

# ACQUAINTANCE RAPE

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WHEN THE OFFENDER  
IS SOMEONE YOU KNOW

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ILLINOIS COALITION AGAINST SEXUAL ASSAULT



Published 2022

Funding provided in whole or in part by the Department of Human Services. Exception to this requirement must be requested, in writing, from Grantor and will be considered authorized only upon written notice thereof to Grantee.

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## WHAT IS ACQUAINTANCE RAPE?

Acquaintance rape is a sexual assault crime committed by someone who knows the victim. As a sexual assault crime, acquaintance rape includes forced, manipulated or coerced sexual contact. If someone forced you to have sex, that is rape – even if you know the attacker.

- The offender may be a date, neighbor, boss, co-worker, delivery person, repair worker, spouse, relative or anyone you know.
- It can happen to anyone regardless of gender or race.

If you are a victim of acquaintance rape, it may help if you tell someone about the assault or abuse and ask for help.

**Remember: If you have been raped,  
it is not your fault.**

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# HOW DO I GET HELP?

## RAPE CRISIS CENTERS

You may want to call a rape crisis center about the assault. The rape crisis center will give you support and information. Staff or volunteers at the center will talk to you on the phone any time of the day or night. They will also meet you at the hospital emergency room and go with you to talk with the police. The services offered by rape crisis centers include:

**Medical Advocacy:** The rape crisis center worker will help you understand what happens when you go to the hospital emergency room.

**Criminal Justice Advocacy:** The rape crisis center worker will help you talk with the law enforcement and/or the prosecutor. The advocate will also go to court with you.

**Counseling:** The rape crisis counselor will listen to you and help you find ways to feel better. The counselor will have information and ideas that you can try.

**24-hour hotline:** Rape crisis centers operate crisis intervention hotlines that victims may call for support at any time.

**The rape crisis center is there to help you.**

**Remember that sexual violence is a serious, violent crime. It can happen to anyone. No matter what happened to you, the sexual violence was not your fault.**

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## THE IMPACT

Sexual violence is traumatic and affects the survivor physically and emotionally. **Every survivor reacts differently to being assaulted.** Some feelings you might have include:

### Emotional Feelings:

- Guilt
- Fear
- Depression
- Shock
- Shame
- Anxiety
- Anger
- Sadness
- Denial

### Physical Reactions:

- You may have a change in eating habits
- You may have trouble sleeping
- You may have nightmares
- You may be uncomfortable around others
- You may experience flashbacks

No matter how you feel, remember it was not your fault. You can get help. A rape crisis center can help you with the information and support.



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## ACQUAINTANCE RAPE

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# YOUR RIGHTS

## **IN A RELATIONSHIP:**

- You have the right to a life without violence.
- You have the right to reject unwanted attention.
- You have the right to change your mind whenever you want.
- You have the right to be yourself without changing to please others.
- You have the right to decide whether you want physical and sexual contact.
- You have the right to change a relationship when your feelings change.
- You have the right to say “NO.”

## **AFTER A SEXUAL ASSAULT:**

- You have the right to medical treatment at a hospital emergency room.
- You have the right to report the assault to police.
- You have the right to be treated fairly and with dignity during the medical and criminal justice processes.
- You have the right to be notified of court proceedings related to your case.
- You have the right to bring an advocate or other support person to all court proceedings.
- You have the right to restitution.

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## WHO CAN BE A VICTIM?

Anyone can be sexually assaulted by an acquaintance. You may be pressured or forced into unwanted sex by a friend, relative, date or other acquaintance. If this happens to you, you are entitled to the same medical care, rape crisis center services and legal remedies as any other victim.

It is important to remember that **sexual assault is a crime. You are not at fault.** You are entitled to support – to medical care, legal assistance and counseling. You may want to call a rape crisis center for help in getting these services.

## WHAT ABOUT ALCOHOL?

You should be able to drink or go to a party without fear of rape. This is your right. Women should not be judged differently than men for drinking or going to a party.

Unfortunately, women are more vulnerable to sexual assault when they are drinking. Alcohol is the No. 1 date rape drug.

## WHAT ABOUT DRUGS?

Rapists can use a variety of drugs to make someone defenseless. These drugs are often **colorless, odorless and tasteless.** They can cause someone to lose mobility and even consciousness. When a person wakes up, she may not have any memory of the assault. Remember that alcohol is the most widely used date rape drug.

## To protect yourself against an offender using drugs:

- Go to parties with friends and people that you **trust**.
- Do not leave your drink **unattended**. If you do, get a new drink.
- Do not use any **unfamiliar substances** offered to you at a party.
- If you feel **dizzy or disoriented**, ask a friend for help immediately.
- If you wake up with **no memory** of what happened the night before, go to an emergency medical center immediately.

## THE LAW

**Acquaintance rape is a crime in Illinois.** There is no legal difference between sexual assault by a stranger and sexual assault by an acquaintance.

