

# Recommendations for Date Rape Prevention

I wish to recommend a preventative interpersonal communication strategy that all girls and women can use in their future encounters with overly aggressive boys and men who seek sexual intercourse at a premature stage in the dating relationships.

Before I describe this approach further, I want to introduce two conceptual terms from grounded theory that should be highly useful in this discussion. Glaser and Strauss stated,

A theory must enable the person who uses it to have enough control in everyday situations to make its application worth trying....The person who applies the theory must be enabled to understand and analyze ongoing situational realities, to produce and predict change in them, and to predict and control consequences both for the object of change and for other parts of the total situation that will be affected. (1967, p. 245)

To achieve this practical objective, namely control in everyday situations, the authors provided two concepts: controllable variables and access variables. Glaser and Strauss profess that controllable variables

sometimes entail controlling only one's own behavior and sometimes primarily the behavior of others--the more difficult of the two. But control usually involves the efforts of two parties; that is, control of the interaction between two people by one or both of them. (1967, p. 248)

Access variables must be included for a grounded theory to be used in practice. Furthermore, access variables "are social structural variables that allow, guide, and give persons access either to the controllable variables or to the people who control them. To use a controllable variable one must have a means of access to it" (p. 248).

Recommendations are open for revision. The intent is for, as Glaser and Strauss (1967) term it, a situation where "laymen" can utilize the theory, and through practical application, preventative strategies may be

further refined.

**If you do not recall anything else after reviewing this date rape prevention site, I hope you remember the following: The longer the female dating partner waits to reject a male dating partner's sexual initiatives, the higher her risk of being sexually assaulted.**

Furthermore, waiting increases the likelihood that a female will have to use a defensive strategy as opposed to a preventative approach, because date rapists believe it is possible for the male and female couple to have "gone too far" to stop the sexual aggression. So, I would recommend utilizing the "access variable" as early as possible. Specifically, I would suggest that the female dating partner inform the male of her intent or viewpoint as soon as he and she decide they are on a date. For instance, the woman could be sharing her perspectives prior to leaving her apartment, home, bar, dance, and the like.

I am well-aware that many women would cringe at such an option because, as researchers know from a multitude of quantitative [research studies](#), females are highly concerned about the preservation of interpersonal relationships. This fact explains why they usually utilize indirect communication to de-escalate sexual initiatives. I would surmise they would generally decide that the access variable is being applied too early. This is open to interpretation and revision. However, one must determine prior to the date when the proper time for sexual intimacy might be.

## **Date Rape Prevention Scripts**

I propose several alternative scripts that the female may use with her male dating partner, subject to change and personalization (put it in your own words). Below are three versions going from rather subtle language to blunt wording. **However, the important commonality is direct and explicit statements.** Considering the complexity of human interaction, especially in a volatile (dangerous, unstable, etc.) date rape situation, the readers of this Web site should be well-aware that the recommendations will **NOT** necessarily guarantee a person protection from sexual assault.

1. *[Male Dating Partner's Name]*, I am looking forward to our date. However, I want to tell you in advance, so there is no

- misunderstanding: I don't want to have sex.
2. [Male Dating Partner's Name], I am looking forward to our date. I thought that I should tell you this in advance so there is no misunderstanding. I *never* have sex with a guy until I have dated him a long time (other options: provide a length of time, state that you wish to remain a virgin until you marry, etc.). I hope you are not planning anything along those lines. I still want to go out, but if you have changed your mind, I will understand.
  3. [Male Dating Partner's Name], I am looking forward to our date. I thought that I should tell you this in advance so there is no misunderstanding. I am totally opposed to sex until (various options include: after marriage, I've dated the guy for a certain period of time, we have developed the relationship to the degree that it seems meaningful to both of us, etc.). I just want you to know I will not relent on this issue. As my parents and I have agreed, I am prepared to report a sexual assault to the police (should one ever happen) and have the guy arrested for date rape. I would also notify any other related authorities, such as academic institutions and the like so they could take appropriate disciplinary action. As you can tell from my remarks, I am very serious about this matter. If you are the nice guy I think you are (one who will respect my desires as a person), everything I just told you has no relevance. I hope that I have not scared you away from me, because I am looking forward to our date and hope you still want to go out.

As mentioned above, the date rape prevention scripts I suggest for women to use with their male dating partners is open to revision and personalization. In fact, I am assuming they will be customized to reflect individual personalities. With that in mind, **I welcome any successful verbal statements that readers of this Web site have used to prevent date rape and wish to make available for others. These may be sent to me at the following e-mail address:** [aweitz@truman.edu](mailto:aweitz@truman.edu). Along with this input, I would appreciate receiving from women who have successfully avoided date rape the remarks and behavior that the potential date rapist expressed after your verbal statement conveying a lack of desire to have sex. Specifically, I envision the male date partner expressing himself in the truest manner as opposed to merely appearing as a "gentleman." I suspect that many

of the women who utilize this approach will get a glimpse of his genuine personality because he has no reason to continue the charade. I am hoping that these insights will be useful to both researchers and, more importantly, innocent women who can gain a greater understanding of this sort of individual.

### **Defense Strategies (What if I wait until the last moment?)**

Based on the suggestion of my student worker and a couple of faculty colleagues, who have reviewed this date rape prevention site, I am going to propose a course of action should a female date decide to wait to the last conceivable stage before telling her male dating partner that she does not want to have sex. This is **not** an **ideal** scenario. To the contrary, the girl or woman would be using a defensive strategy as opposed to a preventive approach.

Most likely, the boy or man would interpret the situation as though he had been 'led on.' This causes anger and resentment. I can remember an informant from my research study who made a comparison between the sexual frenzy experienced by men such as himself, and any attempt to stop the initiative as being like a train wreck (i.e., "...it'd be a train wreck.") Interviewee 8 explained,

And your emotions and your feelings and your/everything's runnin' to go to there. And when it stops it's just like hittin' a wall. All your emotions have piled up and you're like--you're angry, you're confused, you're upset, you're wantin' ta hurt somethin' or, you know, 'cause they didn't--you didn't get to finish what you was doin'.

In my focus group discussions with male date rape research participants, I asked them the following question: How would you have responded if the female victim in the date you described to me in your in-depth personal interview used a more aggressive, direct verbal rejection as well as an action? For instance, she stated: "You'd better stop trying to have sex with me or I am going to call the police and have you arrested," while she got up and quickly walked to the door or departed the scene. What would have been your reaction?

After several moments of silence which, based on the focus group members' facial expressions, appeared as stunned reactions to this approach of sexual rejection to a male suitor. The various men voiced their resentment to this hypothetical refusal from the female victim. All the interviewees expressed a strong desire to abandon their sexual

intent. The men anticipated receiving sex, their “positive” expectations, from the women who had “gone too far”. This means that the men believed that there was no turning back at this point. This was off-set by the “negative” expectation of consequences, namely an encounter with the legal system (i.e., police, court system, penal institution, and the like). Obviously, this direct verbal rejection at this advanced stage by potential female victims of the male perpetrators’ sexual initiative includes a considerable amount of undesired possible results. Specifically, the date rapists could become physically abusive to the women when threatened by them.