

DECEMBER/JANUARY

# teenVOGUE

**DANGEROUS  
DRINKS**

**HOW GUYS ARE  
GETTING AWAY WITH  
SEXUAL ASSAULT**

GREAT  
GIFT IDEAS

**91+**  
FINDS

**HILARY  
DUFF**

on music,  
boys, and  
tabloid trauma

**CHEAP  
& CHIC**

**10 WAYS TO REINVENT  
YOUR WARDROBE**

**party  
time!**

**AGE  
MATTERS**

is it smart to  
date an  
older guy?

celebrate the  
season in dazzling  
dresses, bags,  
shoes, & pretty  
**holiday hair**

**good jeans**  
the new shape  
in denim

# CONTRIBUTORS

UP CLOSE AND PERSONAL WITH THE *TEEN VOGUE* TEAM



## dusan reljin

Dusan Reljin's aim in snapping actress Evan Rachel Wood ("Miss Independent," page 144) was "breaking away from convention." Wood, known for her own offbeat work, was game: In one shot, she even turned a camera back on Reljin. Says the photographer, "She's serious yet quirky at the same time."



## jennifer baumgardner

By exploring the issue of date rape ("Assault Weapons," page 148), writer Jennifer Baumgardner hopes to give girls the tools to "change the culture of victimhood" on campus and throughout society. "It's not enough to empower yourself," she says. "You need friends who are empowered, too."

## On the job

**name: FIORELLA VALDESOLO**  
**dept.: BEAUTY**



**COLOR MY WORLD** "As the assistant beauty editor at *Teen Vogue*, I spend half my time test-driving great new beauty products and the other half writing about them."

**GREAT AWAKENING** "Believe it or not, I didn't wear makeup until college. My mom was a mascara-only type of person, so it never really crossed my mind. I majored in English and photography at Boston College, and I just sort of fell into writing about beauty—of course, now I'm obsessed with the stuff. And so is my mom!"

**PERFECT SCORE** "The fringe benefits are awesome: It's been ages since I bought a beauty product. Manicures are considered research. We get about 20 bags of stuff a day, and we're practically drowning in lip gloss. Our interns—and the rest of the magazine staff—take home the leftovers." □

# assault weapons

**Watch your drink. The use of date rape drugs is on the rise.  
Photographed by James Wojcik.**

**P**enny,\* a senior at a large Midwestern university, suspects that she was drugged last spring. She was out with a friend and they decided to go to a bar they didn't usually frequent. "It wasn't a reputable place," she says. "They let underage girls in and had a reputation for girls getting roofied." Penny had a glass and a half of beer from a pitcher and stopped. "I felt really drunk suddenly," she claims. "I don't remember how I got home, and I was completely out of it the next day. It was not a standard-issue hangover at all." Fortunately, Penny's friend made sure she was safe, but she shivers to think what might have been. "Frankly, anything could have happened, and that's really scary," she says.

Penny is right. Whether at parties or bars, it's becoming increasingly common for girls to be drugged and later find that they've been sexually assaulted. Xanax and Klonopin, two common anti-anxiety medications, have joined the "club drugs" GHB, Ketamine (also known as "Special K"), and Rohypnol (a.k.a. "roofies") as the most infamous tasteless, odorless, colorless substances that quickly render a girl helpless against a sexual predator. The liquids, tablets, or powders—commonly known as date rape drugs, though they are just as often used by unknown assailants—can be easily and inconspicuously slipped into a beverage, even if a girl is holding the drink in her hand but looking away. In 1997, Roche, the

manufacturer of Rohypnol (which is sold legally in some countries as a short-term remedy for serious sleep disorders), reformulated the tablets to turn blue in liquid to increase their visibility, but would-be rapists can get around that by serving blue-colored drinks. And the colorless tablets are still accessible. According to the Office of National Drug Control Policy, a dose of Rohypnol is ten times stronger than Valium, and can cause intense intoxication, extreme sleepiness, and blackouts within fifteen minutes. It can also cause amnesia, which means you may not know for sure if you were assaulted, and you likely won't know who your assailant was.

The drugs are not easy to detect after the fact, making it even harder for a victim to get a rape conviction in court. Rohypnol leaves the system in 72 hours or less, but many date rape drugs can become untraceable after just 12 hours, which means it's nearly impossible for a girl to test positive for them at a hospital. "About half of our young clients think they may have been drugged," says Katie Reardon, an attorney at Boston's Victim Rights Law Center (VRLC), "but we have only had one case in the last few years that had a positive toxicology screening." It's also difficult to know which drugs to screen for, says Reardon: "There are so many different drugs and drug combinations that a test for Rohypnol alone is not adequate."

"My friends and I are always wary," confides Lourdes, an eighteen-year-old from ►



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Los Angeles. "I don't take open drinks—not even sodas—from a guy, even if I've known him for a long time." Although Lourdes has never been roofied, she realizes not every girl is so fortunate. Two years ago, just miles from her home, a sixteen-year-old high school student was allegedly raped by three teenage boys. Police detectives called the girl when they obtained a video the boys had made that shows her lying on a pool table while they attack her. Earlier in the video, "Jane Doe," as she was known during the trial, is given gin and appears to pass out rapidly. One expert witness, neurologist Peter Fotinakes, M.D., noted that within minutes of her taking the drink, Jane Doe goes from intoxicated to seemingly in a stupor, indicating that she'd probably been drugged. Sleeping pills, which can leave someone unable to resist unwanted sexual advances, were found in one of the boy's father's bathroom. (At press time, the case was going to a retrial. The first jury was "hopelessly deadlocked," according to their statement, possibly because the defense attorneys insisted that the girl had a reputation for being promiscuous.)

