

Power Play: Date Rape Prevention HiTOPS Educator

Designed for: Professionals

"One day I was a happy-go-lucky teenager and my biggest problem was that I was getting bad grades. Then I got raped. How can someone's life do a complete 180 in 45 minutes?"

Megan, age 14

Date or acquaintance rape is a growing problem for young women in high school and college. Studies show that females, aged 12-24, are at greatest risk of being raped and girls, aged 16-19, are four times more likely than the general population to be victims of rape, attempted rape or sexual assault. Boys whose actions meet the legal definition of rape often do not view their behavior as sexual assault and are not aware of the legal and psychological severity of what they have done. Date rape is primarily a problem for young women, but one in ten rape victims are male.

This in-service uses an educational video of a high school party where a rape occurs to spark discussion about blame, responsibility and the role of alcohol and drugs in a common date rape situation. Participants learn how to identify an adolescent victim of sexual assault and what to do if someone comes to them for help. A second video is used to highlight the short term and long term effects on the survivor and learn about resources that are available for healing and recovery.

Our goals are to help professionals:

- Improve understanding about the definition, causes and laws regarding date rape
- Learn how to identify adolescents with a history of sexual assault
- Understand the effects of sexual assault and learn about resources for recovery

Average length of in-service: 90 minutes; half-day; whole-day

Recommended number of participants: 20-100