

Rape Culture and Sexual Assault

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Synopsis

People often ask what “causes” violence against women. The goal of this training is to take what we have already learned about oppression and apply it to a more holistic answer to this question from a cultural and social perspective. We will return to our discussion about how oppression is built into our cultural social systems and how sexism not only reinforces and perpetuates myths about sexual assault (even as applied to same-sex sexual assault), but also “normalizes” male sexual violence and encourages the objectification of women’s bodies. We’ll explore how social, cultural, and political systems contribute to a “rape culture,” which blames survivors and often fails to hold perpetrators accountable.

We will also share concrete information about how to work effectively with survivors of sexual assault to ensure they feel supported and validated. You’ll learn about the medical and legal processes survivors might need to navigate if they choose to seek medical attention or report the assault. We will emphasize how to be an effective, respectful advocate as the survivors makes decisions about which services they want to access.

Timeline of Marital Rape Law / the Marital Rape Exemption

Under English Common Law in the 18th and 19th centuries, rape was an offence against the "owner" of the woman who had been raped (either the father or the husband)

1736—Lord Matthew Hale, Chief Justice in 17th century England, gave the marital rape exemption its origin in English common law, stating "the husband cannot be guilty of a rape committed by himself upon his lawful wife, for by their mutual matrimonial consent and contract, the wife hath given herself in kind unto the husband which she cannot retract"

1857—first American court (Massachusetts) to recognize the spousal rape exemption
Commonwealth v. Fogerly

1890—North Carolina Supreme Court, found the husband guilty for his participation in the rape of his wife by a third party, holding that while he could not be guilty of raping his wife, that privilege is a personal one only
State v. Donnel

1899—Louisiana Court held that a husband could be guilty for aiding and abetting the rape of his wife by a third person, but only if the third party was convicted
State v. Haines

1905—The Texas Court of Appeals overturned the lower court's conviction of a husband who assaulted his wife with intent to commit rape where the marriage was not intact (the wife had unsuccessfully sought a divorce and she and her husband had separate bedrooms in the same house)
Frazier v. State

1972—first emergency rape crisis hotline opens in Washington DC.

1976—first marital rape law enacted in Nebraska, making marital rape a crime in that state.

1978—New Jersey Courts harshly criticized the underlying premises of spousal rape immunity, condemning the marital rape laws as discriminatory toward married women
State v. Smith

1978—National publicity brought the issue of spousal rape immunity to the attention of the public when the Oregon court acquitted a husband charged with raping his wife
State v. Rideout Publicity about the *Rideout* decision lead to other states also allowing prosecution for marital & cohabitation rape.

1979—rape crisis centers in 20 states join forces in the National Coalition Against Sexual Assault.

1980—Model Penal Code upholds portions of marital rape exclusion: "The problem with abandoning the immunity in many situations [of rape by force or threat] is that the law of rape, if applied to spouses, would thrust the prospect of criminal sanctions into the ongoing process of adjustment in the marital relationship. Further, in cases where serious bodily injury is inflicted, the 'evil' of marital rape may well be thought qualitatively different from rape committed by another".
American Law Institute

1981—the Massachusetts Supreme Judicial Court, in affirming the lower court's decision to convict a husband for the rape of his wife when a judgement nisi of divorce has been entered prior to the rape, interpreted the MA rape statute in a manner contrary to law to criminalize spousal rape
Commonwealth v. Chretien

1984—a Virginia Court denied the applicability of spousal rape immunity because the rape occurred while the couple was separated. The Court held that while there was an implied consent to sexual intercourse in marriage, that consent is reversible
Weishaupt v. Commonwealth

1984—the New York Court of Appeals held the marital rape exemption statute unconstitutional in violation of the equal protection clause of the 14th Amendment in that no rational basis existed for distinguishing between marital rape and non-marital rape
People v. Liberta

1985—a Georgia Court indicted a husband for the rape and aggravated sodomy of his wife determining the implied consent unpertaining of the exemption to be unfounded reasoning that women do not consent to being raped simply by marrying
Warren v. State

1993—marital rape becomes a crime in all 50 states and DC, under at least one section of the sexual offense codes. Depending on the degree of additional force used, husbands can be prosecuted for sexually assaulting their wives.

2000—in 17 states and DC, there are no exemptions from rape prosecutions granted to husbands. In 33 states, however, there are still some exemptions given to husbands from rape prosecution (when his wife is most vulnerable—eg. she is mentally or physically impaired, unconscious, asleep, etc.—and is unable to consent, a husband is exempt from prosecution in many of these 33 states, Bergen 1996; Russell 1990)

PATRIARCHY

Dominant culture is defined by those with power and prestige (generally speaking, this is white, heterosexual, wealthy men). Therefore, cultural values, beliefs, language, and shared knowledge ("facts") all reflect their interests and reinforce their privilege.

- **Shared Knowledge:** Shared knowledge refers to knowledge we consider to be "factual." For instance, history is usually considered to be a factual account of historical events. But it was largely written by, about, and for white, heterosexual men. Whichever group has power gets to determine what the "facts" are and how "reality" is defined.
- **Beliefs & Values:** Beliefs and values refer to the ability of dominant culture to label certain people, qualities, and events as "good" and other people, qualities, and events as "bad." For instance, in the gender box exercise, we know that the dominant culture values men who are aggressive and competitive and women who are submissive and sweet. The cultural system not only places these values on qualities, but also believes these qualities are appropriate, naturally occurring, and "normal."
- **Language:** The language of the dominant culture values men and devalues women in both obvious and subtle ways. Please see attached handout for examples.

Knowledge is power. When we understand how these systems interact and reinforce each other, we can start to change them.

These cultural and social structures—which are based on male privilege, male interests, and male history—reinforce, validate and perpetuate each other.

In turn, our male-focused cultural "reality" appears to be normal, inevitable, and natural. For this reason, men have power and control over women in a very real, yet intangible way.

Because we are so enmeshed in the dominant culture, male privilege is often "invisible" to both men and women. We take it for granted as normal.

Social Structures

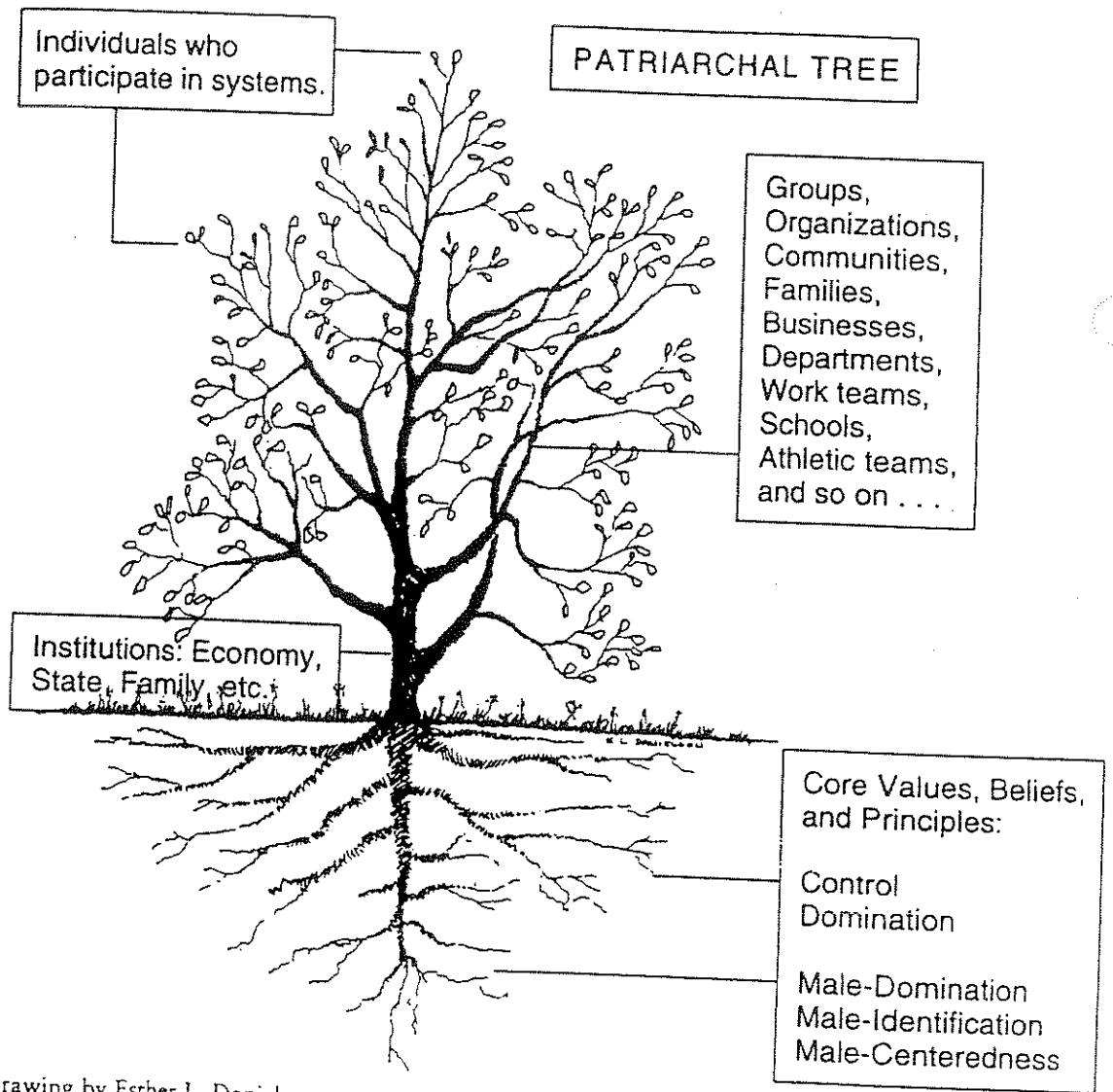
- Media
- Political
- Economic
- Legal
- Medical
- Educational
- Religious

