10 Things You Need To Know About Sexual Assault

FOR WOMEN

1. You have a right to say “No” - - no matter what.

2. Go with friends or to a public place on a first date or a blind date.

3. Charge your cell phone and make sure you have money for a taxi.

4. Alcohol and Drugs impairs your ability to make clear decisions and decreases your sexual inhibitions.

5. Don't accept drinks from people you don't know or people you don't trust.

6. Keep your drink with you at all times at a party, a club, or anywhere.

7. Communicate your sexual boundaries/limits directly and firmly.

8. If a situation feels uncomfortable, or seems suspicious/dangerous, leave immediately and go to a safe place.

9. Let friends know if you plan to leave with someone, where you are going, and when/if you'll be back.

10. 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 the emergency room immediately.

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FOR MEN

1. Understand that “No” means “No” - - no matter what.

2. Sexual assault includes any unwanted sexual contact, from touching to rape.

3. Alcohol and drugs can impair your ability to make clear decisions and decreases your sexual inhibitions.

4. Date rape is a crime that has serious consequences.

5. