



Acquaintance Rape: The Silent Epidemic

By **Chief Anne P. Glavin**

Chief of Police

October 2010

(No portion of this publication may be reproduced without written permission from the California State University, Northridge Department of Police Services)

PREFACE

Acquaintance rape is a problem of epidemic proportions nationwide-particularly among college students. Most studies indicate that anywhere between 60% and 80% of all reported rapes may be classified as acquaintance rape.

As a result of these statistics, this booklet has been prepared in an effort to provide students with information as to what constitutes rape, what the male and female attitudes are on this subject, how this particular type of rape can be avoided through better communication between the sexes, and preventive safety measures. Sexual assault can happen to anyone, including same-sex acquaintances.

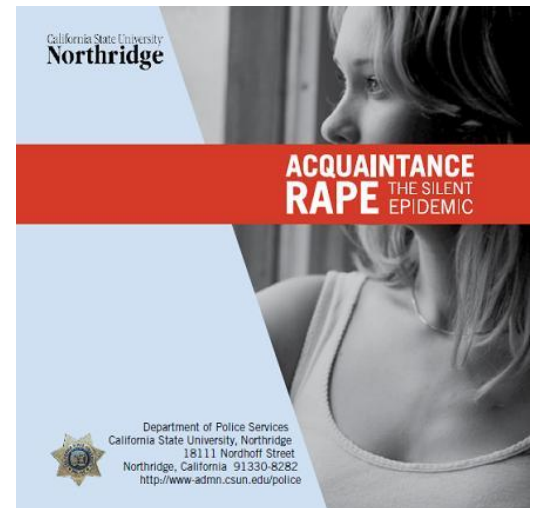
Although this booklet does not try to provide all of the answers to questions which will arise on this subject, we hope it does serve as a tool for discussion on this issue. We encourage our readers to utilize the campus resources as well as the resources of the Valley Trauma Center which are outlined at the end of the booklet. We also strongly encourage female students (and staff) to participate in our Rape Aggression Defense (R.A.D.) Self Defense classes.

Further information and schedules are available from the CSUN Police Crime Prevention and Community Relations Unit at (818) 677-7922.

I want to thank a number of individuals for the many contributions to this booklet. This support involved research, editing, writing and general assistance in taking this publication, which had originally been written many years ago, and bringing it up to date for the CSUN community.

Special thanks to Christina Villalobos and Dan Foster of the CSUN Police Department (and also members of the CSUN Sexual Assault Committee) for research and editing. Thanks also to all members of the 2009-2010 CSUN Sexual Assault Committee which have worked hard over the past couple of years on refining information for the community on this critical topic. I especially want to thank the following members of the Committee who read the draft of this booklet and offered valuable editing suggestions:

- Beth Halaas, Department of Social Work
- Charles Hanson, Educational Psychology & Counseling



- Jamison Keller, Student Development and International Programs
- Sam Lingrosso, Coordinator of Housing Judicial Services & Campus Conduct Officer
- Erica Lovano McCann, Residence Life and Conference Services
- Janis Martin, Klotz Student Health Center
- Janet Pinneau, Athletics
- Mark Stevens, University Counseling Services

TABLE OF CONTENTS

[Introduction](#)

[The Definition of Rape & Sexual Assault](#)

[What is Acquaintance Rape?](#)

[Common Reactions to Sexual Assault](#)

[Male Attitudes About Rape](#)

[Rape Culture](#)

[Danger Signals](#)

[Preventive Measures](#)

[The Role of Alcohol and Other Drugs](#)

[Guys...If You Don't Want to be Accused of Sexual Assault,](#)

Read and Practice the Following:

[What to do in the Moment of Confrontation](#)

[Personal Weapons](#)

[Vulnerable Areas](#)

[How the CSUN Police Department Can Help You](#)

[The Role of a Rape Crisis Advocate](#)

[What to Expect During Your Visit to the Medical Facility](#)

[Reporting an Incident: Law Enforcement Viewpoint](#)

[What to Do if You are Raped or Sexually Assaulted](#)

[Helping a Friend](#)

[Resources Available to You](#)

[The Court Procedure](#)



The following incident provides an example of acquaintance rape:

"It was the beginning of spring break and I was a junior. I was in good spirits and had been out to dinner with an old friend. We returned to the dorms and there were some seniors on the ground floor, drinking beer and playing poker. I'm an avid player, so we joined them and joked around a lot. One of them, John, wasn't playing, but he was interested in the game. I found him attractive. We talked, and it turned out we had a mutual friend and shared experiences.

It was getting late, and my friend had gone up to bed, so John offered to see me home safely.

We took our time, sat outside talking for awhile. Then he said we could get inside one of the most beautiful campus buildings, which was locked at night. I went with him. Once we were inside, he kissed me. I didn't resist, I was excited. He kissed me again. But when he tried for more, I said no. He just grew completely silent. I couldn't get him to talk to me anymore.

He pinned me down and ripped off my pants. I couldn't believe it was happening to me."

One sexual assault occurs every two minutes...

INTRODUCTION

The stereotypical image of the crime of rape is often that of a lone victim walking a dark street – suddenly she becomes the object of attack by a crazed stranger who pulls her into a deserted alley and violently rapes her.

According to the FBI Uniform Crime Reports statistics, there have been an average of nearly 91,000 forcible rapes per year over the last five years and yet rape is still considered to be one of the most under-reported of all serious crimes. Sixty percent of rapes/sexual assaults are not reported to law enforcement.

Victimization by strangers has for some time been considered the most common form of reported rape. However, with one sexual assault occurring every two minutes in the United States, law enforcement officers and rape crisis counselors know that frequently the victim knows their assailant. In fact, some surveys indicate that somewhere between 60% and 80% of all reported rapes may be classified as acquaintance rape. The attacker may have been a college classmate, an old family friend, a neighbor, a professional colleague, a date or other acquaintance. Sexual assault can happen to anyone. Although sexual assault mostly happens to women, it does not exclude it from happening to males and those in same-sex relationships and between same-sex acquaintances.

