



presents

One Night®

*an interactive play about acquaintance rape
performed by professional actors*

Characters

Calvin
Jessica
Maggie
Will

Written by August Schulenburg

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Definitions and Facts

Rape is forced sexual intercourse.

If one person does not want to have sex, and another person makes them, that is rape.

Acquaintance rape is when the victim knows her/his attacker.

When the attacker, isn't known it is stranger rape.

Rape is a crime—a first degree felony in most states.

Some states have a "**No Means No**" law, which holds that if the victim says "no", but does not physically resist, it is still rape.

Rape & Gender—Rape is most often perpetrated by men against women. (So this program refers to rapists as "he," victims as "she.")

BUT...

Same Sex Rape is a serious problem in both sexes.

Men and boys are raped, with equally devastating effects.

Acquaintance Rape

In acquaintance rape, the trust of a relationship is used to maneuver someone into a powerless, defenseless position.



The victim's guard is down. She may feel safe being alone with this person, and may not recognize she's vulnerable until it is too late.

Ask yourself these questions:

Will I take 'no' for an answer?

Do I think that women who say 'no' really mean 'yes'?

Do I feel I have a right to have sex with a woman, regardless of what she says or feels?

Do I know the difference between rape and sex?

Do I know that rape is a crime?

Date Rape Drugs

Date rape drugs are used to lower someone's defenses so that she can be raped. They're often slipped into a drink when she is not looking.

Most of these drugs affect the central nervous system. They can cause any of the following, depending on the specific drug:



- drowsiness
- loss of motor control
- memory loss or blackouts
- lowered inhibitions
- and/or confusion.

The victim may wake up the next day feeling hung over, and having no recollection of a period of 8 or so hours.

Or, she may remain fully lucid, but unable to move, during the course of the rape.

Date rape drugs take effect very quickly, 15-30 minutes from ingestion. When mixed with alcohol, they're even more powerful, and can be lethal.

THESE DRUGS ARE VERY DANGEROUS!

Ways to Keep Safe from date rape drugs

1. **Never accept an opened drink**, except from a bartender or waiter/waitress. Watch how they handle your drink.
2. **Try to drink bottled or canned** drinks; insist that you open them yourself.
3. **Don't leave a drink unattended**. If you have to leave it, don't continue to drink it.
4. **Don't ask someone to watch your drink**--they may be distracted or may not be as trustworthy as you think.
5. **Be careful of whom you drink with**--be cautious around someone you don't know well.
6. **Avoid punch**--you don't know what's in it.
7. **Beware of drinks that taste or look strange** (salty flavor, unusually frothy or cloudy, has residue). Watch out for margaritas--they hide the salty undertaste of GHB.
8. **Make sure you go out with a friend**, so you can help each other if one of your drinks is spiked.

continued...

Ways to Keep Safe - 2

9. **Be alert to the behavior of friends.** If someone appears to be more drunk than they should be, given the amount of alcohol consumed, be concerned.

If you suspect someone has consumed a date rape drug... take her/him to the hospital emergency room, or call 911 for an ambulance.

Keep a sample of the alcohol. They can test the person's blood and the alcohol.



Alcohol, Drugs & Rape

Some guys deliberately try to get women drunk, in order to rape them. This happens in same-sex situations, too.

If a woman is under the influence, she may be less able to make safe judgments. If she is severely intoxicated, she may not be fully aware of what is going on.

Sex with anyone who is too intoxicated to make decisions, to understand what is going on or to defend her or himself is rape. Sex with someone who has passed out is rape.

ALCOHOL is the #1 date rape drug.

Emotional Coercion

Emotional coercion is the use of emotional or psychological force to pressure someone into giving 'consent'. Besides being extremely manipulative, coercion is unfair.

Emotional coercion is often present in relationships where partners have unequal power.

"If you really loved me, you would do this."

"Everyone else is doing it, so what's your problem?"

"If you don't do it with me, I'll find someone who will?"

"Do you have a problem with sex?"

Ask yourself these questions:

Am I 'guilt-tripping' or putting down the other person?

*Am I considering their feelings...
or just trying to get sex?*

Am I listening...or only hearing what I want to hear?

Am I invading her/his space?

*Am I trying to intimidate
(through tone of voice or by staring)?*

Is she/he comfortable with me?

Does she/he feel safe?

Consent

The opposite of emotional coercion is free consent.

Free consent can only be given when both partners have equal power.