Social structures are how the values, beliefs, and shared knowledge of the dominant culture are formally organized.

Because social structures are based on cultural ideas that validate male aggression and the objectification of female sexuality the structures often blame female survivors of male sexual violence.

Individual men and women internalize these cultural values, beliefs, and messages and act upon them at the interpersonal level. If men dominate women at the cultural level, it makes sense they will feel it's acceptable for them to dominate women at the interpersonal level. Thus, victim blaming occurs at the macro level (culturally and socially we blame women for provoking sexual violence against them) and at the interpersonal level (men blame women, women blame women, and women blame themselves.)

Where Are We?



Drawing by Esther L. Danielson.

taken from "The Gender Knot: Unraveling our Patriarchal Legacy" by Allan G. Johnson.

Gendered Language: Valuing Men and Undermining Women

- **Master** is a title that suggests power, control, and status. **Mistress** is derogatory term for women who “steal” men from other women. For a man to “have” a mistress is often seen as a sign of his power and virility.
- “**Mr.**” is a title that can refer to any adult male. The title doesn’t refer to his marital status. “**Miss**” and “**Mrs.**” reflect a woman’s marital status. Women who use the neutral, unmarked “**Ms.**” are often considered to be radical because the woman is not disclosing whether she is “taken” by a male. (Yet, the unmarked “**Mr.**” is seen as conventional, not radical.)
- Often, similar qualities in men and women are labeled differently. The label given to the man is often complimentary or neutral while the label given to the woman is derogatory. For instance:

He’s a Stud.....	She’s a slut, whore, or hole.
He’s stoic.....	She’s aloof.
He’s aggressive.....	She’s a bitch.
He’s a playboy.....	She’s a Gold-digger
He’s intelligent.....	She’s bookish. (often means not very sexual)
He’s passionate.....	She’s hysterical.
He’s reserved.....	She’s shy.
He’s single.....	She’s available.
He’s intense.....	She’s high strung.
He’s competitive.....	She’s a ball-buster.
He’s meticulous.....	She’s obsessive.
He’s a Bachelor.....	She’s a spinster, hag, old maid, or crone.
He’s easy (assumes easy going).....	She’s easy. (assumes sexually available)
He did “X” to her. (active)	She was “Xed” (passive)
I want to make love to you. (active)	He made love to me. (passive)
He’s a pussy. (denigrates that male and all women)	She’s a pussy. (sexual objectification)

Additional gendered language that reflects cultural values:

- Mankind (more frequently used than “humankind”)
- Father Time (linear, predictable) and Mother Nature (unpredictable, uncontrollable)
- Boy’s club (power) and Girl’s night out. (frivolous)
- Big brother (status) and Little sister (insult: “You’re acting like my little sister.”)
- All men are created equal.
- MANager
- WoMAN
- Man and wife (we never hear husband and woman) Additionally, when paired together, men’s names are always used first: “Tom and Mary,” “Mr. And Mrs.,” etc.

Just a few of the derogatory terms used for women for which there is no male analogy:

- Ball-and-chain
- Wicked witch
- Crazy old broad
- Ball-buster
- Femi-Nazi
- Cunt

We also have insults that are directed at men, but actually denigrate women:

- Son of a bitch
- Pussy-whipped
- Bastard
- You throw like a girl.
- Hen-pecked
- Tied to the apron strings.
- Mama's boy.
- Sissy, girlie, soft
- Incompetent boob.
- Trophy wife

Did you know...

- "Hussy" comes from the word "housewife." (*Gender Stereotyping in the English Language* by Laurel Richardson)
- "Whore" comes from the same Latin root as "care" and once meant a "lover of either sex." (*Gender Stereotyping in the English Language* by Laurel Richardson)
- "'Cunt' is related to words from India, China, Ireland, Rome and Egypt. Such words were either titles of respect for women, priestesses and witches, or derivatives of the names of various goddesses: In ancient writings, the word for 'cunt' was synonymous with 'woman,' though not in the insulting modern sense. (Walker, 1983, 197)" (From Barbara G. Walker's *The Women's Encyclopedia of Myths and Secrets*," as cited in "Cunt" by Inga Muscio.

Sexual Violence

Legal Definitions:

Related to sexual assault, domestic violence, and the use of force in self-defense.

The legal issues involved in sexual and domestic violence are vast, and it would be impossible to cover all of them satisfactorily in a single page handout. Therefore this handout will attempt only to outline some of the pertinent laws, and to provide resources for more information. If you have questions regarding your specific situation, contact the district attorney's office or a private attorney.

Information on laws related to sexual assault:

Oregon law on sexual offenses

In the state of Oregon, assaults that are commonly referred to as date rape, marital rape, acquaintance rape, and stranger rape are all prohibited and prosecuted under the same set of laws. The laws usually address unwanted sexual contact, except when the victim ^[1] is legally considered to be too young to give meaningful consent to sexual acts.

- **Rape or Sodomy in the 3rd degree:** the victim is under 16 years of age and the attacker is 3 or more years older than the victim. The crime occurs whether or not the activity is consensual. Class C felony.
- **Rape, Sodomy, or Unlawful sexual penetration ^[2] in the 2nd degree:** the victim is under 14 years of age and the attacker is 3 or more years older than the victim. The crime occurs whether or not the activity is consensual. Class B felony.
- **Rape, Sodomy, or Unlawful sexual penetration in the 1st degree:** the victim is subjected to forcible compulsion; or the victim is under 12 years of age; or the victim is under 16 years of age and is related to the person as a sibling of whole or half blood or is the person's child, or is the person's stepchild; or the victim is incapable of consent because of mental defect, mental incapacitation, or physical helplessness. Class A felony.
- **Statute of limitations:** Generally, sexual assault victims may initiate prosecution several years after the crime occurs. However, prosecution is most successful when victims immediately report sexual assaults because valuable evidence can be preserved.
- **Rape:** penetration of the vagina by the penis. Neither complete penetration nor ejaculation is required for it to be defined as rape.
- **Sodomy:** sexual contact between the sex organs of one person and the mouth or anus of the other person.
- **Unlawful sexual penetration:** the vagina, anus, or penis of a person is penetrated with any object other than the penis or mouth of the other person, typically a finger.

- **Sexual abuse:** Sexual contact that does not fall under the above definitions, e.g. fondling breasts, buttocks, or vaginal area. In the absence of forcible compulsion, rape, sodomy, or unlawful sexual penetration may be charged as sexual abuse.
- **Forcible compulsion:** physical force that overcomes earnest resistance; or a threat, express or implied, of immediate or future death or physical injury or kidnapping to the victim or another person.
- **Earnest resistance:** requires more than just saying “no.” Generally, and especially in the absence of an express or implied threat, earnest resistance would be defined as physically struggling or fighting.

Statistics:

- Nationally, almost 60% of women who have been forcibly raped were first raped in childhood (under age 18). Nearly 30% were raped before age 11.¹
- 6% of Oregon's 8th grade females and 7% of 11th grade females have been physically forced to have sex.²
- Of the 1.3 million adult women living in Oregon, about 230,000 have been raped at least once in their lifetimes.¹
- The FBI continues to identify sexual assault as the least reported of all violent crimes³ making it difficult to identify the actual scope of the problem.⁴

1 Kilpatrick, DG & Ruggiero, KJ. (2003). Rape in Oregon: A Report to the State. Charleston, SC: National Violence Against Women Prevention Research Center, Medical University of South Carolina.