Since the majority of acquaintance rape victims are between the ages of 15 and 24 (with an average age of 18), college students are particularly vulnerable. The purpose of this booklet is to provide the reader with a better understanding of what constitutes rape, what some male and female attitudes are on the subject, and what practical measures can be taken to prevent attacks.

Since many experts believe the cause of acquaintance rape has its roots in the socialization of men and women, there are no rapid solutions. Through greater awareness of the scope of the problem and through

better communication between men and women about sexual beliefs and expectations, the risk of victimization can be reduced.

THE DEFINITION OF RAPE & SEXUAL ASSAULT

The legal definition of rape varies by state, but rape is generally defined as forced or nonconsensual sexual intercourse. **Rape** may be accomplished by threats of harm, fear and/or physical force. Rape may also include situations in which penetration is accomplished when the victim is unable to give consent, or is prevented from resisting due to being intoxicated, drugged, unconscious, or asleep.

Sexual assault is a broader term than rape and it includes various types of unwanted sexual touching or penetration without consent. Sexual assault includes forced sodomy, forced oral copulation, rape by a foreign object, and sexual battery. **Sexual battery** is the unwanted touching of an intimate part of another person for the purpose of sexual arousal. Rape and any other form of sexual assault is a **CRIME**.

WHAT IS ACQUAINTANCE RAPE?

The following incident provides an example of acquaintance rape:

"She met him two years ago at a fraternity party. His good looks, she recalls now, coupled with his shy grin and friendly manner made him appear 'sweet but not macho.' They talked and danced for hours, and later that evening, he took her in his arms and they kissed. When he asked if she would like to get something to eat, she agreed. But instead of heading toward a nearby restaurant, he swerved onto a side street, pulled over to the curb and stopped the car. Then he raped her."

In the case examples contained throughout this booklet, it is easier to recognize rape than in others. Whether it's clearly forced sexual intercourse or the victimization is much more subtle, each case is an example of rape and each victim suffers rape trauma. Under California law, intercourse is considered to be committed by force and against a person's will if:

- the person is unconscious
- the person is asleep
- the person is drugged
- the person is intoxicated
- the person is deranged or deficient and they cannot agree to the act



COMMON REACTIONS TO SEXUAL ASSAULT

Fear, shock, confusion, guilt, disbelief, degradation and loss of control are some of the common reactions of acquaintance rape victims. Many women, so overcome with guilt, often don't realize that they have been raped. Some victims are so preoccupied with blaming themselves for wanting to be with their date, that they view the entire episode as their fault. If there were any romantic physical exchanges prior to the attack, the victim often felt that she went "too far" before she said "no" and therefore caused the rape to occur by pushing the man to the edge of sexual frustration. What is sadly forgotten is that in a relationship, sexual

activity must be mutually agreed upon: when a woman says no to sexual advances a man should stop. He may be unhappy with her “no” or may not see her again, but he should not use force to get what he wants.

The victim’s feelings of guilt for “causing” a sexual act to occur point out the paradox of the whole issue of rape. One of the oldest myths about rape was that it was a sexual crime. Lust and passion were seen as key elements when the male assailant, at the brink of sexual desire, attacked a woman in order to “relieve” himself. What was unfortunately overlooked by this old viewpoint was the violence of the act. The long process of realigning this traditional thinking was begun by the women’s movement in the late 1960s and early 1970s and eventually culminated in sweeping changes which focused on the violence of the act rather than on the sexual nature.

Today, rape is properly viewed first and foremost as a crime of violence. Men who rape are seen not merely as rambunctious men, but as people who are violently out of control and for whom force is sometimes the only way to get what they want. Nicholas Groth, a clinical psychologist and former co-director of the Sex Offender Program at Somers State Prison in Connecticut, has said, “Rape is the sexual expression of aggression rather than the aggressive expression of sexuality.”

Victims of acquaintance rape are more reluctant to press charges against their attackers than victims of stranger rape and thus, the actual number of acquaintance rape victims is considerably higher than is currently recorded. There are many reasons for the victim’s reluctance: fear that her story may not be believed, confusion that she might be responsible-that somehow she led her assailant on, concern that because she knew her attacker, family and friends will suspect that the victim did something to “ask for it” and fears that if the assailant is prosecuted, the victim’s life will be destroyed emotionally by the trial process.

The following incident provides an example of acquaintance rape:

“Tim was not out to many people. He was shy and not comfortable going to a bar. He felt the Internet was the most viable option. He met a man named Dave and they agreed to meet at a local Starbucks. Dave said he was 23, but Tim noticed he looked much older. They engaged in good conversation and Tim felt free to talk about his sexuality and made a good connection with Dave. Dave asked Tim to come back to his apartment. He said he would be very respectful and just kiss.

Tim was nervous and initially said “no”, but changed his mind, when he asked Dave to promise he would be respectful and not rush him. Drinks were offered and Tim, who does not drink often but when he does usually gets drunk, started to drink. Tim woke up in Dave’s bedroom. He was sore and knew he had been penetrated. He did not remember falling asleep or a good portion of the night. Tim was ashamed. He did not tell anyone of that evening until he went to therapy 10 years later. “

it is against a person’s will if they are intoxicated...

The decision to report a sexual assault is a personal choice. Making decisions and regaining control are important aspects of healing after an assault. Whether the assailant was a date, classmate, family friend, or a stranger, the choice of what to do is up to you. Reporting the assault is a way of regaining a sense of personal power and control. It assists you in doing something about the assault committed against you. However, by reporting the incident you may be also helping others who may have been victimized. Rape crisis trauma affects all victims of rape emotionally and physically. But one of the most severe blows for the victim of

acquaintance rape is the destruction of the sense of trust and judgment in friendship. Ann Wolbert Burgess, R.N., D.N.Sc. and Linda Lytle Holmstrom in their book, ***Rape Crisis and Recovery***, have noted:

“The assailant uses his relationship with the victim to justify his being in the situation. He then deceives the person by not honoring the bounds of the relationship.”

Obviously the effect of this kind of rape trauma can jeopardize the ease with which a rape victim develops future relationships. Some women recover from the physical and emotional trauma of rape faster than others. Some women find it hard to have sexual relations after they have been a victim of rape. They are frightened of being “hurt again” and associate intercourse with the rape. Due to this fear, they may find that development of a relationship that includes tenderness, caring and intimacy may take time.

