

ACQUAINTANCE RAPE

WHEN THE RAPIST
IS SOMEONE YOU KNOW



ILLINOIS COALITION AGAINST SEXUAL ASSAULT



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WHAT IS ACQUAINTANCE RAPE?

Acquaintance rape is a sexual assault crime committed by someone who knows the victim. As a sexual assault crime, acquaintance rape includes forced, manipulated or coerced sexual contact. If someone forced you to have sex, that is rape – even if you know the attacker.

- The rapist may be a date, neighbor, boss, co-worker, delivery person, repair worker, spouse, relative or anyone you know.
- It can happen to anyone regardless of gender or race.

If you are a victim of acquaintance rape, it may help if you tell someone about the assault or abuse and ask for help.

**Remember: If you have been raped,
it is not your fault.**

HOW DO I GET HELP?

RAPE CRISIS CENTERS

You may want to call a rape crisis center about the assault. The rape crisis center will give you support and information. The workers at the center will talk to you on the phone any time of the day or night. They will also meet you at the hospital emergency room and go with you to talk with the police. The services offered by rape crisis centers include:

Medical Advocacy: The rape crisis center worker will help you understand what happens when you go to the hospital emergency room.

Criminal Justice Advocacy: The rape crisis center worker will help you talk with the law enforcement and/or the prosecutor. She will also go to court with you.

Counseling: The rape crisis counselor will listen to you and help you find ways to feel better. She will have information and ideas that you can try.

24-hour hotline: Rape crisis centers operate crisis intervention hotlines that victims may call for support at any time.

The rape crisis center is there to help you.

Remember that sexual violence is a serious, violent crime. It can happen to anyone. No matter what happened to you, the sexual violence was not your fault.

THE IMPACT

Rape is traumatic and affects the victim physically and emotionally. **Every victim reacts differently to being raped.** Some feelings you might have include:

Emotional Feelings:

- ☐ Guilt
- ☐ Fear
- ☐ Depression
- ☐ Shock
- ☐ Shame
- ☐ Anxiety
- ☐ Anger
- ☐ Sadness
- ☐ Denial

Physical Reactions:

- ☐ You may not want to eat
- ☐ You may have trouble sleeping
- ☐ You may have nightmares
- ☐ You may be uncomfortable around others
- ☐ You may experience flashbacks

No matter how you feel, remember it was not your fault. You can get help. A rape crisis center can help you with the information and support.



ACQUAINTANCE RAPE

YOUR RIGHTS

IN A RELATIONSHIP:

- You have the right to a life without violence.
- You have the right to reject unwanted attention.
- You have the right to change your mind whenever you want.
- You have the right to be yourself without changing to please others.
- You have the right to decide whether you want physical and sexual contact.
- You have the right to change a relationship when your feelings change.
- You have the right to say “NO.”

AFTER A SEXUAL ASSAULT:

- You have the right to medical treatment at a hospital emergency room.
- You have the right to report the assault to police.
- You have the right to be treated fairly and with dignity during the medical and criminal justice processes.
- You have the right to be notified of court proceedings related to your case.
- You have the right to bring an advocate or other support person to all court proceedings.
- You have the right to restitution.

WHO CAN BE A VICTIM?

Anyone can be sexually assaulted by an acquaintance. You may be pressured or forced into unwanted sex by a friend, relative, date or other acquaintance. If this happens to you, you are entitled to the same medical care, rape crisis center services and legal remedies as any other victim.

It is important to remember that **sexual assault is a crime**. **You are not at fault**. You are entitled to support – to medical care, legal assistance and counseling. You may want to call a rape crisis center for help in getting these services.

WHAT ABOUT ALCOHOL?

You should be able to drink or go to a party without fear of rape. This is your right. Women should not be judged differently than men for drinking or going to a party.

Unfortunately, women are more vulnerable to sexual assault when they are drinking. Alcohol is the No. 1 date rape drug.

WHAT ABOUT DATE RAPE DRUGS?

Rapists can use a variety of drugs to make someone defenseless. These drugs are often **colorless, odorless and tasteless**. They can cause someone to lose mobility and even consciousness. When a person wakes up, she may not have any memory of the assault. Remember that alcohol is the most widely used date rape drug.

To protect yourself against a rapist using drugs:

- Go to parties with friends and people that you **trust**.
- Do not leave your drink **unattended**. If you do, get a new drink.
- Do not use any **unfamiliar substances** offered to you at a party.
- If you feel **dizzy or disoriented**, ask a friend for help immediately.
- If you wake up with **no memory** of what happened the night before, go to an emergency medical center immediately.