Under Illinois law, consent is one thing and one thing only: a clear **“YES”** to the sexual act in question. If the victim does not fight back or escape, the law does not presume that the victim consented. If the victim knows the offender, the law still does not presume consent.



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## ACQUAINTANCE RAPE



## MEDICAL CARE

You may want to get medical attention. The medical staff can examine you for injuries and test for infections and pregnancy. Hospital personnel can also inform you about emergency contraception. If you go to a hospital emergency room within 72 hours, the hospital can collect evidence of the assault.

## LAW ENFORCEMENT

You may want to report the crime to the police and pursue prosecution of the offender.

## IF I KNOW A SEXUAL ASSAULT VICTIM?

### SUPPORT

If you know someone who has been sexually assaulted, be **supportive. Do not blame the victim.** Sexual Assault is a crime, and blame belongs with the person that committed the crime. Remember that it is never the victim's fault.

### LISTEN AND HELP

**Respond** to what the victim says she needs – not what you think she needs. Support the victim in calling a rape crisis center and getting medical attention. If the victim wants to report to police, offer to go with her. If the victim does not want to report, respect the decision.

### ACTION

Offer to help make phone calls for the victim. Offer to **drive** to the hospital, police station and rape crisis center. Offer to **stay with the victim** during the medical examination and interviews.

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# RAPE CRISIS SERVICES IN ILLINOIS ...

## ○ NORTH

### **Addison\***

YWCA Metropolitan Chicago  
Patterson/McDaniel Family Center  
24 hrs. 888-293-2080

### **Arlington Heights**

Northwest CASA  
24 hrs. 888-802-8890  
www.nwcasa.org

### **Aurora**

Mutual Ground, Inc.  
24 hrs. 630-897-8383  
www.mutualground.org

### **Belvidere\***

Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811

### **Berwyn\***

CARE Center  
24 hrs. 708-482-9600

### **Chicago Heights\***

YWCA Metropolitan Chicago  
South Suburban Center  
24 hrs. 888-293-2080

### **DeKalb**

Safe Passage, Inc.  
24 hrs. 815-756-5228  
www.safepassageadv.org

### **Dixon\***

YWCA of the Sauk Valley  
24 hrs. 815-288-1011

### **Elgin**

Community Crisis Center  
24 hrs. 847-697-2380  
www.crisiscenter.org

### **Evanston\***

Northwest CASA  
24 hrs. 888-802-8890

### **Freeport**

VOICES of Stephenson County  
24 hrs. 815-232-7200  
www.voicesofsc.org

### **Galena**

Riverview Center  
24 hrs. 888-707-8155  
www.riverviewcenter.org

### **Gurnee**

Zacharias Sexual Abuse Center  
24 hrs. 847-872-7799

www.zcenter.org

### **Hickory Hills**

Pillars Community Health  
24 hrs. 708-482-9600  
www.pillarscommunityhealth.org

### **Joliet**

Sexual Assault Service Center  
Guardian Angel Community  
Services  
24 hrs. 815-730-8984  
www.gacsprograms.org

### **Kankakee**

Clove Alliance  
24 hrs. 815-932-3322  
www.clovealliance.org

### **Kewanee\***

Freedom House  
24 hrs. 800-474-6031

### **McHenry\***

Northwest CASA  
TCare Center of McHenry  
County  
24 hrs. 800-892-8900

### **Morris\***

Sexual Assault Service Center  
24 hrs. 815-730-8984

### **Mount Carroll\***

Riverview Center  
24 hrs. 815-244-7772

### **Oregon\***

Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811

### **Ottawa\***

Safe Journeys  
24 hrs. 800-892-3375

### **Peru\***

Safe Journeys  
24 hrs. 800-892-3375

### **Plainfield\***

Sexual Assault Service Center  
24 hrs. 815-730-8984

### **Pontiac\***

Safe Journeys  
24 hrs. 800-892-3375

### **Princeton**

Freedom House  
24 hrs. 800-474-6031  
www.freedomhouseillinois.org

### **Quad Cities**

Family Resources, Inc.  
24 hrs. 309-797-1777  
www.famres.org

### **Rockford**

Rockford Sexual Assault  
Counseling, Inc.  
24 hrs. 815-636-9811  
www.rockfordsexualassaultcounseling.org

### **Sandwich\***

Safe Passage, Inc.  
24 hrs. 815-756-5228

### **Skokie\***

Zacharias Sexual Abuse Center  
24 hrs. (847) 872-7799

### **Sterling**

YWCA of the Sauk Valley  
24 hrs. 815-626-7277  
www.ywsauk.org

### **Streator**

Safe Journeys  
24 hrs. 800-892-3375  
www.safejourneysillinois.org

### **Sycamore\***

Safe Passage, Inc.  
24 hrs. 815-756-5228

### **Waukegan\***

Clove Alliance  
24 hrs. 815-932-3322

## ○ CHICAGO

### **Chicago 24-Hour Hotline**

1-888-293-2080

### **Resilience**

www.ourresilience.org

- Stroger Hospital\*
- Austin\*
- Northside\*

### **Mujeres Latinas En Acción**

www.mujereslatinasenaccion.org

- North Riverside\*
- South Chicago\*

### **YWCA Metropolitan Chicago**

www.ywcachicago.org

- Cynthia B. Lafuente Center\*
- Englewood\*
- Parks and Francis Center\*
- RISE Children's Center\*
- Roseland Center\*
- Medical District Center\*

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# RAPE CRISIS SERVICES IN ILLINOIS ...