2 Oregon Healthy Teens Survey, 2002. Available at:
<http://www.dhs.state.or.us/publichealth/chs/yrbsdata.cfm>

4 Oregon Attorney General's Sexual Assault Task Force, 2003

Compiled by Emily Sturm, 2008.

SEX CRIMES

Rape	Sodomy	Sexual Penetration	Sexual Abuse
<p><i>Sexual Intercourse</i></p> <ul style="list-style-type: none"> • By forcible compulsion; <i>or</i> • With child under age 12; <i>or</i> • With child under 16+related; <i>or</i> • With person incapable of consent due to: <ul style="list-style-type: none"> -mental defect -mental incapacitation -physical helplessness <p><i>Measure 11 crime-- 100 months</i></p>	<p><i>Deviate Sexual Intercourse (oral or anal sex)</i></p> <ul style="list-style-type: none"> • By forcible compulsion; <i>or</i> • With child under age 12; <i>or</i> • With child under 16+related; <i>or</i> • With person incapable of consent due to: <ul style="list-style-type: none"> -mental defect -mental incapacitation -physical helplessness <p><i>Measure 11 crime-- 100 months</i></p>	<p><i>Penetration of the vagina, anus or penis, with object other than a mouth or penis</i></p> <ul style="list-style-type: none"> • By forcible compulsion; <i>or</i> • With child under age 12; <i>or</i> • With child under 16+related; <i>or</i> • With person incapable of consent due to: <ul style="list-style-type: none"> -mental defect -mental incapacitation -physical helplessness <p><i>Measure 11 crime-- 100 months</i></p>	<p><i>Sexual contact (touching of intimate areas)</i></p> <ul style="list-style-type: none"> • By forcible compulsion; <i>or</i> • With person < age 14; <i>or</i> • With person incapable of consent due to: <ul style="list-style-type: none"> -mental defect -mental incapacitation -physical helplessness, <i>or</i> • Causing child to have sex with an animal <p><i>Measure 11 crime-- 75 months</i></p>
<p><i>Measure 11 crime-- 75 months</i></p> <ul style="list-style-type: none"> • With child under age 14 	<p><i>Measure 11 crime-- 75 months</i></p> <ul style="list-style-type: none"> • With child under age 14 	<p><i>Measure 11 crime-- 75 months</i></p> <ul style="list-style-type: none"> • With child under age 14 	<p><i>Special definition for this crime--see below</i></p>
<p><i>Non-Measure 11 felony</i></p> <ul style="list-style-type: none"> • With child under age 16 	<p><i>Non-Measure 11 felony</i></p> <ul style="list-style-type: none"> • With child under age 16 	<p><i>(There is no Sex. Pen. III crime)</i></p>	<ul style="list-style-type: none"> • With a child under age 18; <i>or</i> • With a person who does not consent <p><i>Class A misdemeanor</i></p>

REQUIRES PENETRATION, MENSTRUAL SLIGHT

DOESN'T REQUIRE PENETRATIONS

"physical helplessness" can be if she's asleep.

SEX CRIMES (cont.)

Doesn't require "forceable compulsion"

Miscellaneous Sex Crimes

- Sexual Abuse in the 2nd Degree: Sexual intercourse, deviate intercourse, or sexual penetration; and the victim does not consent. (Non-Measure 11 felony)
- Contributing to the Sexual Delinquency of a Minor: Sexual intercourse or deviate intercourse with a person under age 18. (Class A misdemeanor)
- Sexual Misconduct: Sexual intercourse or sodomy with an unmarried person under age 18. (Class C misdemeanor)
- Incest: Marrying or engaging in sexual intercourse or sodomy with an ancestor, descendant, or sibling. (Non-Measure 11 felony)

Age Defenses: It is a defense to most "statutory" sex crimes if there is less than 3 years age difference between the perpetrator and the victim. This does not apply to Rape I, Sodomy I, or Sex Pen I. It is not a defense to most crimes that the perpetrator didn't know the victim was underage.

Exposure Crimes

- Public Indecency: Sexual intercourse, deviate intercourse, or genital-exposure, in or in view of a public place. (Class A misdemeanor, or class C felony if prior sex crime conviction)
- Private Indecency: Genital-exposure, in a place where the victim has a reasonable expectation of privacy. (Class A misdemeanor)
- Endangering the Welfare of a Minor: Causing or permitting a minor to witness a sex act. (Class A misdemeanor)
- Invasion of Personal Privacy: Observing or making a visual recording of a person in a state of nudity, in a place where the person has a reasonable expectation of privacy, without the person's consent. (Class A misdemeanor)

Prostitution Crimes

- Prostitution: Engaging or offering to engage in sexual contact, in return for a fee. (Class A misdemeanor)
- Promoting Prostitution: Maintaining a place of prostitution or a prostitution enterprise; or inducing another person to engage in prostitution; or receiving money or property derived from a prostitution activity, etc. (Non-Measure 11 felony)
- Compelling Prostitution: Causing another person to engage in prostitution,
 - by using force or intimidation,
 - if the other person is under age 18, or
 - if the other person is your spouse or child (Measure 11 felony--70 months)

Child Pornography Crimes

- Using a Child in a Display of Sexually Explicit Conduct: Causing a child to engage in sexually explicit conduct, for any person to observe or visually record. (Measure 11 felony--70 months)
- Encouraging Child Sexual Abuse in the 1st Degree: selling, disseminating, exchanging (etc.) of child pornography; knowing that its creation involved child abuse. (Non-Measure 11 felony)
- Encouraging Child Sexual Abuse in the 2nd Degree: Possession of child pornography, knowing that its creation involved child abuse. (Non-Measure 11 felony)
- Encouraging Child Sexual Abuse in the 3rd Degree: Possession of child pornography, failing to be aware of a risk that its creation involved child abuse. (Class A misdemeanor)

What if I
don't
feel like a
victim?

BY NOELLE HOWEY
ILLUSTRATION BY
ALAIN PILON

by any Other Name

rape: (n.) Any act of sexual intercourse that is forced upon a person.

—RANDOM HOUSE WEBSTER'S COLLEGE DICTIONARY, 2ND EDITION

I was much more excited than I should have been at the prospect of a date with a Republican plastic surgeon. He had wire-rimmed glasses, which I found endearing thanks to a longtime crush on Radar from *M.A.S.H.*, and the bad posture of a grad student, which made me feel he was approachable. Plus, I hadn't had a date in ages and was positively giddy at the thought of spending a Saturday night out, rather than curled up on my futon watching reruns of the *Golden Girls*.

Todd* and I met for dinner at a swanky bistro in Brooklyn. He pulled my chair out for me and ordered a bottle of \$70 merlot, obviously thinking himself quite debonair. I wasn't impressed, but I was intimidated and ended up drinking far more than I could handle. Tippy by dessert, I asked Todd if we could just go somewhere for coffee. "I don't wanna drink any more alcohol," I said, with a loopy grin. "No problem," he said, and patted my knee. "There's a Starbucks around the corner."

Five minutes later, we were in a bar. "I wanted coffee," I said, irritated. Todd didn't respond, but instead hailed the bartender by name to order a carafe of cosmopolitans along with half a dozen shots of various liqueurs. I felt a little dizzy.

"I don't feel well. Can you get me an orange juice?" I asked, before heading to the restroom. "No alcohol."

"No problem, babe," he smiled, chewing on a swizzle stick. Back from the restroom, I sipped on my juice, while assiduously inching my knee away from Todd's. The drink tasted harsh, slightly metallic; it went down with a burn. "This isn't juice," I said.

"Yes, it is," Todd smiled sweetly. "What else would it be?"

"Vodka. Or something."

"You're still tasting the wine from dinner," Todd insisted. "C'mon. Lighten up."

Todd was eight years older and worth what seemed like a zillion dollars more than me. Perhaps I shouldn't have cared what he thought of me, but I did. I drank up. I woke up in his bed anywhere between one and five hours later; I couldn't focus my eyes enough to read the digital clock on the nightstand. I tried

to lift my head, but it felt as heavy as a cinder-block. *Please don't throw up* echoed through my head like a mantra. I was so preoccupied with keeping the nausea down that it took moments to fully realize that my dress—the dry-clean-only one I had borrowed from my roommate—was bunched around my waist and that my tights had been rugged past my knees.

Todd came back into the room. He was naked, though he was almost on top of me before I could tell for sure.

"Todd, don't," I slurred. He didn't respond. In my haze, I wasn't even sure I had spoken audibly. "No, don't, O.K.?" I mumbled, trying to make my voice louder.