MALE ATTITUDES ABOUT RAPE

Many social analysts regard rape, especially acquaintance rape, as a problem which directly relates to socialization and the way in which men regard women. In his book, ***Men On Rape***, author, Timothy Beneke, discusses male attitudes toward rape with a variety of men he interviewed. The following is a quotation taken from his interviews as published in ***Men On Rape***:

“...I feel that too much is expected of me because I’m a man. It’s like being pulled in two directions. You’re supposed to be dominant and a provider and be very deferential and respectful to women...”

When men believe that “no” does not mean no, that they are supposed to be aggressive, that they can lose control if they are led on, that women often “ask for it” and that they are confused by conflicting cultural messages, it is not surprising that they are shocked if they are accused of acquaintance rape. The feeling that aggressive behavior is normal is one that some men convince themselves into believing.

In cases where formal rape charges are made against the attacker, rarely does the accused dispute that intercourse took place. Instead, the issue focuses on whether or not the woman gave her consent, shifting away from the act of violence. With the attacker claiming innocence, it now becomes a case of his word against hers – particularly if the victim has no cuts or bruises or other visible signs to attest to her victimization.

RAPE CULTURE

Whether or not we realize it, our society subtly breeds a social environment conducive to rape. Consider some traditional beliefs that men and women have been taught:

Men Are Taught:

- They are the stronger sex
- To be tough
- To “score”
- That women want to be dominated
- They have uncontrollable sexual urges
- Sex is not something you discuss ahead of time – just do it

Women Are Taught:

- They are weak
- Aggressiveness is O.K. To be passive
- Strength is unfeminine
- Nice girls don't get raped
- To not assert their own choices
- They shouldn't acknowledge their own sexuality

Academic scholars, sociologists and law enforcement authorities agree that there is often a relationship between the sexual objectification of women in pornography and offenders who are motivated toward sex crimes. Fortunately, public awareness of rape, pornography and subtle forms of sexual harassment is increasing. Activist groups have produced films, dramas, and marches designed to "Take Back the Night" which have all provided effective learning in raising awareness of rape. As a result, sensitive media treatment about acquaintance rape is increasing. One of the best defenses, however, is better communication and sensitivity between men and women.

DANGER SIGNALS

The importance of communication cannot be overstated. The acquaintance rapist sizes up the situation before making his moves – he may take advantage of an opportunity but usually he creates an opportunity. Women need to recognize the difference between normal evolving sexual encounters between consenting individuals and "danger signals" from potential acquaintance rapists:

- Is he "looking you over" – frequently staring or looking at you at inappropriate times and in a way that makes you uneasy?
- Is he being "playful" – tousling your hair, touching or patting you? Although this can be normal behavior between two people who are comfortable with each other after a period of time, it is not acceptable behavior for many on a first date.
- Is his conversation sexual in nature (i.e. telling sex jokes, frequently bringing up the subject of sex)?
- Is he trying to maneuver you into situations where you will be alone together (i.e. his apartment, frat house or dorm room) under his control?

If you, as a woman, are aware of such signals it is necessary to communicate your feelings in an assertive manner. Set clear limits on sexual behavior. If he touches you, move away. If he stares, show your annoyance. Change the subject if the conversation becomes sexual in nature or simply leave the room. If you are invited somewhere alone with your new date, refuse. Stay where there are other people.

The following incident provides an example of acquaintance rape:

"At around 11:15 p.m. Jake noticed Nicole arrived at the party. She was reputed to be one of the "hottest" women on campus. She appeared to already be somewhat "tipsy," and Jake began to entertain thoughts of "picking up" on her. Jake met Nicole and was quite generous in providing her with beer – even though, on occasion, she politely refused to drink what was offered. He insisted that she was fine and should have another

drink. At around 2:00 a.m. the party was just about over and Nicole was clearly intoxicated. Jake told her she would be safer staying the night at his place instead of going home alone. Nicole accepted the invitation and joined him on the third floor. On their way up stairs, Jake and Nicole passed several of his roommates who, guessing what Jake had in mind, winked as if to wish him luck. Sensing that perhaps her interests might be aroused, Jake quickly made advances and spent the remainder of the night in bed with Nicole. Later the following morning Nicole awoke with little memory of the night before and was shocked and upset to find herself in bed with Jake. With great embarrassment she got dressed and quietly left his room. Jake was confused but remained unconcerned. The following day two police officers began questioning him about his night with Nicole. The officers advised him he was being arrested for rape.”

The key points about acquaintance rape and its danger signals are being in control of your own senses, assertiveness and communication. **Don't be afraid to say no--even without explanation.**

PREVENTIVE MEASURES

The following suggestions and strategies are helpful in lowering your chances of acquaintance rape victimization:

- When you feel uncomfortable in a situation or you are fearful, trust your instincts.
- When you mean “no,” say “NO.” Don't allow room for misinterpretation by being ambiguous in your actions. Be firm. Your intentions and limitations should be communicated early.
- Don't immediately transfer your trust from an old friend to a new one. Remember trust should be earned.
- Control the environment – you should be the one to choose the dating activity and location. If you feel uncomfortable about his plans, speak up.
- Be alert to diminished awareness caused by alcohol and drugs. If your awareness or judgment is lessened, you may unknowingly be seen as a target by some would-be rapist.
- Take note of, and make attempts, to guard your personal space.
- Your posture, gestures, eye contact and clothing may be sending one message— you're interested. But they can be interpreted quite differently by a would-be rapist. The messages you send in your non-verbal behavior are never an excuse for rape, but it may help to consider that how you are received can be a good reason to leave a situation.
- Remember that sayings such as “anger is unfeminine” and “being passive is feminine” are stereotypes. These attitudes sometimes prevent women from necessary and effective self expression. For instance, if you are being pressured into sexual activity, don't be passive and submit because you feel it would be inappropriate to refuse. Get angry if you have to and speak out when any behavior is unacceptable to you. Try not to let your fear of a reaction override your anger or discomfort.

