



THE SURVIVOR'S REPORT



The Details of Date Rape Drugs

Rohypnol, Gamma-Hydroxybutyrate, and Ketamine. These are only some of the substances utilized by sexual assault perpetrators to take advantage of their victims. They are often referred to as Roofies, GHB, and Special K, respectively.

Each year across the United States, many college students fall victim to what pop culture refers to as "date rape drugs." The exact number or statistic is unknown because the substances are difficult to trace in the human body. Additionally, individuals who suspect that they have unwillingly ingested such drugs are likely to have no memory of the events leading up to, during, and shortly after the effects of the drug. Consequently, memory loss is an effect that these medications can have on a person.

There are several precautions that college students can take to ensure safety from "date rape drugs."

More side effects caused by "date rape drugs" include the following: disorientation, dizziness, black outs, sedation, nausea, vomiting, semi-conscious, giddiness, and temporary amnesia. Unfortunately, due to the extensive side effects, substances such as Rohypnol have become quite popular among college age individuals. They are easy methods to satisfy controlling

and power seeking urges without seeking permission. There are several precautions that college students can take to ensure safety from "date rape drugs." 1) Attend parties when you are familiar with the host and majority of the guests attending. 2) Keep your beverage or food items with you at all times. If you leave food or drink unattended, discard them and get new items. 3) When at a bar or club, only accept

beverages from the bartenders or servers. 4) Be aware of your surroundings, including friends and their behaviors, and location. 5) Attend parties or bars with multiple people that you know. Only leave a specified area when everyone in your group is accounted for. 6) Have a plan for returning home and for emergency purposes.

Although some of the previously mentioned precautions may seem simple, they may be forgotten or disregarded when a person is under the influence of alcohol or drugs. If you suspect that you or someone you are with has ingested a foreign substance, call 911 immediately. The sooner the victim is brought to the hospital, the more likely professionals will be able to collect evidence and ensure safety. -Vanessa Olson

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Kansas State University. (2009). Counseling services: Date rape drugs and alcohol. http://www.k-state.edu/counseling/student/date_rape_drugs.htm

Upcoming Events

Her Two Cents Informal Women's Group that meets bimonthly For more information, call 568-2831

The Vagina Monologues Usually in February

Through the Eyes of a Woman Grafton-Stovall Theatre Feb. 28, 7pm

The Clothes Line Project The Commons, April 2

Take Back the Night The Commons, April 4

National Sexual Assault Awareness Month—April

Sexual Assault Response Program News

✓CSDC staff are currently working to design materials that will assist individuals in understand the regulations of US Department of Education Title IX. These materials relate to how CSDC services can help those who experience a violation of the Title IX stipulations. Materials

will appear in the form of a small packet with definitions and explanations. Look for updates in the near future!

• ✓The Sexual Assault Prevention Task Force is developing a protocol for university faculty and staff to utilize in the event that

a JMU student is sexually assaulted. They are also discussing the program "Step Up! Bystander Intervention Module" for students on campus to understand how to help someone in need.



Mythical Tales

Counseling & Student Development Center
Varner House
MSC 0801
Harrisonburg, VA 22807

Phone: (540) 568-6552
www.jmu.edu/counselingctr/Services/SAS.html



Myth: Women often lie about being assaulted. Sometimes they fabricate stories to get revenge on someone or to sue for money.

Reality: Nearly all sexual assault reports are truthful. According to the FBI, false sexual assault allegations are only two percent of cases. In actuality, sexual assaults are vastly underreported; only 40 percent of assaults are reported to police. There are many reasons for underreporting rates of sexual assault. Reasons for not reporting can include, but are not limited to, the following: fear of facing the assailant, not knowing the identity of the assailant, or that there may have been alcohol involved in the situation. Not reporting when there has been use and/or abuse of alcohol is especially true for survivors who are under the legal drinking age, such as many college students. With these contributing factors, reporting a sexual assault incident can be intimidating. The misconception of false allegations could be due, in part, to the low rate of conviction of sexual assault perpetrators. Unfortunately, even for individuals who do report and press charges, it is often the case that perpetrators do not serve prison time due to lack of evidence in the prosecution.

Barry, D. M., & Cell, P.M. (2009). *Campus Sexual Assault Response Teams: Program development and operational management*. New Jersey: Civic Research Institute.

RAINN (2009). *Reporting Rates*. <http://www.rainn.org/get-information/statistics/reporting-rates>.

University of Colorado. (2011). *Assault Survivors advocacy Program: Sexual Assault*. http://www.unco.edu/asap/Survivor_Information/Assault.html.

You Ask, She Answers

I am a freshman at one of the nearby colleges. Throughout orientation and through various events on campus, I keep hearing things about this law called Title IX. Can you tell me what it means and if it impacts me? From what I gather around campus, it's all about making sure the sports teams are fair with numbers and scholarships. If it is all about sports, then why do I have to know anything about it? I am not involved in any sports.

-Anonymous

Dear Anonymous,

While you are right in the assumption that Title IX involves gender ratios in sports activities in schools, Title IX also effects you even if you do not participate in the sports offered at your school. Title IX is a US Department of Education mandate that forbids acts of discrimination in schools based on sex. This includes any schools at any level, whether

they are high school, community college, university, etc.

In regards to sports activities, Title IX states that there should be a proportional number of activities available on the campus in accordance with the gender ratio on campus. Furthermore, there should be a proportional amount of scholarship money given to the participants based upon the gender ratio. In other words, if the school has 60% women, then 60% of the school's sports need to be for women and 60% of the scholarship funds should be allocated for women.

Since you are wondering how Title IX effects you, I think I can help. Hypothetically, let's say that you feel you have been discriminated against on campus because you are female. For example, if you are sexually assaulted, Title IX has specific procedures in place. If a university employee not bound by a professional code of ethics regarding confidentiality learns about the sexual assault,

she is obligated by Title IX to report it to the campus Title IX coordinator. From this point, the university must conduct an investigation. This is to protect the rights and safety of the whole campus.

Title IX is in place to ensure that all students receive the opportunities they deserve without being discriminated against by means of their sex.

At James Madison University, if you feel that you have been discriminated against due to your sex, and feel that you need to speak with the Title IX coordinator, please contact James Robinson in the Office of Civil Rights, rob-insjr@jmu.edu.

Kindly,
Answer Annie

Please be advised that this article is neither a crisis/emergency service nor a correspondence therapy service. If you need either immediate attention or ongoing therapy, call JMU Counseling & Student Development Center at (540) 568-6552.