"You had too much, huh?" Todd smiled. "Yeah, I did, too. I almost barfed in the cab." His penis was between my legs.

"Look, I, look . . . no, really," I fumbled, desperately trying to remember how to make a sentence.

"Don't worry, I'm wearing a condom," he said. I tried to lift my head again. It wasn't happening. I tried to push away his hands, which were pressing down on my chest. "That feels good," he said, as though I was trying to stroke him affectionately. I shut my eyes and turned my attention to trying not to throw up—something I could control. Within seconds he finished and poured the semen from his condom onto my abdomen. "Money," he said. Or "honey." I wasn't sure which. Minutes later, I fell asleep.

The next morning, still groggy and worried how I was going to keep myself from upchucking in the cab, I kissed

“Some women shy away from the R word because they

NOELLE HOWEY

Todd good-bye. "I had a great time," he said. "Um, sure," replied, forcing a weak smile. "Maybe again some time."

A male is guilty of rape in the first degree when he engages in sexual intercourse with a female by forcible compulsion; or who is incapable of consent by reason of being physically helpless; or who is less than 11 years old.

—New York State Penal Law, Section 130.35.

For the next day or two, I was practically catatonic with alcohol poisoning. I slurped tomato soup, chewed listlessly on white toast, and stared blankly at the TV for hours at a time. Once I was lucid, I began to roil with anger at Todd. Still, it never occurred to me that I had been raped.

After all, except for the killer hangover, I basically felt O.K. I had no bruises. I couldn't remember the entire evening and what I could recall was filtered through an alcoholic haze. The intoxication provided a barrier between me and the experience, making the whole event seem almost as though it had happened to someone else. Since I wasn't sure how to categorize what happened, I did what I always do: I packaged it as a quirky anecdote. "Let me tell you what this asshole did," I told a friend over lunch. "Hey, never date a plastic surgeon," I joked with a coworker. They both laughed, and rolled their eyes empathetically.

As the months went by, I went on dates, giggled with friends, engaged in passably good sex, and even drank a shot of flavored vodka. Still, I couldn't shake the feeling that n.

experience with Todd had been more than just a bad date. I'd find myself puzzling over the incident again and again. *I'd said no. I pushed him away. How is this different from the stories of drunken girls raped at frat parties, or women assaulted after being drugged with Roofies?*

But then I would demur. *No, no, no. If I were raped, I wouldn't be functional. I'd be holed-up in a corner somewhere; that's why rape victims are called "survivors." They survived something horrendous. Me, I went dancing two days later.* That would halt my internal argument for a few days. But then I would recall an article from a women's studies class that emphasized that a black-and-blue mark was not the sole delineator of whether a woman had been raped. Violation could

blame themselves.

like many forms. Or I'd think about Take Back the Night marches in college; I didn't recall anyone there trying to ascertain which rape victim suffered the most (or the least). And then the whole back-and-forthing would start all over again. Finally, I became convinced that until I could give my affecting-though-not-devastating, nonconsensual-but-not-violent experience a name, I would never be completely rid of it.

As the viewer of any after-school special can tell you, women shy away from the *R* word because they blame themselves. They think they asked for it. Or they think no one will believe them. Not me. I feared claiming that I had been raped because I felt far less traumatized than I thought a rape victim was supposed to feel. All those TV specials showed rape as unambiguous and brutal. The heroine fights back—even if she's barely conscious—and emerges with bruises and ripped clothing. Afterward, she certainly doesn't kiss her assailant good-bye. She scrubs herself raw, doesn't tell anyone what happened, and eschews formfitting clothes—not to mention sex—for months.

It wasn't just the influence of TV that told me I wasn't a legit rape victim; it was the experiences of my friends who had "really" been raped. Kim,* a friend from high school, was tied up, beaten, and assaulted after bringing her best guy-friend soup when he was supposedly sick in bed with the flu. Molly,* a colleague, was grabbed by a guy on the street and forced into an alley behind a bar. Both were emotionally devastated by those incidents for years. I thought that if I called myself

a rape victim, I would be trivializing the experiences of my friends, and the struggles of feminists who had fought to make everyone understand the terrible consequences of rape. It almost seemed like an insult to those activists to claim to have been raped yet profess to be unscathed.

But at the same time, I started to realize that a lot of other women besides me had lived through assaults that didn't fit the worst-case scenario. Statistics show that one in six women has been raped or has experienced attempted rape, and it's doubtful that every one of them has a horror story like Kim's or Molly's. Moreover, it seems unlikely that every one was utterly devastated and unable to function. There are as many reactions to violation as there are victims. But society wants those who are designated as victims to act like victims—to suffer properly and sufficiently—because a woman's word that she has been raped is not good enough. If she doesn't act like she's been traumatized, there's no way to know that she's telling the truth.

I still question whether *rape* is the right word for what happened to me. After all, it was a lesser offense than the vast majority of other rapes I have heard about. And even as more details of that night have come back to me, in dreamlike fragments, I still have a hard time feeling visceral pain about it. Frankly, several so-called consensual encounters have done more to damage my self-esteem and trust than this episode. But as I've struggled to find another word or phrase—*sexual assault? violation?*—that describes an act similar to but less heinous than rape, I've always ended up coming full circle.

Why? Because I wonder, if I had been just a little more cognizant—enough to have been frightened—maybe the emotional aftermath would have been greater. I wonder, if I had been a different woman, with a different set of issues and fears, would this same chain of events have been more painful? Most of all, I call it *rape* because I want to make it clear that what happened to me wasn't a bad date. It was a violation by a man who committed a crime. Though it's taken me a long time to believe this, I finally have come to the conclusion that my reaction to the crime is inconsequential. It's what he did that matters. **MS**

Noelle Howey is the author of a memoir, Clothes Lines: The History of Three Girlhoods . . . My Mother, My Father, and Me, which will be released in 2001 by Picador.

* The names in this article have been changed to protect privacy.

Rape Culture

"What is a rape culture? It is a complex of beliefs that encourages male sexual aggression and supports violence against women. It is a society where violence is seen as sexy and sexuality as violent. In a rape culture women perceive a continuum of threatened violence that ranges from sexual remarks to sexual touching to rape itself. A rape culture condones physical and emotional terrorism against women *as the norm*.

In a rape culture both men and women assume that sexual violence is a fact of life, inevitable as death or taxes. This violence, however, is neither biologically nor divinely ordained. Much of what we accept as inevitable is in fact the expression of values and attitudes that can change.

More than half of reported rapes are committed by someone the survivor knows. Once we as a society take in the meaning of that fact, we will begin to understand the deeper issues of power, sexuality, and gender relationships surrounding sexual violence.

Transforming a Rape Culture is about changing fundamental attitudes and values. These changes include rethinking the nurture and education of children, power-sharing between genders, and revising the demeaning, sexualized images of women presented in popular media.

Outcries against sexual violence appear in newspapers and on TV when the details of a particularly brutal sex crime are made known, but the reality of relentless, everyday sexual violence is ignored. Editorial responses call for more severe punishments for rapists, for longer prison sentences, even for the death penalty, as if escalation of punishment could in and of itself lead to significant change. Incarceration and treatment programs for offenders are merely holding actions to deal with today's violent men. The rate of recidivism indicates that these measures have not proven to be successful deterrents or solutions. Until we identify and confront the issues that lead to sexual violence, we will need more prisons...underlying attitudes toward women in our culture are causal...and these attitudes can be changed."

*From 'Transforming a Rape Culture,' edited by
Emilie Buchwald, Pamela R. Fletcher, and Martha Roth*

Note: This document focuses on the similarities between the dynamics and context of racism and rape in our society. As you read, try to think about how other oppressions (ie: homophobia, classism, ageism, ableism) also fit into this analysis.

HOW ARE THEY CONNECTED?

☑ BOTH USE WORDS AS WEAPONS

Rape and racism are grounded in language with a common purpose — to degrade, dehumanize, and make violence more acceptable. From the time of slavery to the present day, white people have used words — — to put down black people and undercut their value as human beings. Men, similarly, employ language — — which sends the same demeaning messages to women. Ultimately, hearing these words negatively shapes our view of the people to whom they refer. When we view others as less than fully human, it becomes easier to hurt and even destroy them. We must recognize the power of our words.

☑ BOTH OPPRESS WITH THEIR POWER

Rape and racism are forms of domination. Rape, through coercion, violation, and violence, forces women and some men to feel intimidated, frightened, and helpless. It makes them think twice about going to the corner store at night and can make them hesitate to trust a friend or lover. Racism narrows people's world and limits their freedom. It makes a black man avoid browsing in a store for fear of being seen as a thief, or dread that a traffic stop will result in a beating. Racism makes "us" see a Latino in a white neighborhood as a maid or a gardener. We must open our eyes to the constraining impact of oppression.

