In a way, the rape is the consequence of one person’s decision to exercise the own power, as a rule anticipated by rage and irritation.

**HOW TO AVOID THE SITUATIONS LEADING TO RAPE, WHEN MEETING AN ACQUAINTED PERSON?**

It is complicated, and regretfully not always possible to achieve. With all these, we suggest you some tips which can help you avoid the rape.

- Decide ahead of time, if you want to accept or not a sexual intercourse with that person and be very firm and open about your intentions. If you hesitate to take a certain decision, this could cause an excess of control on you.
- Do not make abuse of confuse messages. Be categorical when saying “yes” or “no”. Do not let the man read your thoughts; he could interpret it in his favor.
- Be careful about your body language: your tenure, the way you are dressed, the tone of your voice, your gestures, the way you look, etc. All these should not contradict your reluctance to have sex. Some unconscious gestures could be interpreted inadequately, thus contributing to violence.
- Be independent and confident in your own actions. Take an attitude. Tell your opinion about the place you will meet, and if possible, pay for yourself or suggest activities which do not cost money.
- Do not do anything against your will, only for the sake of being nice and to avoid an embarrassing scene. If you are afraid to hurt your partner, remember that he is ignoring your feelings and wishes.
- Take into account the various specific situations, when you do not have the hold on the situation, you do not feel relaxed and protected. For example, the night parties, where men are more numerous than women.
- Trust your intuition. In case you feel uncomfortable, or you feel any pressure on yourself, leave immediately. The situation will not improve by itself.
- The alcohol and the drugs are the main causes of rape committed by an acquainted person. They reduce the capacity to take responsible decisions. Make sure that you do not make abuse of alcohol, so that you can get home by yourself. Do not count on anybody except yourself.
- Do not get into the trap of such kind of talks “you would have done it, if you loved me”. Remember: if he really loves you he will respect your feelings and will wait until you are ready to accept a sexual relationship.
- When you meet somebody new, that you are not sure of, go out together with a group of friends.
- Pay for the transportation to your home by yourself. At least for the first dates. This will demonstrate your independence and the fact that you are not vulnerable.
- Avoid the isolated spaces where you may feel attacked. At the beginning of a relationship, your being in such places is especially dangerous. Find a more crowded path. We can assure you that you will feel more comfortable and safer. This way you will have the opportunity to get to know your partner and you can decide later if it is worth it or not to continue the relationship.
- Be careful when you invite somebody to your house or when you are invited to somebody’s place. These circumstances could be opportunities for the mean-intended persons.
- Examine your attitude towards money and power. If the fact that your partner is paying the bills influences on your power to say “no” to an unwanted sexual intercourse, then do not accept somebody to pay for you.
- Think about all the advantages and disadvantages of having a relationship with a person who is older than you. Besides that fact these men are more sophisticated, they have more money to treat you well, they have a richer sexual experience, expecting as a rule a sexual relationship sooner than you might have thought.

Unfortunately a calm and gentle man, without any psychological problems, may become violent, especially the persons who are predisposed to sexual aggression.

**LEADING TO RAPE, WHEN MEETING A NEW PERSON**

If you are afraid to hurt your partner, remember that he is ignoring your feelings and wishes.

**BE CAREFUL WITH THE MEN WHO:**

- are not listening to you, neglect what you are saying, speak at the same time with you, pretending they did not hear you;
- ignore your intimacy;
- have an aggressive behavior towards women in general, or towards certain persons in particular;
- always act as they want, disregarding your wishes. For example, if the man takes all the decisions on spending the time together, without asking your opinion, he could also decide on his own if you are going to have a sexual intercourse with him or not;
makes you always feel guilty; blames you for being “tense”, for resisting to the proposals of physical intimacy;
are excessively jealous or possessive;
have wrong ideas about women (for example, “women are born to serve men”);
make abuse of alcohol.

**HOW TO ACT IF SOMEBODY TRIES TO FORCE YOU FOR SEX?**

• Say a categorical “no” and afterwards do not smile, do not be friendly.
• Tell him something of the type: “Stop it! Don’t you realize that this is rape?!”. Your reply might shock him, making him stop.
• Think about how dangerous it is to resist it. This is a critical moment. The women who take a resisting attitude immediately have more chances to avoid the rape. Anyway, your behavior will depend on an essential detail: is he armed?