- It is important to control the “mood and momentum” of your intimate interactions. If the mood becomes uncomfortable, or you feel pressured, speak up and create a physical distance if necessary. It is important to continually communicate how you feel and slow the interaction to YOUR comfort level.

THE ROLE OF ALCOHOL AND OTHER DRUGS

Alcohol and other drugs often play a significant role in sexual assaults. Consider this: 55% of female students and 75% of male students involved in acquaintance rape had been drinking or using drugs at the time. Many victims say later that they drank too much or took too many drugs to realize what was going on; by the time they realized their predicament, it was too late.

Sometimes victims pass out and awaken to find a perpetrator having sex with them. Alcohol clouds judgment and decreases motor skills, which may be crucial in defending yourself or escaping an uncomfortable situation before it gets out of hand. On the other hand, some sexual assaults occur when the victim has had little or nothing to drink and the perpetrator has been drinking and becomes sexually aggressive or has used alcohol/drugs to take advantage of another.

The inability to give consent includes, but is not limited to, being drugged, passed out or unconscious. It is important to remember this as oftentimes victims of sexual assault blame themselves because they drank, did drugs, etc. It is not your fault that the aggressor is the one who took advantage of your diminished capacity.

Bottom line: Using alcohol and other drugs to commit sexual assault is a crime.

Smart Choices when Drinking Alcohol

- If drinking is your option, plan ahead. Set a limit and stick to it.
- Never leave your drink unattended, it could become contaminated with drugs without you ever knowing. Some drugs can be odorless and tasteless. If you leave a drink out of sight, get a new one.
- Don't drink from common open containers (such as a punch bowl). If you didn't make the drink, you don't know what's in it and it could contain drugs.
- Never accept drinks from people you don't know. If you do choose to accept a drink, go with the person to the bar to order it, watch it being made, and carry it yourself.
- Watch out for your friends, and vice versa. Always leave the party or bar together. If a friend seems out of it, is too intoxicated, or is acting out of character, get him or her to a safe place immediately. You could end up saving a life.
- If you suspect you or a friend has been drugged, call 911 immediately.

Be watchful of the signs of alcohol poisoning: unconscious or semiconscious;

- breathing less than 10 times per minute or irregular breathing; cold, clammy or pale bluish skin; can't be awakened by pinching, prodding or shouting; vomiting without waking up.

Never leave an intoxicated person alone.

The So-Called “Date Rape” Drugs

Although alcohol remains the most commonly used chemical in crimes of sexual assault, other drugs are being used by perpetrators. These drugs commonly referred to as “**date rape drugs,**” can be odorless, colorless and tasteless and frequently go by names such as **Ecstasy, Rohypnol, ruffies, Ketamine, GHB** and the **Forget Pill**.

These drugs alone or mixed with other beverages dissolve quickly and invisibly into liquids and can cause rapid and severe intoxication, dramatically reducing inhibitions and inducing memory loss. Drugs can cause you to lose your ability to defend yourself, escape a harmful situation and remember crucial events. Keep in mind that non-alcoholic drinks and water can also be drugged and that’s why it’s important to make smart choices when drinking.

Effects of these drugs can include:

- feeling overly intoxicated,
- dizziness,
- nausea,
- difficulties breathing,
- memory loss,
- unconsciousness
- and even death.

If you think you or a friend has been drugged, call 911 immediately. These drugs can be fatal. Some drugs can be out of your system in six hours making it difficult to prove a victim was drugged and sexually assaulted. As difficult as it is to overcome the fear of reporting a sexual assault, this is one more reason why it is crucial to get help immediately.

GUYS...IF YOU DON'T WANT TO BE ACCUSED OF SEXUAL ASSAULT, PLEASE READ AND PRACTICE THE FOLLOWING:

- If you believe that your partner would not want to be as physically intimate with you if there was not alcohol involved....stop and wait until you have sober consent.
- If you are reading subtle signs that your partner is uncomfortable or undecided about being physically intimate with you....slow down and talk it over. Wait for a clear YES before you become more intimate.
- If you are hiding a secret from your partner and if your partner knew of the secret, would they still want to be sexually intimate with you? If the answer is no....you do not have full consent.

The following is a quotation taken from interviews as published in **Men On Rape**:

“...The whole dating game between men and women also makes me feel degraded. I hate being put in the position of having to initiate a relationship. I’ve been taught that if you’re not aggressive with a woman, then you’ve blown it. She’s not going to jump on you, so you’ve got to jump on her. I’ve heard all kinds of stories where the woman says, “No! No!



No!” and they end up making great love. I get confused as hell if a woman pushes me away. Does it mean she’s trying to be a nice girl and wants to put up a good appearance, or does it mean she doesn’t want anything to do with you? You don’t know. Probably a lot of men think that women don’t feel like real woman unless a man tries to force himself on her, unless she brings out the “real man” so to speak, and probably too much of it goes on in my head that you’re complimenting a woman by actually staring at her or by trying to get into her pants. Lately, I’m realizing that when I stare at women lustfully, they often feel more threatened than flattered.”

...some sexual assaults occur when the victim has had little or nothing to drink and the perpetrator has been drinking and becomes sexually aggressive...

If there is not ABSOLUTE CONSENT, you run the risk of being accused of sexual assault. Absolute consent is knowing that the choice (by both parties) to become sexually intimate is being made with:

- honesty
- respect
- a cognitive ability to say yes.

Why do you run the risk of being accused of sexual assault if there is not absolute consent?

Clear and simple: When honesty, respect and clear mindedness is not an explicit part of the sexual encounter, the likelihood of someone feeling betrayed is high. By nature and quite understandably, when someone feels betrayed (particularly in sexual encounters) she/he will seek justice and go to the authorities.

The facts: Most guys do not want to be seen as a rapist. Most guys think of rape from a legal perspective. Most guys do not identify as someone who would rape someone else. Many guys do not fully understand what absolute consent constitutes. Many guys are vulnerable to being accused of sexual assault.

What to do: Avoid putting yourself into a position where you might be accused of sexual assault. Even if you are not convicted of the crime, your life will be turned up-side down. Imagine the types of conversations you will need to have with your father, mother, friends and other family members if you were accused of sexual assault.