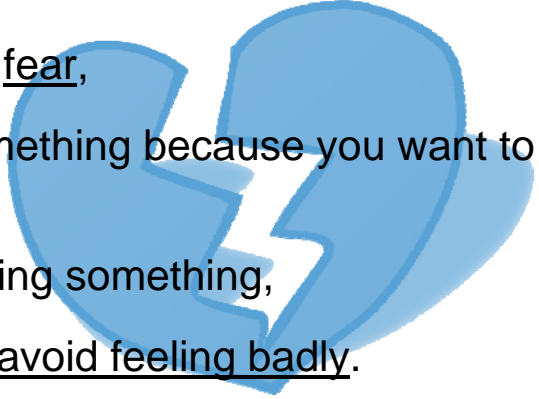
Free consent is NOT...

giving in because of fear,

going along with something because you want to fit in with the group,

being tricked into doing something,

agreeing in order to avoid feeling badly.



If someone cannot say 'no' comfortably, then saying 'yes' has no meaning.

If you will not accept 'no' for an answer, then there is no point in asking.

Ask yourself these questions:

Is she/he freely consenting?

*Am I assuming she/he consented...by drinking?...
by letting me touch her?...etc.*

The Red Zone



The first semester of college is considered the 'red zone' when the highest number of rapes occur among college-aged population.

Rapists often target this group because they are more naive, more easily manipulated or impressed by older guys and may not know much about rape.

If you go to a party where they are offering free beer to women, beware. It's not only illegal (if you are underage)--it can be dangerous!

Gang Rape

Gang rape is exactly what it sounds like--a rape in which there are several perpetrators.

Gang rape includes when someone is forced to perform sexual acts on several others in succession and/or in front of a group.

If you are ever some place where people are talking about this happening in the next room, CALL THE POLICE!

Rape Myths & Facts

Myth: *Rape won't happen to me.*

Fact: All women and girls are potential rape victims. 1 in 4 women will be sexually assaulted in their lifetimes. Women between the ages of 16 and 24 are at the highest risk of being raped. Acquaintance rape is more common than left-handedness, heart attacks and alcoholism.

Myth: *Rape is a "women's" issue.*

Fact: 1 in 10 rape victims are male. Even when not victims, men are affected when girlfriends, sisters, mothers and friends are raped.

Myth: *Most rapists are strangers to the victim.*

Fact: At least 2/3 of all rapes involve people who are acquainted with each other. 1/4 of college women have been victims of rape or attempted rape--90% knew their attacker.

Statistics were derived from multiple sources, including studies and surveys by the U.S. Dept. of Justice, Mary Koss, Robin Warshaw and the AMA.

continued ...

Rape Myths & Facts - 2

Myth: *It's worse to be raped by a stranger than by someone you know.*

Fact: Rape of any kind is extremely traumatic. If the victim knows the attacker, it is still a crime. It is every bit as difficult to deal with.

In fact, the situation can be even more complicated--the victim may fear that no one will believe her/him, may lose the ability to trust others and may question her/his own judgment.

Myth: *Women 'cry rape' to retaliate against men.*

Fact: Nationally, it is estimated that only 1-2% of rape reports are false--the same rate of false reporting as for other crimes. In reality, rape, and specifically acquaintance rape, is one of our nation's most under-reported crimes. It is estimated that for every rape reported to the police, 10-20 rapes go unreported.

Myth: *When women say 'no' they really mean 'yes'.*

Fact: This myth allows men who rape to avoid responsibility for their actions. If a woman says 'no', then the man must respect her wishes. 'No' means 'no'. Pretending that 'no' means 'yes' does not constitute consent.

Never Victim's Fault

No one provokes rape—the rapist decides to force sex on the victim and is entirely responsible for his behavior.

Statements like these unfairly blame the victim for something beyond her control:

“She led him on. She flirted with him all night.”

“The way she dresses, she must have wanted it.”

“She acts out when drunk.”

“If she didn't want to have sex, she shouldn't have gone to his room.”

“She shouldn't have kissed him. What did she expect?”

“She knew what kind of guy he was.”

“She sleeps around.”

Women, like men, should be able to dress as they like, go where they wish and behave as they choose. None of these actions are consent to have sex. In fact, no one ‘asks’ to be raped.

Rapists are not particularly looking for women who are dressed sexily, but for those who are accessible and vulnerable.

Rape is NEVER the victim's fault.



If You Are Raped

- ✓ Get to a **safe place**.

- ✓ **Do not** shower, bathe, douche or change your clothes.

- ✓ Call a **rape crisis hotline**. They will accompany you to the hospital, explain your options and offer emotional support.

- ✓ Go to the **hospital** for a **rape exam** within **72 hours**, if possible.

(The purpose of the rape exam is to check for and treat any injuries, sexually transmitted diseases and/or pregnancy, as well as to collect evidence, should you wish to take legal action in the future.)