☑ BOTH FORM THE FABRIC OF OUR NATION

The United States was built upon racist and sexually violent practices. One need look no further than the founding of our nation as an illustration of both — a time when Africans were enslaved and forced from their homelands by the millions, when Native Americans were driven west and massacred, and when black women were routinely sexually assaulted by white slave owners. People of color played a vital role in the birth of our country and were rewarded with violation and humiliation. We must know our history.

☑ BOTH PROMOTE MYTH, NOT FACT

Our attitudes about race and rape are built upon myth and misinformation. Destructive and inaccurate racial and cultural stereotypes are all too common — "Latinos are short-tempered," "Asian women are passive," "black men are rapists," "Jews are stingy," "black women are insatiable." Similarly, so are myths about sexual violence and its survivors — "rape is just rough sex;" "only women are raped;" "if her skirt wasn't so short, she wouldn't have been raped." Sometimes, the myths intertwine — "most rapes involve a black man violating a white woman" — reinforcing distorted images of both race and rape. If we are to stop racism and rape, we must speak the truth about them.

☑ BOTH FEED ON OUR SILENCE

Every time we hear a racist joke and say nothing, every time we listen to someone blame a victim of rape and do nothing, and every time we pretend that racism and rape are not our problems, we support the continuation of oppression. We must speak up and speak out. It is not easy, but it is essential. Racism and sexism do not have to be passed from generation to generation. Our voices can make the world safer for us all.



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Common Reactions to SA

Survivors can suffer a significant degree of trauma as a result of sexual assault. When looking at lists like these (which are not exhaustive but rather a sampling of most common reactions) it is important to keep in mind that each person both reacts to and copes with sexual assault uniquely. Some survivors might experience some or a great number of these things immediately after a sexual assault. Others might not experience any until many months or years later. . .

Physical	Emotional	Cognitive	Social
Changes in eating patterns	Anger (at self/others)	If I don't think about it, it will go away.	Changes in lifestyle
Changes in sleeping	Numbness	I am being punished...	Difficulty getting things accomplished
Eating disorders	Anxiety	There is no such thing as justice in my case.	Difficulty concentrating
Fatigue	Denial	Am I dirty?	Problems with intimacy
Flashbacks	Depression	My body betrayed me.	Fear around men
Hyper vigilant	Sadness	If I had done ___ differently this wouldn't have happened.	Discomfort around people in general
Nightmares	Despair	I hate my body...	Disruption in sexual relations
Gastrointestinal issues (nausea, vomiting)	Embarrassment (feeling exposed, humiliated)	I deserved it because...	Fear of being alone
Headaches	Fear	Why me?	Fear of leaving home
"Self-Medication" w/ alcohol, cigarettes, drugs, etc.	Helplessness	If it happened once, it can happen again.	Fear/nervous in crowds
Self-mutilation	Irritability	Bad things happen to bad people (and good to good)...	Feeling "different" from everybody else
HIV/AIDS	Loss of control	There must be something wrong with me.	Hypersensitive when relating to others
STP's	Low self-esteem	I will never be the same again.	Loss of trust in self/others
Muscular tension	Mood swings		Withdrawal from friends/activities/relationships
Physical injuries	Hopeless		Loss of enthusiasm
Pregnancy	Obsessions/compulsions		Great risk-taking behaviors
Somatic illness	Phobias		
	Sense of disbelief		
	Shame, guilt		
	Self Blame		
	Feeling dirty		
	Shock		
	Feeling alone/abandoned		

Tip for Advocates: Remember, CONTEXT IS KEY!!!!!!!

FEELINGS AND REACTIONS FREQUENTLY REPORTED BY RAPE VICTIMS

Excerpts from : "Handbook on Rape" Published by NOW for Women's State Task Force on Rape, Minneapolis, Minnesota.

Fear of People, Sense of vulnerability

The rape survivor frequently finds that she fears people and that she feels vulnerable as she goes about the regular activities of her life. Due to her heightened awareness, things that she used to take in stride, such as sexual innuendo, now terrorize her. It may reassure her to know that this is a common reaction among rape survivors and that they often last long after the rape. This process is particularly difficult for the survivor when her attacker was someone that she had trusted. In this case, not only her faith in others but her faith and trust in her own judgement has been undermined by the rape.

Loss of Control Over Her Own Life

The rapist has forced her to submit to something she did not want to do. She may no longer feel sure of anything about herself and her self determination. Sometimes even little decisions like whether to eat become momentous things. The survivor practically has to repossess herself after the rapist took possession of her by force. Another aspect of this reaction is that the survivor may have been living a life of trusting people and now may feel that in addition to her body the rapist has stolen her whole way of life.

Fear of the Rapist

The survivor may fear that the rapist will rape her again. She may also fear those who remind her of the rapist. She needs positive assurance that life is worth living and she needs to explore ways of coping with her fear of the attack. She needs step by step instructions on what to do if the attacker does show up. Talk to her about the attacker. If she knew him, does she think he'll come back? If so, encourage her to plan accordingly. If he was a stranger, does he possibly know her name, address, or phone number? Suggest she alert her employer not to give out any information about her to anyone. She could seek police protection by reporting the rape. She may decide to get a protective dog, to take training in self-defense, to develop a warning of "help" signal with a friend or neighbor, she may memorize the police emergency phone number or have it written on the phone, etc.

Talking About Her Rape vs. Risk of Telling

She may feel compelled to tell everyone about the rape or may find it difficult to articulate out loud even to herself that she has been raped. she takes a risk in talking about the rape because some people will not be supportive. Nevertheless, supportive friends and relatives are invaluable to the survivor in dealing with the rape.

Concern for the Rapist

Some survivors want psychiatric help for the rapist rather than jail. Some even believe that if there is no physical assault or beating that it is not worth sending him to jail. In feeling sorry for him is is important that the survivor's anger for the indignities she has suffered do not get repressed.

Anxiety, shaking, nightmares

Victims often react after an attack with shaking and anxiety. The trauma goes so deep that she may have nightmares. Continued support from all around her and reassurance that she is physically safe will help these symptoms dissipate.

MYTHS AND FACTS ABOUT RAPE

H: Women ask for it; they want and deserve to be raped.

FACT: This belief is the historic legacy of women's status as sexual property, i.e. if a woman is not identified property of a husband or father, she is fair game for all men. Women are told they have a right to pursue jobs and education, but if they study at the library at night and are assaulted on the way home, they asked for it. This myth excuses the actions of rapists and shifts blame to the victims. No one asks to be brutally assaulted and lose total control over their emotional and physical reality. Rape, in fact, is the only crime where a victim's participation is questioned. Does a man wearing a diamond ring in public asked to be robbed?

MYTH: Rape is a crime of sexual passion.

FACT: Rape is a violent crime motivated by a desire to assert power and control over another human being. A man may be sexually excited by a woman, but if he fails to honor her "no" and rapes her his actions are dominated by a need to show her she can't control the exchange. Most convicted rapists, in fact, have ongoing sexual relationships with women while they assault. It's just that they use their genitals as weapons.

MYTH: Most rapists are strangers who assault their victims in public.

FACT: The vast majority of rapes, both reported and unreported, are committed by men known to, and trusted by, their victims. In 1987 in Multnomah County, 67 percent of the reported rapes were committed by non-strangers. The two highest categories of reported sexual offenders that year were relatives and ex-relatives. Over half the reported rapes occurred in the victim's or assailant's home. This myth encourages women to limit their lives and avoid strangers while believing that their protectors, i.e. teachers, employers, lovers, husbands and fathers, are safe. It is precisely this belief which actually makes women vulnerable to assault.

MYTHS: Rapists are non-white, lower class and sick or crazy.

FACT: Although suspects fitting this description are the most frequently pursued and punished for sexual assault, no one group produces more rapists than another. Since we live in a segregated society and most women are raped by men they know and trust, it is only logical that most women are raped by men from similar race and class backgrounds. In fact, statistics from national studies on this issue confirm that 90 percent of rapes are interracial and class-similar. In fact, the American criminal justice system has a long history of selectively enforcing rape laws against black men and of ignoring black women who are the victims of rape by black or white men.

IMPACT

Many factors affect the way a survivor will process and cope with the sexual assault. Because every sexual assault is different and people have such varied backgrounds and experiences, the way the assault will impact someone can not be predicted. Here are some things to consider when you look at impact

- **Was there crisis in the survivors life before the assault ?**

If the survivor was dealing with another trauma or crisis at the time of the assault it is likely that she will not have a stable base in place to cope with the situation. If the survivor was having trouble in a personal relationship, at work, financially, etc. these problems may seem intensified after the assault and make the survivor feel completely overwhelmed.