WHAT TO DO IN THE MOMENT OF CONFRONTATION

At the moment of confrontation, no “expert” will be there to answer the victim’s question. A specific maneuver that may work well for one victim will not necessarily work for another. The major reason for this is that there is no one classification for the rapist. His physical features and psychological make-up cannot be stereotyped. His characteristics are as varied as those of his victim.

Generally, alternatives for resistance to rape are divided into two categories: passive resistance and aggressive resistance. In cases of stranger rape, there is a great emphasis on passive resistance as an initial response. The goal of passive resistance is to think and talk your way out of a situation. Your own instinct and ingenuity will be your guide. If this method fails, you will probably not have increased the risk of physical harm to you. This is

based on the premise that the attacker may be armed and that he is acting out feelings of rage and hostility. If the victim reacts violently, it may only serve to increase the violence and brutality of the assault.

Interestingly, statistics on acquaintance rape are indicating that aggressive resistance is often a more successful approach. If the attacker is unarmed and has no accomplice, some studies indicate that screaming (or otherwise making a scene and calling attention to your situation) and fighting back, deter rape. Key factors in this response are speed and decisiveness of the victim's response.

Aggressive tactics are designed to frighten off an assailant. Such resistance may include karate or judo techniques or simple techniques as taught in R.A.D. classes, as well as the simple street fighting tactics of scratching or kicking. The victim's choice of tactics will depend on her physical capabilities or limitations and on how she views her attacker. The victim is the only person who can gauge the situational factors and sense the attacker's level of violence. Given this, the victim's response will be selected instinctively rather than methodically.

If you decide to attack your assailant, you want to strike a vulnerable area of the body and make your attack count. You can't fight halfheartedly. This requires choosing the moment of attack carefully – preferably when your assailant drops his guard for a moment. Since most men are larger and physically stronger than women, the chances of a woman overpowering the man are unlikely. Undirected hitting or flailing at your assailant is not an effective response. Instead, a woman needs to know vulnerable areas of the body and strike at the weak points. Your weapon could be a set of keys, any hard object or your own personal weapons (i.e. your fist, elbow, etc.).

Taking the [CSUN PD's R.A.D.](#) class can assist in understanding your options when faced with assaultive behavior.

PERSONAL WEAPONS

These are the parts of the body which can be used for self-defense and counterattack. Developing skill in the use of your personal weapons should enable you to successfully defend yourself when attacked.



The Head – The front and back of the head are quite substantial and can be used for butting.

The Hand – When using the hand as a weapon, the wrist should be held straight for all blows except the “heel-of-hand” blow. In addition to regular “closed-fist” blows, you can strike with the “edge-of-hand” and the “edge-of fist.” These two blows are most effective when delivered with a chopping motion from across the body (from the inside to the outside) with the palm down, or downward with the palm facing in. Blows delivered from across the body permit the use of the large trunk muscles. When used correctly, these muscles add considerable speed and force to the blow. The “heel-of-hand” blow is delivered upward when you are close to your attacker. The fingers must be flexed slightly and held rigid for the “finger-jab.” The “extended-knuckles” blow requires the thumb to be held firmly against the index finger, thereby helping to “firm-up” the hand.

The Elbow – When used as a weapon, the elbow should be fully flexed. The most effective blow is delivered toward the rear. This is probably the most powerful blow the average person can deliver.

The Knee – “Knee-lifts” to the face and groin can be very effective when executed properly. The knee should be flexed fully by pulling the foot back as close to the buttocks as possible, as the knee is raised. The “knee-lift” and all other kicks must be executed quickly, followed by an immediate return to a strong, balanced position.

The Foot – The toe of the foot is used in kicking forward; the edge, ball and heel are used sideward. The ball and heel are used in kicking backward, and the heel is used in stomping. To execute a kick properly, you must first flex the hip. This is accomplished by raising the knee until the thigh is parallel to the floor. The lower leg is then “snapped” or “thrust” out to complete the kick. A short, snappy kick using the forward foot is extremely effective when directed against the opponent’s shin, knee, or groin.

VULNERABLE AREAS

The human body has many vulnerable areas. Blows, kicks, or pressure directed at or applied to these areas may cause pain, disablement, unconsciousness, and even death. The most vulnerable areas of the body are located on or near the “midline,” the imaginary line that bisects the body. Blows delivered to this “midline” area, either front or back, generally have a much greater effect than blows which are delivered elsewhere.

Knowing where to strike blows and where to apply pressure is just as important as knowing how to strike the blows and how to apply the pressure. As a rule, the untrained person will direct his blows to his opponent’s head or face. This is the exact place most people expect to get hit and, as a result, this is the area they intend to protect. In protecting the head and face, most individuals forget about protecting the large areas of the trunk. The trunk contains many vulnerable areas, and it is much more difficult to protect than the head and face. This is due largely to the fact that it is a much bigger area and hence easier to hit, and also because it is very difficult to avoid blows aimed at the trunk without moving the feet. Blows aimed at the head and/or face can be avoided rather easily by ducking the head, and this action does not require moving the feet.

As a general rule, a counterattack should not be directed to the opponent’s head and face, but to the “midline” area of the trunk, such as the liver, solar plexus, pit of stomach, floating ribs, the soft tissue area of the abdomen, or the groin.

Developing your skills in the use of personal weapons helps build confidence and success in defending yourself when attacked. Like any other skill, practice makes perfect. The first step is a good introductory course in basic self-defense. California State University, Northridge has a specialized course for women only called [Rape Aggression Defense \(R.A.D.\)](#). It stresses awareness, prevention, risk reduction and avoidance while progressing on to the basics of hands-on defense training. Call the Crime Prevention Unit at (818) 677-7922 for the class schedules.