- ✓ You may wish to **give a statement** to the police and/or **report it to authorities** at your college.

- ✓ Consider follow-up **counseling**.

Why Men Rape

Most rapists are average guys, with no history of mental health problems.

Like many people, they buy into the sexist belief that men should be macho, and they think they are entitled to sex, regardless of the woman's wishes.

Rape is not about sexual desire. It is a crime of violence that is expressed through sex: sex is the method by which the rapist exerts power and control over his victim.

Rape consists of force or threat of force.

If you are in a relationship with someone, and they make you have sex against your will, that is not sex—it is rape.

RAPE =

VIOLENCE
VIOLENCE

ВЪВЕ =

Violation of Trust

Rape is more than just a bad sexual experience. It is very traumatic. The effects of acquaintance rape last a long time.



Because she was violated by someone she knew and trusted, an acquaintance rape survivor may have difficulty trusting men, in general.

She may no longer trust her own judgment. This response is shared by male and same-sex victims. After all, the rapist was able to take control of her body, and she was unable to protect herself.

This can impact on every part of life--her relationships, her physical health, her ability to concentrate on her studies or work.

She may feel fear, anger or depression. It may take a long time to heal from the emotional wounds of being raped.

Male and same-sex victims experience the same feelings as women raped by men; however, these are often made worse by cultural attitudes related to masculinity and homophobia.

Rape changes the victim's life forever.

Rape Risk Reduction

1. Be aware:

The rapist could be someone you know.

Rape often happens in familiar surroundings.

You have a right to control your own body and personal space.

You have the right to say 'no'.

You may be pressured by different forms of coercion.

2. Set limits ahead of time and discuss them openly.

3. Trust your instincts.

If you feel uneasy or unsafe, leave!

4. Recognize controlling behavior:

Invading your space.

Expressing excessive jealousy or possessiveness.

Staring at you to intimidate.

Acting hostile when you say 'no'.

Accusing you of being too rigid.

Speaking for you, talking over you, acting like you're not there.

continued...

Rape Risk Reduction - 2

(Recognize Controlling Behavior, continued)

Treating you insensitively, both verbally and non-verbally.

Adhering closely to sex-role stereotypes (traditional roles/ expectations for each gender).

5. Think before you go out.

Be aware: alcohol/drugs can increase your risk and lower the ability to defend yourself.

Consider your location: go where people are nearby; avoid remote places.

If possible, provide your own transportation.

Learn self-defense techniques, which also build self-confidence. Take RAD training.

Be aware of date rape drugs (information is listed on the back of this program).

Go out in groups and watch out for your friends!

6. Use caution with technology.

Be aware that what you put out there can reach more people than expected and make you a target for rape or stalking.

Never meet an online acquaintance alone!

7. Learn more. Take bystander training..

Rape is NEVER the victim's fault.

Responding to Rapist Aggression

You cannot predict what a rapist will do or how to most safely respond. Trust your intuition and do what feels right at the moment.

Three Options

1. *Passive Resistance*

Try to talk your way out of the situation. Remain calm, and say whatever you need to discourage him. Appeal to him as a friend, lie about your physical or mental condition or about expecting someone to

2. *Active Resistance*

Fight back, using a variety of tactics until you can escape. While this offers your best chance of escaping, it is also the most risky—he may become angry, more violent. There is no turning back once you have begun this method.

Respond swiftly.

Scream, yell, make a scene.

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Responding to Rapist - 2

(Active Resistance, cont.)

Run away.

Important!

Attack vulnerable areas of his body. Focus on these three areas at once:

1. *Groin*: attack with knees, feet or hands.
2. *Face*: poke eyes, punch face, box or twist ears, hit throat.
3. Kick *shins* and *knees*; stomp on *feet*.

Also, bite and scratch.

Be persistent--keep trying until something works.

Sadistic Rapist

A very small percentage of rapists are sadistic.

Signs: *trying to tie you up, inflicting a lot of pain beyond the rape (may bite you, burn you, etc.).*

Never let a rapist tie you up, (if you can help it).

A sadistic rapist may torture and kill you.

If you think a rapist is sadistic,

FIGHT FOR YOUR LIFE at all costs!

3. Submission

Submission is NOT consent.

It is a form of self-defense that can lessen the possibility of more severe harm or injury at the hands of the rapist. **You do not have to fight back to show it was rape.**

Men Can Stop Rape!

There are clear and measurable differences in the quality of life for men and women in our society.



Most women are continually aware of rape.

The possibility of rape impacts women's everyday lives, in the

choices they make, the places they go and the things they do.