- **Does she already have coping skills in place ?**

If she has identified her coping skills and used them to get through other crises they will probably work for her in this one as well. Please see the coping list for ideas and information from other survivors on coping. If she does not have coping skills she will need to deal any way she can and start to develop a support system to help her through the crisis.

- **Does she have a supportive and validating support system**

Having people in her life that validate her feelings and never blame her or hold her responsible for the assault will make it easier for her to process what happened. If she does not have people she trusts to support her it will be difficult for her to process her feelings and get reassurance that the assault was not her fault.

- **Does she blames herself or holds herself responsible ?**

If she blames herself, believes the myths about rape, shames herself and take responsibility for the assault, she will experience added trauma. Supportive friends and family can help stress that she did not have a choice and she is not to blame for what the offender did.

Sexual Abuse within Relationships

Sexual abuse in intimate relationships is such a common occurrence that most of us have a hard time recognizing these acts as abusive and survivors often do not receive adequate validation of their pain and fears. Considering what we have learned about rape culture, why do you think this may be the case?

Below are potential sexual abuse tactics an abuser may utilize. It is important to keep in mind – as with other abuse tactics – that every survivor's will have a different experience with any, all, or none of the specific tactics listed below. Advocates should take care to use this information as a reference for possible tactics an abuser may utilize, and not as an exhaustive list of experiences each survivor will have.

Types/Patterns of sexual abuse:

Abuser makes demeaning jokes about women and sex

Treats partner or other women as sex objects

Shows jealous rages, assumes partner has sex with any available men

Minimizes partner's feelings and needs regarding sex

Criticizes partner in sexual terms

Insists partner dress or act in a more/less sexual way than they prefer

Touches partner against her/his wishes

Not allowing/forcing use of birth control

Withholds sex and affection as punishment

Attaches sexual labels to partner (ie: "whore," "frigid")

Demands sex

Forces partner to strip

Abuser is promiscuous with others

Forces partner to witness sexual acts

Forces sex with partner

Forces sex after beating partner

Wants sex to hurt partner (non-consensually); mutilation

A Few Do's and Do Not's When Supporting Survivors

Do's

Believe her: Tell her you believe her. Even if there were no weapons, she didn't report, she knew the assailant or there is no visible evidence of harm. **If she says she was raped, that is enough. She needs your support.**

Practice Active Listening. Listen when she talks. Make her feel comfortable when expressing feelings. Don't be afraid to talk about the rape. Recognize her right to talk about the assault whenever needed. Mirror back what you are hearing. Check in with her. Get clarification.

Discuss your role as an advocate*, making clear what services you are able to provide and what you cannot. Tell her you are not a counselor.

Respect the survivor's right to confidentiality. Do not discuss her case with anyone without her written permission. Debrief what a supervisor or another advocate.

Validate her feelings and reassure her that what she did to survive was right for her. Her feelings are her own, and if you are unable to accept her feelings, it is telling her it is not OK to feel the way she does.

Reassure her: She needs to be reassured that her survival is what matters. This is NOT a time to ask questions like "Why didn't you run?" or "why didn't you scream?"

Questions such as these only serve to put blame on the survivor.

Provide support without taking over: Remember, rape and sexual assault takes away control. It is very important to give control back to the survivor.

Keep information confidential.

Encourage her/him to seek medical treatment.

Maintain healthy boundaries.

Offer Resources and Options. Follow the survivor's lead and allow them to make their own decisions.

Do Not's

Don't blame her for what happened. Avoid asking questions or make statements that may blame the survivor for the assault. She may be experiencing self blame. Let her know that she did not deserve to be sexually assaulted, and that nothing she did could have caused the assault.

Don't make decisions for the survivor. As an advocate, you are there to help the survivor empower themselves to be able to make decisions appropriate for them.

Don't interrogate her or ask her to tell you her story. She may not feel comfortable talking about the assault.

Don't do it all yourself; help the survivor build a strong support network. Get support yourself when you need it.

S.A.F.E. Kit

The Sexual Assault Forensic Exam is the evidence collection process that survivors of sexual assault (women and men) may undergo if reporting the crime to law enforcement. Going through the SAFE exam initiates the process of reporting with the police. An individual cannot have the exam if they choose not to report the assault, as it is the police who fund the processing of the kits. Officially the purpose of the SAFE kit is two fold—to get a positive identification of the offender, and to look for signs of trauma and indications that the “sex” was unwanted. Even if the exam can pinpoint the offender, it usually cannot confirm the absence of consent. While a successful conviction of the assailant(s) is difficult even with the supporting evidence of a SAFE kit, it is virtually impossible without it; therefore many see undergoing a SAFE kit as critical to safeguarding the option of future prosecution. The exam is performed in hospital emergency rooms by qualified medical staff. To find out which local hospital’s evidence collection can be used in court, call your local 24-hour hotlines or your local hospitals.

A survivor can undergo the exam if:

- she wants to report the assault to the police (and thus is willing for them to pursue criminal recourse),
- if it is within three days of the assault, and
- if evidence has not been destroyed by bathing, douching, or getting rid of the clothing

If the survivor has the clothes she was wearing during the assault, she should bring them with her to the hospital in a brown paper bag.

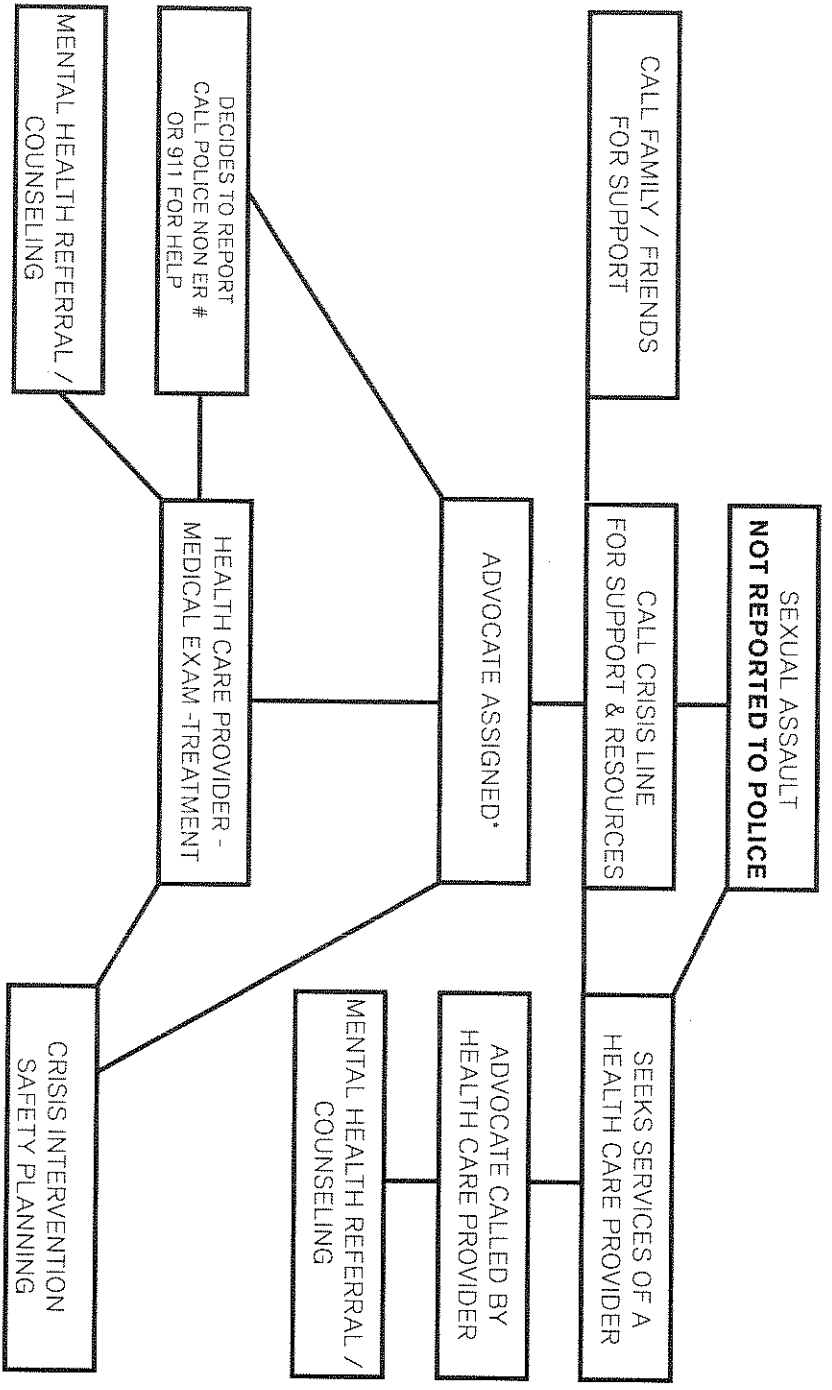
Here’s a brief overview of the SAFE kit process:

1. Collection of clothes—each item is put in a separate bag.
2. Wood lamps are used to determine the presence of semen or other evidence on the skin. If anything is present, the nurse will take samples using swabs.
3. The nurse will comb pubic hairs to get loose hairs of the offender or other debris.
4. The nurse will pull 10-12 pubic hairs from various regions.
5. The nurse will pull or comb 12 hairs off the head from different regions.
6. The nurse will take four vaginal swabs
7. The nurse will note and/or photograph any bruises or injuries.
8. Blood will be taken for a pregnancy test.
9. They may take additional swabs from the mouth and the anus.
10. Cervical swabs are optional.
11. If there are bite marks, swabs will be taken for them as well.