HOW THE CSUN POLICE DEPARTMENT CAN HELP YOU

Because rape is a serious offense, people often think of turning to the police for help. The California State University, Northridge Police Department have specially trained officers who can help you with a rape complaint. The officer’s immediate concern will be your emotional and physical well-being. If you require emergency medical assistance, you will be taken to the nearest medical facility for support. If you are sure you wish to take your complaint before a court of law, there are structured steps which the police will follow in the

investigation (also see *“The Court Procedure”* later in this booklet.) If you are not sure, you may just want to discuss the situation and your options. The university police can provide you with advice in a strictly confidential manner without your feeling obligated to go to court. Alternative means of presenting your complaint will also be discussed with the ultimate choice left up to you.

Specially trained officers are available 24 hours a day for all complaints of rape, sexual assault or harassment. They can provide you with informal advice in a confidential manner or guide you with a formal complaint. Additionally, the department has an in-house Rape Crisis Advocate who can help you through the investigatory process. The primary responsibility of a rape crisis advocate is to provide emotional support during the law enforcement investigation and to facilitate communication between law enforcement officers, medical personnel and the victim.

The advocate can be made available to be present at many stages of the investigation, at a level that the victim is comfortable with. If an advocate is declined, the victim may opt to have a friend or family member present.

The following is a quotation taken from interviews as published in *Men On Rape*:

“...When you see a girl walking around wearing real skimpy clothes, she’s offending you and I guess rape would be a way of getting even. If I’m on a date and a girl’s dressing sexy and acting sexy, why doesn’t she want to have sex? The whole time you figure she’s going to say yes because she’s teasing you, and all of a sudden she switches because she’s going to save it for marriage or something. That’s not right. She shouldn’t have led you on in the first place....”

Taking the CSUN PD’s R.A.D. class can assist in understanding your options when faced with assaultive behavior.

The university police department wants you to report crimes of rape and sexual assault.

In turn we pledge:

- We will meet with you privately, at a time and campus location of your choice, to take your report. We will treat you and your situation with courtesy, sensitivity, dignity, understanding and professionalism. We will have a female officer available upon request whenever possible.
- Our police officers will not prejudice you, and you will not be blamed for what occurred. If you are not sure if you wish for your case to go forward towards prosecution of your assailant, you may explore your options and decide at a later time. You are not obligated for prosecution of your assailant simply because you have reported the crime to the university police.
- We will assist you in obtaining hospital treatment or other medical needs. We will assist you in contacting campus counseling services and arrange for emergency housing if need be.
- We will contact the Valley Trauma Center for sexual assault services, to provide you with a counselor if you wish.
- We will fully investigate your case and will help you to achieve the best outcome.

This may involve the arrest and full prosecution of the suspect responsible. You will be kept up-to-date on the progress of the investigation and/or prosecution.

- We will continue to be available to answer your questions, to explain the system and process involved (prosecutor, courts, etc.), and to be a listening ear if you wish.
- We will consider your case seriously, regardless of your gender or the gender or status of the suspect.
- If you prefer, you may contact the Valley Trauma Center's 24-hour hotline at (818) 886-0453 or (661) 253-0258 for anonymous and confidential discussion with a trained rape crisis advocate.

THE ROLE OF A RAPE CRISIS ADVOCATE

In accordance with section 264.2 of the California Penal Code, the services of a rape crisis advocate must be offered to all sexual assault victims. This offering is made during the officer's initial investigation when information is being gathered. The [CSUN Police Department](#) has a rape crisis advocate on staff that is available when requested. Additionally, the [Valley Trauma Center](#) has rape crisis advocates who can provide assistance. The primary responsibility of a rape crisis advocate is to provide emotional support, at a level the victim is comfortable with, during the law enforcement investigation and to facilitate communication between the police officers, medical personnel and the victim. The advocate can also accompany the victim to the medical facility if a forensic exam is needed. The purpose of a medical exam is to collect forensic evidence and treat injuries. Whether or not you choose to move forward with prosecution of your assailant, it is important to collect forensic evidence within 72 hours of the assault.

The following is a quotation taken from interviews as published in ***Men On Rape***:

"I used a little bit of force once where I overpowered a woman. She didn't mind it after it was over. If she'd started crying or something I would've stopped. A lot of it depends upon the situation. If you're with a girl and you're drunk and she's teasing you and leading you on and on and at the end she says, "No!" – well, if a guy's real drunk, he's gonna lose control and go after her..."

55% of female students and 75% of male students involved in acquaintance rape had been drinking or using drugs at the time...

WHAT TO EXPECT DURING YOUR VISIT TO THE MEDICAL FACILITY

While at the medical facility, a sexual assault nurse examiner will interview you to get an account of what happened before, during and after the assault. Next, the nurse will perform a forensic examination to evaluate injuries and collect physical evidence. Not all injuries are visible, so an exam will allow for not only trace evidence to be collected, but for photographs to be taken using a high-magnification camera.

The exam is similar to a gynecological examination. Once the exam is finished, the evidence will be packaged up by the nurse and turned over to the CSUN police department for processing. In the event your clothes are kept as evidence, the nurse will provide you with a fresh change of clothes to wear home. The nurse may also provide you with preventative medication for pregnancy and sexually transmitted diseases. The advocate accompanying you to the medical facility will provide you with literature about where you can seek short and long-term care.

REPORTING AN INCIDENT: LAW ENFORCEMENT VIEWPOINT

It is important to report an attempted or completed attack or suspicious activity you have experienced or witnessed. This is of crucial importance in helping the police find the assailant and protect you and the CSUN community. The Department of Police Services is available to assist students and staff 24 hours a day. The Department has experienced, trained and sensitive female and male officers specializing in dealing with issues such as sexual assault and rape.

If a victim does not want to press charges against an assailant, she/he has two other options available for reporting the attack:

- The victim can make a report to the police. An officer will take the victim's statement and the process can end there. In this case, the police will not further investigate and attempt to apprehend the assailant.
- An "anonymous report" can be filed with the university police. This would involve having you or another person (a third party) make a report of all the details of the assault to the police. The victim remains anonymous. It is important to note that no judicial action can be taken against the rapist in an anonymous report; this information is used for police purposes only. Anonymous report forms are available from the CSUN PD website. <http://www-admn.csun.edu/dps/police/forms/sexual-assault-report-form.pdf>

Perpetrators of rape are frequently repeat offenders. Capturing them and having them brought to justice is important. This is true for both the date/acquaintance rapist and the stranger rapist.

