

Statistics

A total of 191 calls were made by survivors of sexual assault during 2003.

- The majority of these contacts (177) were female.
- 66% were aged 18 and over.
- 90% of offenders were known to the survivor prior to the assault. Of this 90%:
 - 31% were blood relatives
 - 25% were friends or social contacts
 - 13% were partners or spouses
 - 11% were family related by marriage
 - 8% were dating partners
 - 7% were professionals (like doctors or teachers)
 - 5% were work colleagues

Where can I go for help?

Rape Prevention Education offers a referral service which is culturally appropriate, safe and supportive. You can contact them to talk through your options and get information about what's available in your area. Call (09) 360 4001 during office hours, or email info@rapecrisis.org.nz.

Auckland Sexual Abuse Help has a 24 hour crisis and information line. They offer ACC subsidised counselling from a range of experienced counsellors. Their phone number is (09) 623 1700.

South Auckland Counselling Services has a 24 hour crisis and information phone line. They offer ACC subsidised counselling and their phone number is (09) 277 9324.

Check out the Rape Prevention Education's website at www.rapecrisis.org.nz for information on other sexual assault agencies in New Zealand.

Date Rape

Rape Prevention Education
Rape Crisis Auckland Inc.
Ph. (09) 360 4001
Fax. (09) 360 4015
Email: info@rapecrisis.org.nz

DATE RAPE



Rape Prevention Education

RAPE CRISIS AUCKLAND INCORPORATED
WHAKATU MAURI

*Supporting survivors of sexual violence & their whanau.
Working to eliminate rape and sexual abuse through
education and community work.*

CONTACT DETAILS

Crisis phone 360 4004
Office phone 360 4001
Fax 360 4015
TTY 360 4004

PO Box 78 307, Grey Lynn, Auckland
E-mail info@rapecrisis.org.nz
Website www.rapecrisis.org.nz

What is date rape?

For many people 'rape' is associated with a stranger in an alley way or a person jumping out of the bushes. This can happen, but most people are raped by people who are known to them. This is known as 'acquaintance rape' If the person known to you is a date (someone you are 'going out with') it is called date rape.

Date rape is forced, unwanted sex with a person you are dating. It is a violation of your body and your trust. It can be with someone that you have just met, dated a few times, or even some one you are in a stable relationship with. Force may involve threats or tone of voice as well as physical force or weapons.

Any type of sex without consent is a crime

How does it normally occur?

- Date rapes often occurs when two people are alone together. However, there may be other people nearby, such as at a party.
- Alcohol and drugs often play a part in date rape. Many people feel guilty about drinking too much or taking too many drugs at the time of the rape. It is important to know that regardless of what they took beforehand, the survivor is never to blame for the assault happening.
- The offenders are usually known and trusted by the survivor. Because of this, survivors can have conflicting feelings of anger, self-doubt and self blame.

There are some practical things you can do to help lessen the risk of date rape:

- When you go out on a date, have your own transport, if possible, or a taxi fare.
- If you are unsure of someone go with a group or on a double date.
- If you are going out in a group, make a safety plan with other members of the group, include what to do if someone gets separated from the group.
- Women have been socialised to be polite. Do not do anything you do not want to do just to avoid a scene.
- Work out what your sexual boundaries are and learn to communicate them clearly. You have the right to negotiate sex if it is what you want. On the other hand—it is your body and no one has the right to force you to do anything you do not want to do.
- Learn how to refuse sex when you don't want it. Find a way that feels comfortable for you. The important thing is that you convey the message that you don't want to have sex in a clear and unambiguous way.
- If you change your mind about how far you want to go with someone, let them know. Be vocal and insistent. Your decision should be respected.
- Listen to your instinct. If you feel uncomfortable with anything be loud, get help, leave if you can.
- Be aware that excessive use of alcohol and drugs are often related to non-consensual sex.

What can I do if it happens to me?

There are lots of options available to you if you have been date raped. Some of these include:

Reporting the assault - You have the right to report the sexual violence to the Police if you want to. If you report the assault within 7 days there may be physical evidence still present on your body or clothing that the Police can use. The choice of whether to report the assault is a personal decision and should be made only by the survivor.

Crisis support - There is phone and face-to-face crisis support for survivors of sexual assault. Call Rape Crisis Auckland for information about the services in your area.

ACC counselling - The government helps to pay for counselling for survivors of sexual abuse and rape through the ACC system. You do not have to report the assault to the Police to access this counselling. Contact Rape Crisis Auckland for details of the ACC counsellors in your area.

Physical check up - Free physical check ups are available for survivors of sexual abuse or rape. These checkups can be done by DSAC doctors (Doctors for Sexual Abuse Care). Contact Rape Prevention Education for details of the doctors and clinics in your area.

Check out the Rape Prevention Education website
www.rapecrisis.org.nz