

[Sexual Violence: Rape and Date Rape](#)**A Lesson Plan from [Life Planning Education: A Youth Development Program](#)****Purpose:** To learn the facts about sexual violence**Materials** Copies of the handout "[Quiz on Sexual Violence](#),"(pdf) for each participant; Leader's Resource, "[Answers to the Quiz: The Real Facts and Figures](#)"(pdf); paper; pens/pencils**Time:** 45-55 minutes**Planning Notes:**

- Be aware that one or more of your participants may have been raped. If a teen becomes upset during the exercise or discussion, you may want to speak quietly to that person and make plans to talk privately at a later time.
- Find local resources for rape survivors and the address and phone number of the agency most recommended for teen rape survivors in your community. If possible, visit the agency to obtain brochures and business cards, and identify someone there whom participants might expect to talk with if they went to the agency.

**Procedure:**

1. Write the following sentence on newsprint or the board: "Young men learn violence. Young women learn to accept it."Ask participants to write a paragraph about whether they agree or disagree with the sentence.
2. Have teens share their feelings about the sentence. Be sure to point out in the discussion that not all rape is committed by men men can be rape victims, of other men and women. Most rape, however, is committed by men against women.
3. Ask what the crime is called that occurs when a romantic partner forces another to have sex. If no one answers correctly, write "acquaintance rape/date rape" on the board. Make the following clear:
  - **Acquaintance rape**, also known as date rape, is forced oral, anal or vaginal sexual intercourse by someone the person knows and may even have a romantic relationship with.

Emphasize that when a person is forced to have intercourse against her or his will, it is always rape or sexual assault, regardless of the circumstances, and it is illegal.

4. Distribute the handout and ask participants to find a partner and complete the quiz together.
5. When most pairs seem to be finished, go over the quiz item by item, asking the group for correct answers. Give as much additional information from the Leader's Resource, "Answers to the Quiz," as you have time for.
6. Make any of the following points, if they were missed:
  - Rape, whether by a stranger or an acquaintance, is an act of **aggression that uses sex** to show the victim that the rapist has power.
  - Books and movies often suggest that women are turned on by the power and force of rape and may even fall in love with the rapist, but a victim of rape **never** experiences the act in a positive way, even in a date situation in which the beginning of the sexual encounter was pleasant.
  - Alcohol and/or drugs are very often involved when acquaintance rape occurs. Being drunk or high makes the victim less able to set clear sexual boundaries and the attacker less inclined to listen to, or abide by, those boundaries.
  - **Nothing** a woman does—using drugs or alcohol, going to risky places, wearing certain clothing, kissing and sexually touching or even having previously had sex with a man—gives a man the right to force her to have intercourse against her will.
7. Conclude the activity using the Discussion Points.

**Discussion Points:**

1. What contradicts some of the myths about rapists? About survivors of rape?

2. What three messages would you give to your brother about men who force women to have sex?
3. How do you feel about the things people often say about girls or women who are raped?
4. What precautions can girls and women take against stranger rape? (Answer: Be alert to the surroundings; avoid dark, lonely places at night; keep doors and windows locked; keep a loud whistle on a keyring; take a self defense class; walk in groups.)
5. What are some things that girls and women can do to help prevent date rape? (Answers include:
  - Remember that no matter the circumstances, you have the right to choose when, with whom and how you want to be sexual.
  - Communicate clearly and directly about your limits on sexual behavior. Say something like “I will do \_\_\_\_\_, but will not do \_\_\_\_\_.”
  - Avoid sending mixed messages. It's okay to want to be intimate with someone and it's okay not to want to be intimate. Decide what you want sexually and do not act confused about it.
  - When first dating someone, go out with other people or groups rather than alone.
  - Pay attention to how your date feels about the roles of men and women, especially in relationships.
  - If your date tries to force you to do anything, say no loudly and clearly. Yell, if necessary, and resist in any way you can, including fighting back and running away.)