. Don't leave beverages unattended. Date in groups so you and a friend can look out for each other. Carry cab fare at all times. Trust your instincts — if a situation doesn't feel safe, it probably isn't — walk away if you don't feel comfortable. Most sexual assaults (60%) occur in a private home and the largest percentage of these (38%) occur in the victim's home. The idea that most sexual assaults fit the "stranger-in-a-dark-alley" stereotype can lead to a false sense of security.

Q. What steps should a woman take if she has been raped?

A. First, go to a safe place. Tell a friend, family member or crisis counselor what happened. Consider calling the police. Then go to the hospital to get checked for traces of drugs in your system if you suspect that you were sedated. Preserve possible evidence—even if you're not sure you want to press charges, preserve and collect evidence just in case. Don't shower, douche or change your clothes before going to the hospital.

Q. What can we all do to prevent acquaintance rape from happening?

A. Women can take steps to be extra careful. Men can decide not to rape. Everyone can try to communicate better and share their feelings, expectations and limits, and everyone can look out for their friends and be more careful on dates in general, but preventing rape comes down to one thing—respecting the person you are with and their wishes. "No" means "no". Likewise, silence and submission do not mean "yes". Drunkenness also does not mean "yes".



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REFERENCES

1 J. Brickmand and J. Briere, "Incidence of Rape and Sexual Assault in an Urban Canadian Population," The International Journal of Women's Studies, Vol. 7, no. 3, 1984.

2 W. DeKeseredy and K. Kelly, "The Incidence and Prevalence of Woman Abuse in Canadian University and College Dating Relationships: Results From a National Survey," Ottawa: Health Canada, 1993.

3 J. Brickman and J. Briere, "Incidence of Rape and Sexual Assault in an Urban Canadian Population," The International Journal of Women's Studies, Vol. 7, no. 3, 1984.

FOR FURTHER INFORMATION:

- IN ONTARIO Toronto Rape Crisis Centre Mississauga Hospital Sexual Assault Team Sexual Assault Care Centre, Toronto
- IN CANADA The Family Violence Prevention Division of Health and Welfare Canada Solicitor General of Canada Canadian Council on Social Development, Ottawa
- Women's shelters, Children's Aid Societies and various women's groups in your own communities and regions.

PROGRAMS DETAILS

LENGTH:

30 minutes

SUBJECT AREAS:

Sexual Harassment

AUDIENCE LEVELS:

Senior High/Adult

ORDER NUMBER:

2-5137SG

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