

## SEXUAL ASSAULT / RAPE

Rape is an act of sexual intercourse accomplished against a person's will by means of force, violence, duress, menace, or fear of immediate bodily injury. Sexual assault is any forced act, including oral/anal sex, penetration by a foreign object, sexual battery, and sexual touching.

1 in 6 American women have been victims. Fewer than 1/3 are reported to law enforcement. Over 40% are under age 18 years. Approximately 3/4 of female rape victims know their assailant. Alcohol is the most common rape drug. However, date rape drug use (Rohypnol and GHB) has increased in recent years. A common side effect of these drugs is amnesia, so the true extent of drug assisted rape cannot be determined.

*Victims should be examined without delay to minimize the loss or deterioration of evidence.*

### Assessment for Sexual Assault/Rape

Rape Trauma Syndrome, a condition similar to PTSD, is common. The AMA recommends that brief trauma screening should be routine for all women to aid in identifying recent or past occurrences of rape.

### History that may suggest Sexual Assault or Rape

- Sexual dysfunction, pregnancy
- Substance abuse, eating disorders, anxiety, depression
- Chronic medical conditions (i.e. PID)

### Behavioral Clues

- Fear of being touched; fear of opposite gender
- Withdrawal, isolation, depression

### Physical Clues

- Bleeding, bruising, abrasions in genital area
- No physical findings – range of 13-84% with no genital trauma - many women cooperate in order to stay alive



Violence Prevention Coalition of Orange County  
&  
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- Exaggerated startle response; hypervigilance
- Request for pregnancy, HIV or STD testing

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#### Intervention Strategies

- **Ask** about rape/sexual assault – it is okay to ask directly
- Use probing questions – behavior specific, detailed, close-ended descriptions of events (e.g. Has anyone ever made you have sex by using force or threatening to harm you or someone close to you? Just so there is no mistake, by sex we mean putting a penis in your vagina or ..... )
- **Reassure** - Remind victims they are not alone, not to blame and not “going crazy,” their minds and bodies are coping with the trauma
- **If suspect rape drug** - victim may have memory gaps, be inconsistent with the history or be unaware of rape
- Drug screening must be done within 96 hours
- Obtain urine specimen upon first voiding or ASAP - document exact time collected
- **Report - Orange County Protocol**
- **Ages 12 and under** – Contact law enforcement agency in city where crime occurred. The Child Abuse Services Team (CAST) handles cases during regular business hours, and by the Sexual Assault Victim Services (SAVS) after hours.
- **Ages 13 and above** – Contact law enforcement agency in city where crime occurred. Officer will transport victim to Anaheim Memorial Medical Center where forensic nurse specialists perform examinations. A certified sexual assault counselor will meet victim at the hospital.
- **Refer** – For those adult victims who may not wish to report to the police, offer emergency contraception within 72 hours post event. Encourage all **past or recent** victims, to obtain follow-up medical care and psychological counseling or contact a counselor at **SAVS**.

#### Resources

- CSP Sexual Assault Victim Services (SAVS) operates two 24-hour crisis and referral **hotlines: 714-957-2737, 949-831-9110**
- Teen Dating Abuse, Child Protective Services: **714-940-1000**

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6/2004

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