10 THINGS YOU NEED TO KNOW ABOUT SEXUAL ASSAULT FOR WOMEN

IT’S TIME ... TO TALK ABOUT IT!
Talk early, talk often. Prevent sexual violence.
• Go with a group of friends or to a public place if on a first or blind date.

• Make sure your cell phone is charged and you have money for a taxi.

• Understand that alcohol and drugs can impair your ability to make clear decisions as well as lower sexual inhibitions.

• Keep your drink with you at all times at a bar or party.

• Don’t accept drinks from people you don’t know well or trust.
• Be aware of your sexual limits. Communicate them firmly and directly.

• Know that you have the right to say “No” no matter what.

• Leave immediately and go to a safe place if a situation seems suspicious or dangerous.

• Let friends know if you plan on going somewhere with someone, where you’re going, and when you’ll be back.

• If you’re sexually assaulted, report it right away. If you’ve been raped, don’t clean up, change clothes, or tamper with evidence. Call 911 and go to an emergency room immediately.
10 THINGS YOU NEED TO KNOW ABOUT SEXUAL ASSAULT FOR MEN

A WOMEN’S ISSUE
• Know that the definition of sexual assault includes any unwanted sexual contact, from touching to rape.

• Be aware that alcohol and drugs can impair your ability to make clear decisions as well as lower sexual inhibitions.

• Don’t assume that your date wants to have sex even if you have before.

• Be sure you and your potential partner clearly communicate your intentions to each other.

• Know that “consent” means agreeing to an action freely, voluntarily, and with knowledge of the nature of the act.
• Realize that consent to one form of sexual activity is not permission to partake in every type of sexual activity.

• Understand that “No” means “No” no matter what.

• Stop what you’re doing if you’re receiving unclear or conflicting messages.

• Remember that date rape is a crime that has serious consequences.

• Be aware that men can be victims of sexual assault. If you are, seek help immediately.