On the other hand, men's lives do not include a high risk of rape, and therefore men do not share this experience.

We cannot change the past, but we can take responsibility for the future.

Men CAN stop rape.

YOU CAN MAKE A DIFFERENCE IN YOUR EVERYDAY ACTIONS!

continued ...

Men Can Stop Rape - 2



1. Don't Listen to or Tell Rape Jokes.

Rape is not funny.

Jokes about rape portray women as objects, as less than human. They provide a limited view of women as only having a sexual function.

Rape jokes promote an attitude that makes it easier to accept and tolerate rape in the real world.

If you hear someone telling a rape joke, don't participate by listening or laughing. By going along with him, you are giving him a reason to tell such jokes. If possible, challenge the joke-teller, or tell him that you don't like to hear these kinds of jokes.

2. Refuse to Watch Shows That Use Rape as a 'Turn-On'.

These movies, TV shows and videos unrealistically depict rape and perpetuate many of the myths.

continued...

Men Can Stop Rape - 3



3. Don't Harass Women.

Avoid verbally or physically harassing women, and challenge others who do so. This includes whistling, making kissing noises, heavy breathing, staring and making unwelcome sexual comments.

While these may seem fun, this behavior often threatens a woman's sense of safety and well-being. The real purpose of such behavior is to intimidate the woman.

Like rape, harassment is not sexual. It is a method of using sex to put women in their place and to exercise power over women.

4. Don't Rape.

There is a thin line between rape and other methods of pressuring someone to consent to sex. For instance, where does seduction stop and rape begin?

Sexual intimacy is a free exchange between two free people. If the other person is hesitant or unwilling to have sex, then is consent freely given?

continued...

Men Can Stop Rape - 4

(Don't Rape, cont.)



Persuasion, intimidation, coercion and force are hardly expressions of love: they show a complete lack of concern and respect for the other person.

5. Support Rape Victims and Survivors.

Remind them that rape is never the victim's fault.

If someone you know has been raped, she will need supportive people around her.

It is a devastating experience, which robs the victim of her sense of self-control and safety. The healing process is difficult and takes time.

Offer your support and acceptance. Be willing to listen, without making judgments.

Recognize that she needs to make her own decisions, and that being there for her is helpful in and of itself.

continued...

Men Can Stop Rape - 5



6. Banish homophobic attitudes.

Consider the effect of these attitudes on same sex victims and male victims (of either sexual orientation). Such attitudes shut these victims out of the much-needed opportunity for support, causing them to suffer in silence.

7. Change Yourself.

We all grow and change. Examine your attitudes, and see if they make sense. People once thought the world was flat. Now we know better.

Sources for "Men Can Stop Rape": Men's Program Unit, YWCA, University of Illinois, Chicago; A Rape Information Packet, Women for Women, Bowling Green State University.

Common Date Rape Drugs

Rohypnol (Flunitrazepam)

Rohypnol used to be undetectable, but now it is a coated, blue pill that tints the drink blue. It is tasteless and odorless.

AKA: *roachies, roofies, rope, rib, woolfies, Mexican valium, R2, LaRoacha, Stupefi.*

GHB (gamma hydroxybutric)

GHB is very common because it can be home-produced and is easy to use. It comes in a white crystalline powder or clear, odorless liquid that tastes slightly salty.

AKA: *Liquid X, ecstasy, Grievous Bodily Harm, Georgia Home Boys, Easy Lay, Ever Clear, Cherry Meth, Soap, PM, salt water.*

Ketamine

Ketamine usually comes in a clear white powder, but can also be in liquid or capsule form. The first reaction is powerful hallucinations.

AKA: *Special K, Vitamin K, KitKat, Super K, Green, Bump, Malcolm X's*

Burundanga

Burundanga is highly soluble and tasteless, producing a trance-like state.



EQUALOGY

creative approaches to the science of equality

About Us

Equalogy is a non-profit educational organization dedicated to expanding awareness and promoting social change around issues of equality, particularly violence against women.

Our staff have a combined experience of over 80 years in the sexual assault and domestic violence fields. For over 25 years, we have been utilizing theatre to raise awareness among all age groups. Many of our programs have served as state and national models.

In addition to touring our plays, we develop curricula, present workshops and trainings and provide technical assistance to those working to end violence against women.

To Schedule a Performance

Call or email:

(570) 387-0186; equalogy@aol.com

Visit our website at www.equalogyinc.org.

What Did You Think about “One Night”?

Did the play have an impact on you?
Did it change how you think about rape?

We appreciate your feedback and are happy to
answer your questions. Email us at:
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