If the man **IS NOT ARMED**, you have more options, including:

♦ Applying physical resistance – hit him in the Adam’s apple, scratch his eyes with your fingers, throw any object in him, bite him push him away. Such a reaction might discourage him and could cause in giving up to his intentions. If the confrontation becomes dangerous for your life, it is better not to oppose.
♦ Evade. It is not a shame to run away from such a dangerous situation.
♦ Tell him that you need to go to a bathroom, say that you want to breathe some air… and try to leave unnoticed.
♦ If there is somebody around, ask for help. Shout “Fire!” A fire is dangerous for everybody and in this case all the persons around will react faster.
♦ Oppose in a passive way (start vomiting, coughing, etc., something that could be disgusting and could force him leave you alone).
♦ Try to apply the method of intimidation (tell him that some of your friends, relatives may appear any time, say that you have herpes or a sexual transmissible disease).
♦ Appeal to his humanism and understanding.
♦ Win his trust so that he can relax, and you can evade.
♦ Try to make him appreciate you as a personality. Tell him that he is hurting you.

If the man **IS ARMED**, you have more options:

♦ Make a tentative to speak to him, try to change his decision.
♦ Oppose passive resistance. In such situation, your options are more reduced. Have in mind that you are responsible for your own life. Before deciding to oppose, think well.

♦ It is possible to save yourself by running away.
But in this case you have to be sure that you will be able to escape.

**Myths and truths about rapes committed at dates**

**MYTH**
A woman, who has been raped, usually deserves that, especially if she accepted to go to a man’s place or to drive in his car.

**REALITY**
The fact that the woman is man does not mean that she wants to have sex with him. It cannot justify the rape.

If the woman allows the man to pay for herself, she is obliged to have sex with him.

If the woman is not opposing, the forced sex cannot be qualified as a rape.

Kisses and touches lead inevitably to sex.

Once the man is “hot”, sex is inevitable, since he cannot stop.

**HOW TO BEHAVE AFTER SEXUAL AGGRESSION:**

• Do not stay alone. Appeal to a person whom you can trust, go to her place or invite her to your place.
• Pass a medical control. Before the expertise takes place, it is recommended for you not to take a bath. The sooner the possible, go to a hospital or to a health center to be examined and to be treated in case you have sexually transmissible diseases. It is possible that you have internal injuries about which you do not know. If you decide to write a complaint, the collected evidence immediately after the rape could serve as irrefutable proofs.
• Go to the police office to report the rape. The sooner you do that, the better. The rapists are rarely attacking only once and only one woman. If you report to the police, you can save another person.
• Ask for help and counseling. The women who receive consultations from a psychologist or other persons overcome the consequences if these negative experiences much sooner and with less unfavorable effects.
• Do not scold yourself. You are not to be blamed.

**Addresses of organizations that can help you:**

1. Association of women of legal career. Chișinău, 68 București str., of. 310 tel. 54-65-69; 27-54-62
2. Center for Diagnosis and Rehabilitation „Armonie”, MD-2012, Chișinău, str. Veronica Mile, 4A, tel. 23-24-37
3. Human Rights Center in Republic of Moldova (CpDOM), Chișinău, str. Sfântul Țâ și, tel. 33-48-00; 24-54-42
4. Legal University Clinic from Bălți, 38 Pășăstră, bloc 5, 24470
5. Legal Clinic from Comrat, 160 Leen str., office 4, tel. (298) 29 70
6. Legal Clinic from Tiraspol, 214 Zapadnîi pereulok str., office 233 153 90
7. Center for assistance and protection for victims of violence, Bălți, 31 August 63 A str., tel. (241) 26337
8. National Center to Prevent Child Abuse, (CNPAC) Chișinău, Calea Iașilor str., tel. 75-86-06, 59-2748
9. Public Association „Legal Clinic“, Chișinău, State University of Moldova, 60 A. Mateevici str.; tel. 23-24-33
10. Center for psychological assistance to women, Chișinău, 31 August, 87 str., tel. 22-01-19
11. National Center for Studies and Information on Women’s Issues MD 2004, Chișinău, 190 A Ștefan cel Mare str., tel.: 24-13-5 70-89
DATE RAPE

Know your rights!