WHAT TO DO IF YOU ARE RAPED OR SEXUALLY ASSAULTED

- Go to a safe place. If you choose to report the assault, call the police.
- Preserve all physical evidence of the assault. Do not shower, douche, brush your teeth or change your clothes. Save all the clothing you were wearing at the time of the assault.
- Contact someone for help and support. A friend, family member or someone else you trust and ask them to stay with you. If you are a CSUN student, the police department's in-house rape crisis advocate can provide support. Remember, the Klotz Student Health Center and University Counseling Services provide urgent-care and walk-in appointments.
- Go to a hospital for medical care. A specialized forensic clinic that provides medical care for sexual assault victims can conduct a physical exam. Even if physical injuries are not obvious, or it has been several days since the assault, you should seek medical care.
- If you choose not to go to the police immediately, write down all the details of the assault and save them in case you wish to report it at a later time.
- For both short- and long-term care, seek assistance from the resources listed in this booklet.

HELPING A FRIEND

Many victims are reluctant to tell anyone about the assault, even their closest friends. A friends' support can be helpful in helping the victim cope with the traumatic experience and long-term help. Here's what you can do:

- Be prepared to listen and believe what you are being told. Many victims do not disclose their experience because they feel ashamed and/or fear that they will not be believed. It takes a great deal of courage to talk about sexual assault; let your friend tell you what happened at a level she/he is comfortable with.
- Don't pass judgment or blame your friend. Make it clear that you know your friend was not responsible in any way for the sexual assault, regardless of the circumstances. For example, if your friend was intoxicated, she/he is not to blame.
- Encourage your friend to make her or his own decisions and choices. Let your friend decide if they want to notify police and file a report, contact a rape treatment/crisis center, or seek medical attention. What you would personally do may be different than what your friend decides to do—and that's okay.
- Be supportive. Support your friend's decisions about whom they tell and how to proceed. For example, should they choose to seek medical attention, you can accompany them to the medical facility.
- Encourage your friend to seek short- and long-term care and treatment. The effects of sexual assault often result in long lasting trauma. Professional care can provide a safe, private place to talk about feelings and concerns so that they are not holding back from enjoying their lives and participating fully in relationships with others.
- Protect your friend's privacy. Do not share with others what your friend has told you.
- Let your friend decide whom they wish to confide in.

The following is a quotation taken from interviews as published in ***Men On Rape***:

"...Operating in me was a belief that I was different from other men, that I wouldn't be involved in such things as rape, certainly not; but I shared at the same time the fundamental male feeling, with regard to Judy, for example, that even if she said no, she'd never mean no and that she could be talked out of it. I felt that way about a number of women I related to. I thought of it as persuasion, clarifying of the facts..."

...the majority of acquaintance rape victims are between the ages of 15 and 24...

RESOURCES AVAILABLE TO YOU

There are many resources available to sexual assault victims as well as the friends and family members of victims. Available options include crisis hotlines, immediate and on-going counseling, referrals, and on-line information. Discussing rape, sexual assault or sexual harassment is difficult for anyone, but it is better to talk to someone and seek advice and support rather than silently accept what has happened.

It is particularly difficult to accuse a friend or acquaintance of a sexual assault. It is harder still if you confide in other friends and are told you misinterpreted your assailant's actions or that you caused the action. Sometimes you need to make use of an impartial, confidential resource to act as a sounding board to help you sort out the confusion which frequently accompanies this type of victimization. The following resources are available to help you, provide you with options for dealing with your concerns and support you in your decision.

On Campus Resources:

*For hours of operation, please call or refer to the website for more information

DEPARTMENT OF POLICE SERVICES

At the corner of Darby & Prairie, west of the B3 parking structure (818) 677-2111

<http://www-admn.csun.edu/police/assault/>

University police officers are specially trained in rape investigation. Additionally, a rape crisis advocate is available on staff and can provide support during the investigative process and medical exam (if applicable) as well as referrals for aftercare. The Department also provides extensive community education programs on sexual assault prevention and offers the R.A.D. program for women's self defense

<http://www-admn.csun.edu/police/RAD/>

UNIVERSITY COUNSELING SERVICES

Bayramian Hall Room 520 - (818) 677-2366

<http://www.csun.edu/counseling/>

UCS provides urgent/crisis and appointment-based counseling, all of which is free and confidential.

KLOTZ STUDENT HEALTH CENTER

Located west of the G3 parking structure, north of Chisolm Hall/NCOD - (818) 677-3666

<http://www.csun.edu/studenthealthcenter/>

All services at the Klotz Student Health Center are confidential.

- Emergency Contraception
- HIV testing
- Sexually Transmitted Infection Testing & Treatment
- Pregnancy Options Counseling
- Birth Control Information Sessions

Medical Professionals are mandated reporters. This means that nurses and doctors are required to notify law enforcement if they learn that a student has been sexually assaulted.

There is no charge for basic services at the Klotz Student Health Center for currently enrolled students. Cal State Northridge student fees include a health fee that pays for the basic services provided. Some additional services require a nominal fee.

OFFICE OF THE VICE PRESIDENT FOR STUDENT AFFAIRS

University Hall 310 - (818) 677-2391

<http://www.csun.edu/studentaffairs/>

Acts of sexual assault are prohibited by the Student Conduct Code. Student victims of sexual misconduct should initiate University disciplinary action if the assailant is a student, faculty or other employee by filing a report with the Associate Vice President/Dean of Students, located in University Hall 310. Please call (818) 677-2391 for assistance.

STUDENT HOUSING & CONFERENCE SERVICES

(818) 677-2160

<http://housing.csun.edu/>

If you live in on-campus housing, there are many staff who are trained to appropriately refer survivors of sexual assault to law enforcement, advocacy, and counseling resources. Students can contact a Resident Advisor (RA) or Community Director (CD) for help in getting needed support.

