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### ***Frequently Asked Questions -***

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#### ***What is RSAC?***

Rockford Sexual Assault Counseling, (RSAC) is a non-profit sexual assaulting agency. RSAC provides 24-hour crisis intervention, medical and legal advocacy, therapy, prevention education and professional training.

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#### ***What is sexual assault and abuse?***

Sexual assault is any type of sexual activity that is unwanted, by someone to whom you have not given your consent. A sexual assault may include the use of physical force, threats or intimidation. Sexual assault is a crime.

- Someone touching, fondling or kissing you when you don't want them to.
- Someone masturbating you or forcing you to masturbate them or being forced to take part in oral sex.
- Someone raping you or trying to rape you.
- Someone forcing you to perform sexual acts that the law says you could not freely have consented to if you were asleep, had been drinking or taking drugs and you were not aware of what was going on.
- Your attacker has used or threatened to use force against you or someone else.
- You thought that what was happening was for medical reasons; for example, if a doctor gave you an internal exam that had nothing to do with you illness.
- The person held you against your will - by taking you away, keeping you somewhere, or locking you in a room.
- You were afraid of the persona and what they might have done to you or someone else.

***RSAC (Ogle Co)***  
***1201 S. Sevent***  
***Suite #109***  
***Rochelle, Illino***  
***(815) 562-8844***

***RSAC (Boone)***  
***860 Biester Dr.***  
***Suite 101***  
***Belvidere, IL 6***  
***(815) 544-6821***

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## Who can get help?

Services are available for survivors of sexual assault and sexual abuse, ages 3-adult, and their significant others.

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## How much will it cost?

There is no fee for advocacy and counseling services or most prevention programs. No one is denied services due to financial hardship.

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## Why is counseling important?

Sexual assault/abuse is a traumatic event and sometimes it can take years to heal. Our body/mind temporarily allows us to suppress or feel numb as it copes with the traumatic event. Often the trauma is so painful that we are not equipped to resolve it soon after the event. This is especially true for the child who has sexually abused and often times still lives in the same dangerous environment. Painful feeling, nightmares, flashbacks and various other effects often surface years after the actual trauma.

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## How can I contact RSAC?

Winnebago County: 815-636-9811 (24-hours)

Boone County: 815-544-6821

Ogle County: 815-562-8844

Toll Free: 1-800-564-8441

Or, you may contact us through our web site using our [contact form](#).

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## What is a Civil No Contact Order?

A civil no contact order is a stay away order similar to an Order of Protection. A Civil No Contact Order (CNCO) is a court order that requires a sex offender to stay away from the person he has sexually assaulted. You do not need to report the sexual assault to the police in order to obtain a CNCO. There does not need to be a relationship with the offender to get a CNCO.

When obtaining a CNCO, you will receive an emergency order that will last from 14-21 days. You will get a date to return to court for a plenary order. After your emergency order is obtained the Sheriff's Department delivers copies of your CNCO to the offender with the date to return to court. Both you and the offender will have an opportunity to testify at the plenary hearing. If the Judge finds that the offender sexually penetrated or touched you without your consent, the judge will issue a plenary order for up to two years. The Judge may also give you a plenary order if the offender does not appear at the hearing.

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## What are date rape drugs?

Technically speaking, any substance that renders you incapable of saying no or asserting yourself and your needs can be used to commit rape. This can include things like alcohol, marijuana or other street drugs, designer or club drugs like ecstasy, over-the-counter sleeping pills and antihistamines, even cold medications. However, the term "date rape drug" usually applies to the drugs Rohypnol, GHB (Gamma Hydroxy Butyrate) and Ketamine Hydrochloride. In sexual assault the drug is slipped into a drink and the victim becomes dizzy or passes out. The victim is then assaulted but has little or no memory of the event.

### GHB

GHB is most often administered to victims as a clear liquid with a salty taste, but can also be found in capsule and powder forms. Street names for GHB include: Grievous Bodily Harm,

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Liquid G, Somatomax, Cherry Meth, Easy Lay and Gamma 10.

## Ketamine

Administered in liquid, tablet and powder form. Ketamine is a fast-acting general anesthetic often used by veterinarians. Street names include: Special K, Ket, K, Vitamin K, Kit Kat, Cat Valium, Purple and Super C.

## Rohypnol

Often dropped into beverages in tablet form, Rohypnol is a potent and fast-acting sedative that dissolves rapidly, leaving no detectable taste, color or odor. Street names include: Roofies, Roach, R-2, Mind Erasers and Roche. To be under the influence of Rohypnol is to be "roached".

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## What are the types of sexual assaults?

### Stranger Rape

This is a sexual assault by an individual unknown to the survivor.

### Acquaintance and Date Rape

Acquaintance rape is a broad term used to describe sexual assaults in which the victim knows the perpetrator. The perpetrator might be a partner or husband, an ex-partner, coworker, neighbor, doctor, religious leader, or a family friend. The perpetrator might be just a passing acquaintance or someone the victim knows well. Date rape is a specific type of acquaintance rape, referring to a perpetrator that assaults the victim while on a date with the victim. Acquaintance rape is the most common form of sexual assault.

### Marital Rape

In the state of Illinois marital rape is against the law. Marital rape is a sexual assault in the confines of marriage or with long-term partners. Rape is one crime in the continuum of domestic violence. Many women experience rape when they are in the process of leaving a violent relationship. This is frequently attributed to the fact that the batterer/rapist is experiencing a loss of control over his partner and wants to "punish" her or reassert his power.

### Substance Related Rape

Substance-related rape is a sexual assault where the victim is under the influence of alcohol or other drugs including drugs commonly known as "date rape drugs" such as Rohypnol or GHB. These drugs are used to perpetrate sexual assault, though most often substance-related sexual assault involves alcohol or other recreational drugs. Often both parties are voluntarily using substances.

### Multiple Assailant or Gang Rape

Gang rape is when the same victim is raped by a number of perpetrators as part of the same incident. Group sexual assault is most prevalent within the fraternity system and in intercollegiate athletics, but it also happens outside those settings. Group rape is a way for men to ritually act out their contempt for women and to prove their dominance and superiority over women.

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## What are some indicators of child sexual abuse?

### Physical Indicators

- Bruises and/or hickeys on the face or neck area, groin, buttocks and inner thigh
- Sexually transmitted diseases and/or pregnancy
- Unexplained trauma to the genital area, bleeding or pain
- Burning during urination, discharge and/or abdominal pain
- Torn or stained clothing

### Behavioral Indicators

- Fear or repulsion when touched by an adult or fear of a special type of person or gender
- Extreme masturbation

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- Overt sexual acting out toward adults and/or simulation of sophisticated sexual activity with your children, animals or toys
- Knowledge of sexual matters and details of adult sexual activity inappropriate for age or developmental level
- Fear of and/or refuses to undress, even for gym class
- Sexualized play, artwork, written assignments, language; possibly combined with violence
- Excessive layers of clothing; especially when going to bed
- Disturbances in or sudden changes in sleep patterns; nightmares, fear of going to bed, bedwetting, difficulty falling asleep, etc.
- Relationship/intimacy problems and/or sexual dysfunction
- Child prefers to be alone, isolates
- Shuts down (in activity or emotionally) in the presence of the offender
- Likely to utilize chemical substances (alcohol or drugs) to stop painful emotions
- Development of a rigid and controlling lifestyle as an attempt to compensate for lack of control during abuse.

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Source: ICASA Resource Manual



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