

Protect Yourself Against **SEXUAL ASSAULT**

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.