HELPLINE (Through University Counseling Services)

(818) 349-HELP

<http://www.csun.edu/helpline/>

Is a student-run, peer help service operating Sunday through Thursday from 6:00pm to 12:00 midnight and Friday and Saturday 7:00pm to 10:00pm. The Helpline is both a counseling and an information service. Whether you need advice or just someone to talk to, give them a call. All phone calls to Helpline are confidential.

Helpline is staffed exclusively by CSUN students; each night there is at least one female and one male staffer on duty. They are volunteers and not professionals. Thus, Helpline is not a substitute for other counseling services on campus, but rather a supplementary service for students, who may need someone to talk with when these other resources are inaccessible or inappropriate.

Off-Campus Resources:

THE VALLEY TRAUMA CENTER

(818) 886-0453 (San Fernando Valley) & (661) 253-0258 (Santa Clarita Valley)

<http://www.csun.edu/vtc/>

The Valley Trauma Center operates a 24 hr. crisis hotline, provides accompaniments to medical examination, law enforcement interviews and court appearances as well as provide referrals and prevention education, crisis intervention, and individual and group counseling.

SANTA MONICA RAPE TREATMENT CENTER

(310) 319-4000

<http://www.rapetreatmentcenter.org/>

The Santa Monica Rape Treatment Center offers comprehensive, free treatment for victims and their families, including 24-hr. emergency medical care, forensic examinations, crisis intervention, long term professional counseling, advocacy, and accompaniment services.

PEACE OVER VIOLENCE RAPE & BATTERING HOTLINE

Locations in Los Angeles, Hollywood and Pasadena (213) 626-3393 (310) 392-8381 (626) 793-3385

<http://www.peaceoverviewiolence.org/>

The hotline is a confidential, non-judgmental support service where staff and volunteers are available to provide emotional support, advocacy, information and referrals. The organization also provides accompaniments.

RAPE, ABUSE, INCEST NATIONAL NETWORK (RAINN)

(800) 656-HOPE (4673) – 24 hr. hotline

<http://www.rainn.org/>

RAINN hotlines put you in touch with local rape crisis centers. The on-line hotline provides live, anonymous support and works like instant messaging. Victims can talk directly with trained crisis support volunteers via a secure, confidential infrastructure.

CENTER FOR THE PACIFIC ASIAN FAMILY

(800) 339-3940 - 24 hr. hotline

<http://www.nurturingchange.org/>

The center provides support to sexual assault and domestic violence victims and is committed to meeting the specific cultural and language needs of Asian and Pacific Islander women and their families.

THE L.A. GAY AND LESBIAN CENTER

(323) 860-5806

Domestic Violence Support Services

<http://www.lagaycenter.org/>

The following incident provides an example of acquaintance rape:

"A female student goes to a party and meets an attractive man. They drink, dance and enjoy themselves. He suggests that the loud music prohibits their being able to talk and suggests they go somewhere where it is less

noisy. When they go back to his room, she realizes that she is not safe and asks to leave. At that point, he locks the door, holds her down, and rapes her.”

...The attacker can be a college classmate, an old family friend, a neighbor, a professional colleague, a date or other acquaintance...

THE COURT PROCEDURE

Generally in a rape case, the suspect will enter the Criminal Justice System in the following manner:

- CSUN Police detectives will interview both the victim and alleged perpetrator, if known.
- The police will go to the District Attorney and present the facts of the case. In most cases, the District Attorney will request to meet with the victim to go over specific facts.
- Once the District Attorney reviews all of the facts and evidence of the case, a decision will be made regarding the filing of charges against the suspect.
- If the District Attorney files charges against the suspect an arrest warrant will be issued. If the District Attorney declines to file charges in the case the suspect will not be held to answer to any charges and the case will be closed.
- Once charges have been filed and the defendant is taken into custody, the defendant will be held to answer to the charges. This step in the process is called the arraignment. At the arraignment, the court advises the suspect of the charges filed and allows the suspect to enter a plea of guilty, not guilty, or no contest.
- If the suspect pleads guilty or no contest then the suspect is given a penalty imposed by the court. The penalty can range from probation to incarceration in prison. In cases where a guilty or no contest plea is entered, witness and victims of the case will not testify as the case is now closed.
- If the suspect pleads not guilty the case is then scheduled for a trial. The trial itself is an adversary proceeding in which a judge, sitting with or without a jury, determines the guilt or innocence of the defendant. If the defendant is found guilty the judge then imposes a sentence.

CSUN SEXUAL ASSAULT COMMITTEE

California State University, Northridge (CSUN) is acutely aware that sexual assault is an issue of critical concern in colleges and universities throughout the United States and that no institution is immune from this crime. Despite our zero tolerance policy (available on-line at http://www-admn.csun.edu/vp/policies/900_oversight/900-03.pdf) concerning sexual assault in any form, we realize this is an extremely underreported crime. The University takes seriously its obligation to be proactive in educating students, faculty and staff about sexual assault and takes a systems approach to establishing protocols to deal with this issue.

A comprehensive institutional approach to address sexual assault ensures appropriate education as well as support services and creation of an environment that is intolerant of this crime.

In 2006, the Vice President for Student Affairs, the late Dr. Terry Piper, acted upon the recommendation of the ad hoc Sexual Assault Committee (2005-2006). The Committee recommended that this group should become a formal and permanent committee and that recommendation was granted as the group became formalized under the auspices of the Division of Student Affairs. Dr. Piper's charge to the committee was as follows:

The Sexual Assault Committee will serve as a forum for the review of existing, new or proposed practices, educational opportunities, outreach programs, prevention efforts, and other initiatives to reduce the incidence of sexual assault and sexual violence on the CSUN campus. As appropriate and necessary, on-campus and off-campus partnerships should be developed that provide assistance, support, and resources that strengthen the university's ability to provide assistance either directly or indirectly to students and other community members who become the victims of sexual assault or sexual violence. The Committee should annually review campus compliance with the sexual assault policy and report the findings and any recommendations to the Vice President of Student Affairs.

The members of the Sexual Assault Committee constitute a diverse group of professional practitioners, educators, support services, students, faculty and external community crisis intervention professionals. This group is representative of all of the university entities that deal with sexual assault in some manner. In this context the group is the ideal forum for tracking campus sexual assault policies, practices and educational initiatives.