And remember, the survivor can seek medical care for injuries (internal and external) without reporting to police/undergoing a SAFE exam.

Not Reporting To The Police / Sexual Assault Flow Chart

Medical and Support Service Options

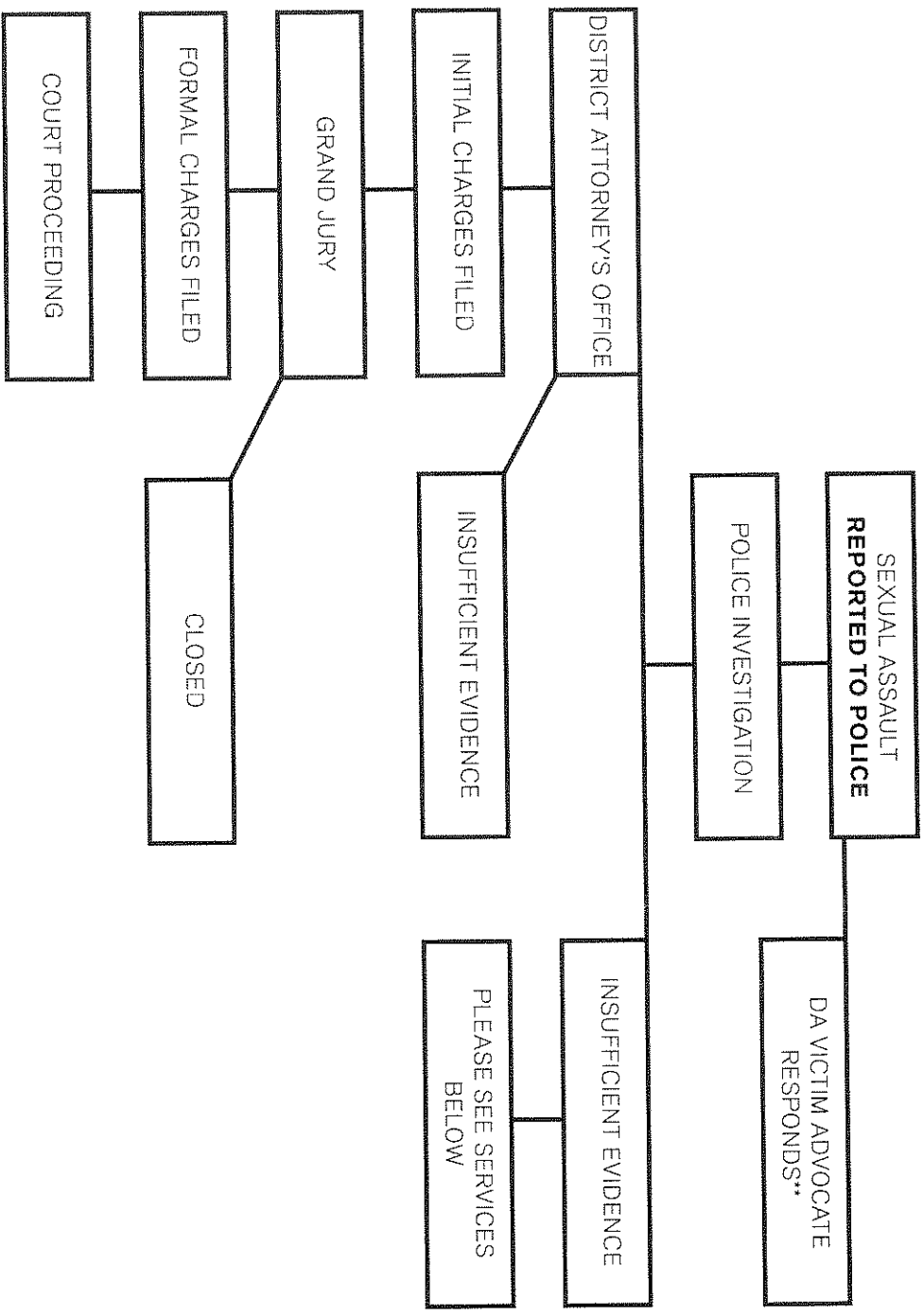


Portland Women's Crisis Line (PWCL): 24 Hour Domestic and Sexual Violence, Resources and Support: **503 235 5333 / 888 235 5333**
 Cardades Catolicas - El Programa Hispano's Linea UNICA: **503 232 4448 / 888 232 4448** (Linea De Crisis de 24 horas)
 Planned Parenthood - Nurse Advice Line: **503 788 7273** / (Monday - Thursday 8 - 6, Friday 9 - 5 / Saturday 9 - 4)
 Outside - In: **503 223 4142** (call for information and ask for Clinic Program-various times, walk-in only, arrive early)
 Emergencies: **911**
 Police Non-Emergencies: **503 823 3333**

* An advocate is a trained person who provides support, information and resources for a survivor, friends and family.

Reporting To The Police / Sexual Assault Flow Chart

A General Criminal Justice Overview*



Portland Women's Crisis Line (PWCL): 24 Hour Domestic and Sexual Violence, Resources and Support: **503 235 5333 / 888 235 5333**
 Caridades Catolicas - El Programa Hispano's Linea UNICA: **503 232 4448 / 888 232 4448** (Linea De Crisis de 24 horas)
 Multnomah County District Attorney's Victim Assistance Program: **503 988 3222** (Monday-Friday 8-5 pm)
 Emergencies: **911**
 Police Non-Emergencies: **503 823 3333**

An arrest may occur at anytime throughout the investigation process.
 * For specific details of your case, contact the District Attorney's office. Cases may vary.
 ** An advocate is a trained person who provides support, information and resources for a survivor, friends and family.

Disease	First Symptoms	Typical Symptoms	How Acquired	Treatment	Complications
CHLAMYDIA OR NGU (NSU, non-specified urethritis) Cause: Bacteria	7-21 Days	Women: Often no symptoms. Discharge or bleeding after intercourse. Men: Pain and burning when urinating. Discharge from penis.	Direct contact with infected mucus membrane (genitals, mouth, eyes, rectum.	Curable with appropriate antibiotics.	Women: Pelvic inflammatory disease, sterility, tubal pregnancy, surgery. Men: sterility, epididymitis. Newborn: Pneumonia, conjunctivitis (eye infections)
GONORRHEA (clap, dose) Cause: bacteria	2-30 days	Women: vaginal discharge, bleeding after intercourse, pelvic pain. Men: painful urination, discharge from penis	Direct contact with infected mucus membrane (genitals, mouth, eyes, rectum.	Curable with appropriate antibiotics.	Women: Pelvic inflammatory disease, sterility, tubal pregnancy, surgery. Men: sterility, epididymitis. Newborn: conjunctivitis (eye infections)
HERPES, SIMPLEX I & II (herpes, cold sore, fever blister) Cause: virus	2-20 days, but may appear much later	Painful blisters/sores on genitals or mouth. May be accompanied by flu-like symptoms.	Direct contact with infected area.	No cure. May be controlled by anti-viral medications.	Outbreaks may occur throughout lifetime. Eye infections, possible link with cervical cancer. Newborn: brain damage, death
HPV - Genital WARTS Cause: virus	30-90 Days (in some cases months or years)	Wart-like skin growths on genital, rectal area. It is possible to carry the virus with no visible symptoms.	Intimate contact with wart infected person.	Warts treated by freezing, chemical agents, laser, surgery.	Strongest link with cervical cancer, or other skin cancers. Virus may stay in the body after visible warts are removed.
SYPHILIS (syph, bad blood, lues) Cause: bacteria	10-90 days	Stage 1: chancre (a painless sore) on genitals, mouth, anus. Stage 2: a rash, often on palms of hands and soles of feet, several months after Stage 1.	Direct contact with infected area.	Curable with appropriate antibiotics.	If untreated, progresses to brain damage, paralysis, heart disease, death. May be passed onto newborns.

