Some things may be out of your control, but you can take measures to help prevent sexual assault. Keep these things in mind.

- If you’re going on a first or blind date, go out with a group of friends and/or to a public place, such as a restaurant.
- Make sure your cell phone is charged and that you have money for a taxi.
- Be aware that alcohol and drugs can impair your judgment and ability to make clear decisions. They also lower your sexual inhibitions.
- Keep your drink with you at all times if you’re at a bar or party. Don’t accept drinks from people you don’t know or trust.
- Know your sexual limits and that you have a right to say “No” no matter the circumstances. Communicate your limits firmly and directly.
- Listen to your gut feelings. If a situation seems suspicious or you sense you might be in danger, leave immediately and go to a safe place.
- Talk to your friends. Agree to look out for each other. Let them know if you plan on leaving with someone, where you’re going, and when you’ll be back.
**BE AN ACTIVE BYSTANDER**

If you think someone is at risk for sexual assault, consider it an emergency and get involved. Don’t wait for someone else to act.

**TIPS FOR INTERVENING**

- Approach everyone as a friend.
- Be honest and direct.
- Don’t be aggressive or use violence.
- Keep yourself safe.
- Get help from other bystanders, if necessary.
- Call the police if a situation becomes too serious.

**OTHER WAYS TO COMBAT SEXUAL ASSAULT**

Talk to friends who have expressed violent feelings or behaviors. Assist them in getting help from a counselor or other professional. Speak up against false comments or jokes about sexual assault, and educate people about it.

**WHAT IS SEXUAL ASSAULT?**

Sexual assault is sexual contact that usually involves force upon a person without consent or that is inflicted upon a person who is incapable of giving consent.