As a Man, You Can...

- Be a friend, not a bystander. Get involved if you see someone at risk. You might save a friend from becoming a victim of sexual assault.

- Know your sexual limits. Communicate them clearly. Listen to your partner. If the situation is unclear, ask.

- Alcohol and drugs are not an excuse— or an alibi. You are responsible for your actions, no matter what you have ingested.

- Seek counseling or a support group to help you if you feel violent or aggressive toward women.

- Realize that forcing a woman to have sex against her will is rape, a violent crime with serious consequences.

Contacts for more information:

Akron Police Department:
9-1-1 Emergencies Only
(330) 375-2181 Non-Emergency Calls

University of Akron Police Department:
(330) 972-2911

Rape Crisis Center:
(330) 434-7273

Victim Assistance:
(330) 376-0040

INFO LINE:
(330) 376-6660

National Sexual Assault Hotline
1-800-656-HOPE (4673)

Ohio Coalition on Sexual Assault
888-336-2672

Rape
Sexual Assault

- What is it
- How to prevent it
- What you can do if it happens to you

The University of Akron Police Department
&
The City of Akron Police Department
**WHAT IS RAPE?**

- Rape is a violent act.
- Rape is the sexual violation of a woman, man or child.
- Rape is committed against a victim’s will.
- Rape may involve vaginal, anal or oral penetration.
- Rape may be committed by a stranger, friend, acquaintance, date or spouse.
- Rape is committed in order to control and humiliate another person.

**IF IT HAPPENS**

- Remember that rape is rape. You are not to blame. Taking action against rapist prevents others from becoming victims.
- Get help immediately. Phone the police, a friend, a rape crisis center or a relative. Do not isolate yourself, feel guilty or ashamed. Do not ignore it, rape is a crime and it should be reported.
- Seek medical attention from a hospital emergency room. The cost of the medical exam is covered by the government.
- Do not shower or change clothes. Bring a change of clothes to the hospital.

**How To Reduce Your Risk of Sexual Assault**

- Look out for your friends. Share class and social schedules. Be sure your friends know how to reach your family and your family has their contact information.
- Stay in a group. Don’t be alone with someone you do not know or trust.
- Don’t leave your drink unattended—it could be drugged.
- Know where emergency phones are, what parts of campus are well-lit, and where people hang out. Use a shuttle at night and avoid short cuts.
- If drinking might have impaired your judgment—or your partners judgment, say no for now; you can always reconsider tomorrow.
- Communicate your limits firmly and directly. If you say no, say it like you mean it. Be loud, clear and firm—in body language as well as words.
- Trust your instincts. Don’t feel obligated to do anything you do not want to.
- Check out a first date with friends. Meet in and go to public places. Take public transportation or drive your own car.
- Leave social events with friends not someone you just met or don’t know well.

**What are “Date Rape” Drugs?**

- Rohypnol (roofies, roopies, circles, the forget pills) works like a tranquilizer. It causes muscle weakness, fatigue, slurred speech, loss of motor coordination and judgment, and amnesia that lasts up to 94 hours. It looks like aspirin—small, white and round.
- GHB (liquid X, salt water, scoop) causes quick sedation. Its effects are drowsiness, nausea, vomiting, headache, dizziness, coma, and death. The most common form is clear liquid, although it also can be a white, grainy powder.
- Rohypnol and GHB are called “date rape drugs” because when they are slipped into someone’s drink, a sexual assault can occur without the victim being able to remember what happened.

**Common Reactions and Feelings of Rape Victims:**

Rape victims overcome the crisis by moving through 3 stages. 1) the shock stage which leaves the person overwhelmed and drained of feeling. 2) the recoil stage where some or most of the feelings suddenly flow back, and 3) the final stage of recovery—integration—which involves putting things back in some new order.