Disease	First Symptoms	Typical Symptoms	How Acquired	Treatment	Complications
AIDS/HIV (acquired immunodeficiency syndrome) Cause: HIV-Human Immunodeficiency Virus	Many months (up to 10 years)	Weight loss, fever, swollen glands, diarrhea, fatigue, severe malaise, recurrent infections, sore throat, skin blotches.	Sexual contact with infected person. I.V. drug users (shared needles). Pregnant women can give HIV to their newborns.	No cure. Drugs can slow disease process. Infections and cancers are treatable.	Frequently Fatal
HEPATITIS B (serum, hepatitis, Cause: virus	60-90 days	Yellow skin and eyes, dark urine, severe malaise, with loss, abdominal pain.	Sexual contact with infected person. Shared needles, human bite.	Vaccine prevents. Symptoms treatable.	Liver cancer, cirrhosis, chronic hepatitis, death. Newborn: infection
TRICHOMONAS VAGINALIS (itch, vaginitis) Cause: protozoan	7-30 days	Women: vaginal discharge, itching, burning. Men: usually no symptoms.	Sexual contact with infected person. Rarely acquired without sexual contact.	Curable with appropriate antibiotics	Urinary tract infection. May increase risk of other infections.
PUBIC LICE (crabs, cooties, pediculosis pubis) Cause: insect, louse	21-30 days	Itching, tiny eggs (nits) on pubic hair.	Direct contact with infected person or their bedding	Curable with proper medicated lotions.	Complications rare. Allergy to insect bites.
BACTERIAL VAGINOSIS (Gardnerella, Hemophilus, non-specific vaginitis) Cause: bacteria	Highly variable	Vaginal discharge, peculiar odor in women. Men most often have no symptoms.	Can be sexually transmitted. May also be acquired without sexual contact.	Curable with appropriate antibiotics.	Complications rare. Associated with urinary tract infections, pelvic inflammatory disease.

Rohyponol (Flunitrazepam)

Street Names:

- Roofies, Rophy, Circles, Rib, Roach-2, Rope, Ropies, Ruffles, the "forget pill"
- Terms used are "roached out" and "R-2ed"
- Considered the Quaaludes of the century

Characteristics:

- manufactured by Hoffman-LaRoche, Inc
- small white tablets; usually two to a bubble pack
- odorless and colorless
- a central nervous system depressant like Valium
- ten times the potency of Valium
- a Schedule IV drug under the Federal Controlled Substance Act of 1970

Medical Uses:

- in Europe, used as a tranquilizer, sleeping pill and a hypnotic drug
- a cure for a hangover
- to counter the side effects of cocaine

Symptoms:

- sleepy, relaxed, drunk, "high," feeling very "pleasant"
- symptoms can occur within 30 minutes after ingestion
- symptoms can last 18 hours or longer

After Effects:

- Decreased blood pressure, memory impairment, drowsiness, visual disturbances, dizziness and confusion
- Can cause aggressive behavior, hallucinations, delirium, convulsions, seizures and cardiovascular collapse
- Sometimes can cause coma or loss of consciousness
- Can be addictive

Evidence Gathering:

- urine specimen in sterile specimen jar, collected up to 96 hours after ingestion
- blood specimen in a "gray topped" blood tube
- specimens must be immediately refrigerated or frozen

GHB (Gamma-hydroxybutyrate)

Street Names:

- Cherry Meth, Liquid X, Liquid Ecstasy, Goop, Gamma-Oh, Grievous Bodily Harm, Georgia Home Boy, G, the "forget pill," Easy Lay

Characteristics:

- white powder or liquid in a small vile
- odorless and tasteless (though some reports now say that GHB is bitter or salty)
- very cheap to buy or make
- found naturally in body cells
- central nervous system depressant
- has been promoted as an aphrodisiac
- in 2000, added to the Schedule IV drug list under the Federal Controlled Substance Act of 1970

Medical Uses:

- as anesthesia
- in Europe, for childbirth
- bodybuilders use GHB as an alternative to steroids

Symptoms:

- sleepy, relaxed, drunk, "high"
- symptoms can occur within 15 minutes of ingestion
- symptoms can last 6 hours or longer

After Effects:

- extreme drowsiness, dizziness, confusion, memory loss or stupor
- can cause nausea, agitation, visual disturbances, severe respiratory depression, reduced heart rate and blood pressure
- can cause seizures, tremors, paralysis, coma and death
- can intensify Rape Trauma Syndrome

Evidence Gathering:

- urine specimen, gathered within 12 hours of ingestion (if a survivor has not urinated, it is possible to find GHB in the urine up to 48 hours)
- blood specimen, in "gray-topped" blood tube within 12 hours of ingestion
- specimens must be immediately refrigerated or frozen

Ketamine

Street Names:

- Special K, K, Ket, Kit Kat, Super K, Vitamin K, Green, Super C, Super Acid, Special LA coke, Baby Food, Jet, Honey oil, Gas

Characteristics:

- discovered by Dr. Cal Stevens of Wayne State Institute in 1961
- ampoules, white tablet or powder, "wraps" in foil, or occasionally capsules
- in powder form, it has a similar appearance to hydrochloride
- water soluble
- pharmaceutically prepared Ketamine for human use is only made as injectable ampoules in the UK
- when used recreationally, powder is "snorted" (absorbed via the mucous membranes into the blood stream)
- sometimes Ketamine tablets are sold as Ecstasy

Medical Uses:

- an anesthetic used primarily in veterinary medicine for cats and monkeys
- pediatric anesthesia
- used in procedures with burn victims
- most commonly used anesthetic in the Vietnam War
- usually given intramuscularly
- can be swallowed in tablet form
- used in treatment for neuropathic pain
- has been experimented with as a cure for migraine headaches

Symptoms:

- hallucinations, both visual and auditory
- appears numb or sedated
- responses may be limited due to muscle spasms and rigidity
- lack of awareness of the environment
- if snorted, symptoms may occur within 20 minutes
- if injected, symptoms may occur almost immediately
- dream-like state, extreme delirium
- slurring of speech, dizziness, blurred vision, anxiety, insomnia

After Effects:

- ongoing hallucinations
- increased heart and pulse rates
- nausea and vomiting (there is a big risk of aspirating vomit while someone is awake to experience it, but paralyzed)
- partially anaesthetized body (feeling of being trapped in one's own body)
- flashbacks (becoming more frequent with continued use)
- psychotic illness and other psychological problems
- memory loss and dysfunction
- effects can last up to 72 hours or longer

Evidence Gathering:

- urine specimen, must be refrigerated or frozen ASAP
- can be sent with evidence kit to the OSP Crime Lab

READING LIST

THE FOLLOWING IS A LIST OF BOOKS ON RAPE AND SEXUAL ASSAULT, BUT IT IS BY NO MEANS COMPLETE. SOME OTHER PLACES TO TRY FOR ADDITIONAL TITLES OR IDEAS ARE 1) THE BIG POWELLS ON W. BURNSIDE HAS AN "ABUSE" SECTION, 2) THE PUBLIC LIBRARY DOWNTOWN, 3) LAUGHING HORSE BOOKS, 4) CATBIRD SEAT BOOKSTORE, 5) IN OTHER WORDS

For Sexual Assault Survivors

*Still Loved by the Sun: A Rape Survivor's Journal
Migael Scherer, 1992

*Free of the Shadows: Recovering from Sexual Violence
Caren Adams and Jennifer Fay, 1989

*Who's Afraid of the Dark?
Cynthia Carosella, HarperCollins Publishers, 1995

*I Never Called It Rape
Robin Warshaw, Harper & Row Publishers, 1994

*If You Are Raped: What Every Woman Needs to Know
Kathryn M. Johnson, 1998

*Transforming a Rape Culture

*Against Rape
Andrea Madea and Kathleen Thompson

*This Bridge Called My Back
Edited by Cherrie Moraga and Gloria Anzaldua

*Vagina Monologues
Eve Ensler

For Partners or Parents of Sexual Assault Survivors

*Allies in Healing
Laura Davis, 1991

*If She Is Raped: A Guidebook for Husbands, Fathers and Friends
Alan McEvoy and Jeff Brookings, 1984

*Helping Your Child Recover from Sexual Abuse
Caren Adams and Jennifer Fay, 1992

For Child Sexual Abuse Survivors

*The Courage to Heal
Laura Davis and Ellen Bass, 1994

*Against Our Will
-Susan Brownmiller