THE LAW

Acquaintance rape is a crime in Illinois. There is no legal difference between sexual assault by a stranger and sexual assault by an acquaintance.

Under Illinois law, consent is one thing and one thing only: a clear **“YES”** to the sexual act in question. If the victim does not fight back or escape, the law does not presume that the victim consented. If the victim knows the offender, the law still does not presume consent.



ACQUAINTANCE RAPE

MEDICAL CARE

You may want to get medical attention. The medical staff can examine you for injuries and test for infections and pregnancy. Hospital personnel can also inform you about emergency contraception. If you go to a hospital emergency room within 72 hours, the hospital can collect evidence of the assault.

LAW ENFORCEMENT

You may want to report the crime to the police and pursue prosecution of the offender.

IF I KNOW A RAPE VICTIM?

SUPPORT

If you know someone who has been raped, be **supportive**. **Do not blame the victim**. Rape is a crime, and blame belongs with the person that committed the crime. Remember that it is never the victim's fault.

LISTEN AND HELP

Respond to what the victim says she needs – not what you think she needs. Support the victim in calling a rape crisis center and getting medical attention. If the victim wants to report to police, offer to go with her. If the victim does not want to report, respect the decision.

ACTION

Offer to help make phone calls for the victim. Offer to **drive** to the hospital, police station and rape crisis center. Offer to **stay with the victim** during the medical examination and interviews.

RAPE CRISIS SERVICES IN ILLINOIS ...

■ NORTH

ADDISON*

YWCA Metropolitan Chicago
Patterson & McDaniel Center
24 hrs. 630-971-3927

ARLINGTON HEIGHTS

Northwest CASA
24 hrs. 888-802-8890
www.nwcasa.org

ATKINSON*

Freedom House, Inc.
24 hrs. 800-474-6031
www.freedomhouseillinois.org

AURORA

Mutual Ground, Inc.
24 hrs. 630-897-8383
www.mutualgroundinc.org

BELVIDERE*

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811

BERWYN*

The CARE Center
24 hrs. 708-482-9600

CHICAGO HEIGHTS

YWCA Metropolitan Chicago
South Suburban Center
24 hrs. 708-748-5672
www.ywcachicago.org

CRYSTAL LAKE*

Northwest CASA
24 hrs. 888-802-8890

DEKALB

Safe Passage, Inc.
24 hrs. 815-756-5228
www.safepassagedv.org

DIXON*

YWCA of the Sauk Valley
24 hrs. 815-288-1011

ELGIN

Community Crisis Center
24 hrs. 847-697-2380
www.crisiscenter.org

EVANSTON*

Northwest CASA
24 hrs. 888-802-8890

FREEPORT

VOICES of Stephenson County
24 hrs. 815-232-7200

GALENA

Riverview Center
24 hrs. 888-707-8155
www.riverviewcenter.org

GURNEE

Zacharias Sexual Abuse Center
24 hrs. (847) 872-7799
www.zcenter.org

HICKORY HILLS

The Pillars Community Services
24 hrs. 708-482-9600
www.pillarscommunity.org

JOLIET

Sexual Assault Service Center
Guardian Angel Community
Services
24 hrs. 815-730-8984
www.gacsprograms.org

KANKAKEE

Kankakee County Center
Against Sexual Assault
24 hrs. 815-932-3322
www.kc-casa.org

MORRIS*

Sexual Assault Service Center
Guardian Angel Community
Services
24 hrs. 815-730-8984

MOUNT CARROLL*

Riverview Center
24 hrs. 877-273-7772

OREGON*

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811

OTTAWA

ADV & SAS
24 hrs. 800-892-3375

PLAINFIELD*

Sexual Assault Service Center
Guardian Angel Community
Services
24 hrs. 815-730-8984

PONTIAC*

ADV & SAS
24 hrs. 800-892-3375

PRINCETON

Freedom House, Inc.
24 hrs. 800-474-6031
www.freedomhouseillinois.org

QUAD CITIES

Rape/Sexual Assault Counseling
Program
Family Resources, Inc.
24 hrs. 309-797-1777
www.famres.org

ROCHELLE*

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811

ROCKFORD

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811
www.rockfordsexualassaultcounseling.org

