



Corbin & Associates, Inc.
Lesson Plan of the Month
(March 2001)

Topic: Date Rape
Target Group: Middle School
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Introduction:

Good afternoon, my name is Janet Galland and I am your School Resource Officer. I have seven years of law enforcement experience and have dealt with many types of crimes, including the one we will be discussing today, date rape.

Objectives:

After this block of instruction you will be able to:

- ❖ Define date rape
- ❖ Explain why date rape happens
- ❖ List how you can avoid date rape
- ❖ Know what you can do if you are attacked
- ❖ Know how you can help someone who has been raped

Body:

- I. Definition of Rape
 - A. A sexual assault against a woman or man that is committed by someone the victim knows; a friend, co-worker, boyfriend, ex-boyfriend, neighbor.
 - B. Rape is not an act of sex, but a serious act of violence
 - C. Guys can be raped, mostly by other men, but also by women

- II. Date Rape Statistics
 - A. 83% of all rapists know their victims
 - B. 17% of rapists are strangers
 - C. Most rapes occur between 15-23 years of age
 - D. 89% of girls reported some type of unwanted sexual contact by males in their schools
 - E. 56% are raped by a date, 30% by a friend, 11% by a boyfriend, and 3% by others
 - F. 98% of rapists are men; 66% are white, 30% are black
 - G. 70% of assaults are planned
 - H. Rapes: 59,916 month, 1,871 day, 78 hour, 1.3 minute
 - I. 1 out of 3 relationships are violent

- III. Why does date rape happen?
 - A. Stereotypes: many boys believe they should be aggressive and that girls should be passive
 - B. Poor communication: when 2 people in a relationship don't know each other's sexual intentions or limits
 - C. Mixed messages: boys sometimes believe a girl means "yes" when she says "no", or the girl is playing hard to get
 - D. Learned violence: some boys feel that violence is an acceptable way to solve problems

- IV. How can you avoid date rape?
 - A. Express your limits; say no when you mean no
 - B. Avoid secluded places with boys you have just met
 - C. Meet in public places or go with friends
 - D. Don't consume alcohol or drugs
 - E. Don't ride in their car. Have someone take you or double date
 - F. Don't take drinks from others and watch your own glass (Rohypnol or "roofies"; look like aspirin but are a potent tranquilizer)
 - G. Trust your "gut feeling" and get out

- V. Effects of Date Rape
 - A. Loss of trust: in other people and in her judgment of others
 - B. Guilt: she is responsible and may blame herself
 - C. Fear: of men, going out alone, and of being alone
 - D. Depression and anger
 - E. Sexual problems: can't relate to future sexual problems

- VI. What can you do if you are being attacked?
 - A. Remember every situation is different
 - B. Stay calm
 - C. Say no and tell him that it's rape
 - D. Don't be polite
 - E. Look for an escape
 - F. Distract him
 - G. Deter him; tell him you are on your period or that you have a disease
 - H. If the risk of injury is minimal (unarmed) fight back
 - I. Yell fire; more people will notice

- VII. If you are sexually assaulted
- A. Don't blame yourself
 - B. Remember rape is a crime; report it to an adult
 - C. People will believe you
 - D. Seek medical treatment; morning after pill, tissue damage, sexually transmitted diseases, infections
 - E. Seek counseling
- VIII. If someone you know is raped
- A. Believe them; 98% of victims do not lie
 - B. Reassure them that it wasn't their fault
 - C. Don't judge them or what happened
 - D. Encourage her to seek help
 - E. Be her friend, she needs you more now than ever

Review:

- Definition of rape
- Statistics
- Why rape happens
- How rape can be avoided
- Effects of date rape
- What to do if you are being attacked
- If you are raped
- If you know someone who has been raped

Practice:

Questions and answers of topics 1 through 8
Handouts to students

Resources:

Date rape: by Channing L. Bete Co. Inc.

www.azsan.org

CA Attorney General's Office

www.rape101.com

Seventeen magazine

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