

Teen Dating Violence

- **Introduction**

Statistics

- 1 in 5 High School students have experienced violence in a dating relationship
- 1 in 4 females will experience SA in their lifetime
- ½ of SA goes unreported
- 44% of rape victims are under the age of 18
- Most perpetrators are acquaintances
- 80% of students are aware of sexual harassment in their school

- **Dating Violence**

Occurs when one partner tries to maintain power and control over the other through one or more forms of abuse. Abuse can be physical, sexual, verbal or emotional in nature.

Forms of power and control

- Harassment
- Intimidation
- Violating your privacy
- Threats
- Using social status
- Limiting independence
- Humiliation
- Isolation

How Dating Violence or Sexual Assault Feels

- Believe it's your fault
- Angry, sad, lonely, depressed, confused
- Helpless
- Threatened, humiliated, ashamed
- Anxious, trapped, lonely
- Worry about what may happen next
- Feel like you can't talk to friends/ family
- Afraid of getting hurt
- Feel protective of your partner
- Feel bad about yourself

- **Sexual Harassment**

Is any unwanted, unwelcome, unwilling sexual contact or attention

Can be verbal, physical, non-verbal or non-physical

Myths:

- It's harmless and just a joke

Although sexual harassment may seem funny at the time, it is not a joke to the person being harassed. People that are sexually harassed experience fear, humiliation, anger, and distress. When prolonged, the person being harassed may experience sleeplessness, anxiety and poor concentration.

- Girls ask for it by the way they dress or behave/ Girls like it. It is a way to compliment them

Both young men and women may dress in styles which they think will impress and attract. However, sexual harassment is abusive and it is not permissible, no matter what they wear or do. Sexual harassment is rude and demeaning. It is not complimentary attention

- Guys cannot be sexually harassed

Boys can be sexually harassed by girls but are usually harassed by other boys. Boys or groups of boys can call each other names and/or make derogatory comments on another's sexual prowess or orientation.

- Sexual harassment is not serious/ There is nothing you can do about it

Many see sexual harassment as a normal part of growing up. It is true that sexual harassment has existed for a long time; however, it should not be condoned simply because of its prevalence and history. It can often be stopped through assertive and direct communication. Sexual harassment is illegal. The laws vary from state to state, but the California Education Code is very specific in its definition and outlawing of sexual harassment.

- **Sexual Assault and Rape**

Crimes of violence are acted out sexually. The assault is typically motivated by anger; rage; and the need to dominate, control, humiliate, and degrade another person. Perpetrators may use force, threats, or coercion to accomplish an assault. Sexual assault completely disregards and violates the basic sense of control one has over his or her life. Victims usually experience powerlessness and a sense of total violation of their physical and emotional selves

Sexual assault is any unwanted sexual contact

Rape is sexual intercourse without consent (penetration)

Myths about sexual assault and rape:

- It is always physically violent
- Perpetrators are always strangers
- It doesn't happen in this town, etc
- It's not a big deal
- If somebody at my school was raped, I would know about it

Perpetrators may use:

- Force
- Threat
- Intimidation
- Coercion
- Intoxication
 - Use alcohol in moderation.
 - Drugs and alcohol impair your judgment and make you less able to defend yourself. This also applies to perpetrators (their inhibitions are also lowered by large amounts of alcohol-may cause them to act in way they would not otherwise)
 - Keep your drinks in your possession at all times and never accept a drink from someone that you do not know well.
 - Common Date Rape Drugs:
 - 1) Rohypnol (AKA: Roofies, R2, Roachies)
 - 2) Ketamine (AKA: Special K, Vitamin K)
 - 3) GHB (Gamma Hydroxybutyric Acid)

These drugs are virtually undetectable and are tasteless, odorless and colorless. All traces of the drug will leave the body within 72 hours and are not found in routine toxicology screen or blood tests – doctors and police have to look for them specifically. They render the victim unconscious but responsive with little or no memory of what happened. Without any memory, the victim is often unaware that they have been raped.

Rape Prevention

- Be aware of your surroundings
 - Trust your intuition and follow it if you feel uncomfortable
 - Use assertive body language and project confidence
 - Learn as much about someone as you can before being alone with them
 - Meet unfamiliar people in public places or with friends
 - Use alcohol in moderation
 - Remember that 80% of all rapists and victims know each other
 - Self-defense classes
- **Lame Excuses for not getting involved**
 - It's none of my business
 - Someone else will do something about it
 - I tried once already
 - I won't make a difference
 - But they're my friends
- **Things you can do to help**
 - Speak up
 - Ask/ Listen
 - Consult with friends, family or teachers
 - Don't laugh or participate in jokes
 - Don't make excuses
 - Call the Coalition at (805) 983-6014 for information on available services

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