SKOKIE*

Zacharias Sexual Abuse Center
24 hrs. (847) 872-7799

STERLING

YWCA of the Sauk Valley
24 hrs. 815-626-7277
www.ywca.org/saukvalley

STREATOR

ADV & SAS
24 hrs. 800-892-3375
www.advsas.org

WATSEKA*

Iroquois Sexual Assault Services.
24 hrs. 815-432-0420

■ CHICAGO

Chicago 24-Hour Hotline
1-888-293-2080

RAPE VICTIM ADVOCATES

www.rapevictimadvocates.org
○ Stroger Hospital*
○ Austin*
○ Northside*

MUJERES LATINAS EN ACCION

www.mujereslatinasenaccion.org
○ North Riverside

YWCA METROPOLITAN CHICAGO SEXUAL VIOLENCE AND SUPPORT SERVICES

www.ywcachicago.org
○ Laura Parks and Mildred
Francis Center*
○ Englewood*
○ Logan Square*
○ RISE Children's Center*

ACQUAINTANCE RAPE

RAPE CRISIS SERVICES IN ILLINOIS ...

■ CENTRAL

BLOOMINGTON

Stepping Stones Sexual Assault Services

YWCA McLean County
24 hrs. 309-827-4005
www.ywcamclean.org

BROWN COUNTY*

Quanada Sexual Assault Program
24 hrs. 800-369-2287

CHARLESTON/MATTOON

Sexual Assault Counseling
& Information Service
24 hrs. 888-345-2846
www.sacis.org

DANVILLE

Vermillion County
Rape Crisis Center
24 hrs. 866-617-3224
www.vcrapecrisis.org

DECATUR

Growing Strong Sexual
Assault Center
24 hrs. 217-428-0770
www.growingstrongcenter.org

GALESBURG*

WIRC/CAA Victim Services
Knox County
24 hrs. 309-837-5555
www.wirc.org/victim-services

JACKSONVILLE*

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081

MACOMB

Western Illinois Regional
Council/ Community Action
Agency Victim Services
24 hrs. 309-837-5555
www.wirpc.org/victim-services

MT. STERLING

Quanada
24 hrs. 800-369-2287

QUINCY

Quanada Sexual
Assault Program
24 hrs. 800-369-2287
www.quanada.org

PEORIA

The Center for the
Prevention of Abuse
Sexual Assault Services
24 hrs. 309-691-4111 or
800-559-SAFE
www.centerforpreventionofabuse.org

PITTSFIELD*

Quanada Pike County
24 hrs. 800-369-2287

ROBINSON*

Counseling & Information
for Sexual Assault/Abuse
24 hrs. 866-288-4888

RUSHVILLE*

Quanada
24 hrs. 800-369-2287

SPRINGFIELD

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081
www.prairiecasa.org

TAYLORVILLE*

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081

URBANA/CHAMPAIGN

Rape, Advocacy, Counseling and
Education Services
24 hrs. 217-384-4444
or 877-236-3727
www.cu-races.org

■ SOUTH

ALTON*

Call For Help, Inc.
Sexual Assault Victims Care Unit
24 hrs. 618-397-0975

BELLEVIEWE

Call For Help, Inc. Sexual
Assault Victims Care Unit
24 hrs. 618-397-0975
www.callforhelpinc.org

CARBONDALE

Rape Crisis Services of
The Women's Center, Inc.
24 hrs. 618-529-2324 or
800-334-2094
www.thewomensctr.org

CENTRALIA*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

EAST ST. LOUIS*

Call For Help, Inc.
Sexual Assault Victims Care Unit
24 hrs. 618-397-0975

EFFINGHAM*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

HARRISBURG*

Rape Crisis Services of
The Women's Center, Inc.
24 hrs. 800-334-2094

MARION*

Rape Crisis Services of
The Women's Center, Inc.
24 hrs. 800-334-2094

MT. VERNON*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

TROY*

Call For Help, Inc.
Sexual Assault Victims Care Unit
24 hrs. 618-397-0975

VANDALIA

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414
www.safecrisiscenter.org

WATERLOO*

Call For Help, Inc., Sexual
Assault Victims Care Unit
24 hrs. 618-397-0975

** Shows satellite and
outreach offices of main
centers.*

ACQUAINTANCE RAPE

**FOR SERVICES AND INFORMATION IN YOUR
COMMUNITY, CONTACT:**



**100 N. 16th Street
Springfield, IL., 62703
Phone: (217) 753-4117 Website: www.icasa.org**