According to the National Center on Addiction and Substance Abuse's 2004 teen survey, almost half of high school students believe that boys "push girls to drink alcohol or take drugs in order to get the girls to have sex or do other sexual things." David Lisak, Ph.D., an associate professor of psychology at the University of Massachusetts Boston, found in one study that 81 percent of rapists reported having committed their crimes when the woman was incapacitated. "Alcohol and drugs used this way are a weapon," says Lisak. "They're used by the perpetrator to render the victim more vulnerable or outright unconscious, to limit her ability to resist."

Alcohol itself is the number one date rape drug. Experts say a cup of Kool-Aid with several shots of Everclear (190-proof grain alcohol) is as likely to knock a girl out as a roofie and a beer. Catherine Bath, the executive director of Security on Campus, a nonprofit devoted to making college campuses safer, thinks movies, TV, and beer ads deserve some of the blame for alcohol's deceptive reputation as a harmless social lubricant. On the first episode of *Joey*, Matt LeBlanc's character encourages his underage

nephew to hit on a girl at a bar who is being carried into the bathroom by her friends. The unsettling message? Taking sexual advantage of drunk girls is an acceptable way to get what you want. Molson beer has been under fire for creating ads that "train" guys in how to coax girls into bed, from a spot that suggests they carry fake wallet photos of their grandma so girls will think they're sensitive, to one in which a woman says she is "giving Peter the green light

tonight" because he drinks Molson. "Ads designed to encourage people to drink more and which link drinking to sexuality imply that subterfuge is a good way of getting sex," says Lisak. In fact, using alcohol to render a girl incapacitated so you can take advantage of her "is a felony."

**S**o think before drinking. The National Institute on Alcohol Abuse and Alcoholism says that alcohol is involved in about half of all sexual-assault cases. It's safest not to imbibe at all, but if you decide to do otherwise, be careful. At a bar, watch the bartender making your drink, and be sure it's never out of your sight. At a house party, open your own beer and never drink from a punch bowl (you don't know what's in

“**My friends and I are always wary. I don't take open drinks—not even sodas—from a guy, even if I've known him for a long time**”

it). And don't drink anything that tastes or smells strange (sometimes GHB tastes salty).

When you're going out, "Make a pact with someone to watch over you," says Lisak. Partnering with a friend (especially one who is sober) ensures you won't be alone if you become inebriated, and that someone you trust will watch your beverage if you go to the bathroom. And whether you're drinking or not, be extremely cautious about walking alone at night or in deserted areas where assailants can hide, like parking garages.

"Rape is usually perpetrated by someone you know, and often there are cues early on, so trust your gut and set limits right away," says Anastasia Higginbotham, an instructor for Prepare, Inc., which teaches full-impact self-defense in New York City schools. "The same person who will slip you this drug will also be the one who will ignore your wishes when you say you don't want to go off to another room at the party or will invade your space." That said, sexual assault is never your fault. Even if you do follow a guy somewhere that isn't particularly safe, he still has no right to be sexual with you if you say no or if you aren't in a condition to make a decision.

One of the best things you can do to protect yourself from sexual assault is to learn self-defense. Try to find a class that uses role-playing and full-impact fighting, which will give you the skills—and the confidence—to fend off an attacker. To find a class near you, go to [www.prepareinc.com](http://www.prepareinc.com). And if you're interested in helping others, Security On Campus has a program for college students who want to become acquaintance-rape peer educators at local high schools. Contact them at (888) 251-7959 or [www.securityoncampus.org](http://www.securityoncampus.org) if you want a peer educator to come to your school.

—JENNIFER BAUMGARDNER

*\*Names have been changed.*

# WARNING

## security measures

THE STATISTICS ARE STAGGERING: ACCORDING TO THE U.S. DEPARTMENT OF JUSTICE, NEARLY HALF OF ALL RAPE VICTIMS ARE UNDER EIGHTEEN, AND MOST TEENAGE VICTIMS KNOW THEIR ASSAILANT. HERE'S WHAT TO DO IF YOU OR A FRIEND IS ATTACKED:

### **CONFIDE**

If you think you may have been drugged, tell someone you trust. But choose that person carefully. Copely Kelly, a senior attorney at the Victim Rights Law Center in Boston, cautions that teachers, counselors, and police in some states are obligated to report when a minor comes to them about a rape. If you don't want to pursue charges—or want to think about it—call a rape crisis center or a friend. Hotlines will take an anonymous call from a minor. (For a national hotline, call the Rape, Abuse & Incest National Network at 800-656-HOPE.)

### **FILE A REPORT**

"Documenting is helpful, and you may be able to file a report with the police, even if you don't want to pursue criminal charges," says Katie Reardon of VRLC. "Ask the police if you can file an incident report." This documents your story, should you ever decide to pursue criminal charges, and it may help future investigations, should the assailant strike again. The National Women's Health Information Center stresses that you go to the police or hospital and get a urine test immediately; don't urinate, bathe, or douche before getting help, because any of these could interfere with evidence.

### **PROTECT YOURSELF**

If you suspect that you had sex against your will, call your doctor or Planned Parenthood to get a prescription for emergency contraception (EC), which can reduce the risk of pregnancy even after unprotected intercourse, and is most effective if taken within 72 hours. To learn how to use any birth control pill as EC, go to [www.plannedparenthood.org/library/birthcontrol/emergcontra.htm](http://www.plannedparenthood.org/library/birthcontrol/emergcontra.htm).

### **SPEAK UP**

"Sometimes sharing your story can both heal you and let others who have been assaulted know that they aren't alone," says Amy Richards of the Ask Amy advice column on [www.feminist.com](http://www.feminist.com). "Also, if you know that there is one frat, one party, or one bar with a bad reputation, warn your friends and let the cops know about it, too." You may also want to see a therapist to handle any feelings of shame, shock, or guilt. —J.B.