

If you are going to a club or party, always go with a friend you can trust and look after each other

What is Date Rape?

The sexual offences act was passed into law in December 2007, and has changed the definition of rape. The definition of rape is: The insertion of ANY object into the vagina, anus or mouth of any male or female without consent.

WHAT DATE RAPE ISN'T

- ★ If someone is pressuring you into having sex and you give in, then it's a yes albeit a reluctant one. It means he persuaded you and you foolishly agreed.
- ★ If you decide to sleep with someone and wake up in the morning regretting it you were not raped. You made the wrong choice. A man does not wake up a rapist, because you wished you hadn't done it.
- ★ If you willingly have sex with a boy and he decides to tell the whole school, he is a rat not a rapist.
- ★ If you have sex with someone and he treats you badly afterwards. Do not punish him by reporting a rape that never happened. Making a false criminal report is a criminal offence.

TIPS FOR KEEPING SAFE

- ★ Try to keep the company of people who maintain similar values to your own.
- ★ If your boyfriend tells you that his parents are going away, and tells you he has the whole house to himself, beware he might only have one thing on his mind.
- ★ Attend a good self-defence course to learn about swift responses and useful techniques in resisting attack.
- ★ When you are at a party, watch the person who pours your drinks lest they add something that knocks you out (like the infamous "rape drug - cat")
- ★ You have to set your limits. If you decide that you don't want to have sex with someone, be careful how far you want to "make out". Messing around with your clothes off is not the cleverest way to avoid sex.
- ★ NO means NO so don't get into the habit of saying no when you mean yes because the day you are screaming for him to stop, he will think you're playing your usual "cry wolf",

- games and ignore your pleas.
- ★ Invest in a mace spray for emergencies.

Although it is always a women's (and a man's) prerogative to say NO even at the last moment, it's much easier to stop someone from having their way with you before they have crossed "the point of no return".

Especially if he's stronger than you and would be able to pin you down against your will. Men are capable of self-restraint and there is no sexual urge that cannot be ignored.

AVOIDING RAPE

- ★ Always be aware of what is going on around you.
- ★ Walk with confidence; hold your head up high and shoulders straight.
- ★ At night, stick to well-lit populated areas and walk with another person.
- ★ Don't get sexual with someone you have just met.
- ★ We can't trust everyone we meet, so insist that people must earn your trust, over time, in a non sexual-setting.
- ★ Drink from tamper proof bottles and cans and insist on opening them, as so called date drugs like GHB and Rohypnol can unknowingly be given to someone to make them powerless against sexual assaults or crimes.
- ★ Don't use ice in your drinks.

WHAT TO DO AFTER I'VE BEEN RAPED???

THE FIRST 72 HOURS ARE CRUCIAL!

- ★ Don't throw away your clothes or wash yourself, no matter how much you want to. There may be hair, blood or semen from the rapist on your clothes. This will be important evidence.
- ★ Don't drink any alcohol or medication before

- a district surgeon has examined you.
- ★ Go to a safe place as soon as possible.
- ★ You must be treated within 72 hours.
- ★ Tell someone you can trust. This will be hard, but this is very important. The first person you tell will be asked to appear in court to support your story.
- ★ Put the clothes you were wearing into a paper bag or newspaper. A plastic bag will destroy evidence.
- ★ If you are hurt go to a doctor or hospital immediately. The police will be called if you wish to report the crime.
- ★ You will need to undergo anti-retroviral treatment, as soon as possible to decrease your chance of contracting HIV. You will be tested to establish your HIV status and if negative, must be given medication within 72 hours.
- ★ The district surgeon to gather DNA as evidence will use a crime kit; this will assist with the arrest and conviction of your rapist.
- ★ There are several organisations offering help to Rape Survivors. Counselling from the professionals will enable you to get on with your life.

If you think you or a friend are being targeted as a victim by a potential rapist e.g. sports coach, church minister, school teacher, family friend or family member:

1. Speak to an adult you can trust immediately
2. Try and avoid all contact with that person
3. Phone child line: 08000 55555
4. Contact Rape Wise on 011 4213284 or 083 9430 173

E-mail: info@rapewise.co.za
Website: www.rapewise.co.za ★

Rape Wise are you rape wise?