## ○ CENTRAL

### **Bloomington**

Stepping Stones  
Sexual Assault Services  
YWCA McLean County  
24 hrs. 309-556-7000  
www.ywcamclean.org

### **Charleston/Mattoon**

Sexual Assault Counseling  
& Information Service  
24 hrs. 888-345-2846  
www.sacis.org  
• SACIS Main\*  
• SACIS Counseling\*

### **Cuba\***

WIRC/CAA Victim Services  
24 hrs. 309-837-5555

### **Danville**

Survivor Resource Center  
24 hrs. 866-617-3224  
www.survivorresourcecenter.org

### **Decatur**

Growing Strong Sexual  
Assault Center  
24 hrs. 217-428-0770  
www.growingstrongcenter.org

### **Galesburg\***

WIRC/CAA Victim Services  
Knox County  
24 hrs. 309-837-5555

### **Jacksonville\***

Prairie Center Against  
Sexual Assault  
24 hrs. 217-753-8081

### **Macomb**

Western Illinois Regional  
Council/Community Action Agency  
Victim Services  
24 hrs. 309-837-5555  
www.wirpc.org/victim-services

### **Mt. Sterling\***

Quanada  
24 hrs. 800-369-2287

### **Paris\***

Survivor Resource Center  
24 hrs. 866-617-3224  
www.survivorresourcecenter.org

### **Peoria**

Center for Prevention of Abuse  
Sexual Assault Services  
24 hrs. 309-691-4111 or  
800-559-SAFE  
www.centerforpreventionofabuse.org

### **Pittsfield\***

Quanada Pike County  
24 hrs. 800-369-2287

### **Quincy**

Quanada  
Sexual Assault Program  
24 hrs. 800-369-2287  
www.quanada.org

### **Rushville\***

Quanada Schuyler County  
24 hrs. 800-369-2287

### **Springfield**

Prairie Center Against  
Sexual Assault  
24 hrs. 217-753-8081  
www.prairiecasa.org

### **Taylorville\***

Prairie Center Against  
Sexual Assault  
24 hrs. 217-753-8081

### **Urbana/Champaign**

Rape, Advocacy, Counseling and  
Education Services  
24 hrs. 217-384-4444  
www.cu-races.org

## ○ SOUTH

### **Alton\***

Call for Help, Inc.  
Sexual Assault Victims Care Unit  
24 hrs. 618-397-0975

### **Belleville**

Call for Help, Inc.  
Sexual Assault Victims Care Unit  
24 hrs. 618-397-0975  
www.callforhelpinc.org

### **Breese\***

Sexual Assault and  
Family Emergencies  
24 hrs. 800-625-1414

### **Carbondale**

Survivor Empowerment Center  
24 hrs. 800-334-2094  
www.empoweringsurvivors.org

### **Centralia\***

Sexual Assault and  
Family Emergencies  
24 hrs. 800-625-1414

### **East St. Louis\***

Call for Help, Inc.  
Sexual Assault Victims Care Unit  
24 hrs. 618-397-0975

### **Effingham\***

Sexual Assault and  
Family Emergencies  
24 hrs. 800-625-1414

### **Harrisburg\***

Survivor Empowerment Center  
24 hrs. 800-334-2094

### **Marion\***

Survivor Empowerment Center  
24 hrs. 800-334-2094

### **Mt. Vernon\***

Sexual Assault and  
Family Emergencies  
24 hrs. 800-625-1414

### **Olney\***

Counseling & Information  
for Sexual Assault/Abuse  
24 hrs. 866-288-4888

### **Robinson\***

Counseling & Information  
for Sexual Assault/Abuse  
24 hrs. 866-288-4888

### **Troy\***

Call for Help, Inc.  
Sexual Assault Victims Care Unit  
24 hrs. 618-397-0975

### **Vandalia**

Sexual Assault and  
Family Emergencies  
24 hrs. 800-625-1414  
www.safecrisiscenter.org

*\*Designates satellite and  
outreach offices of main centers.*

**FOR SERVICES AND INFORMATION IN YOUR  
COMMUNITY, CONTACT:**

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**100 N. 16th Street  
Springfield, IL., 62703  
Phone: (217) 753-4117 Website: [www.icasa.org](http://www.icasa.org)**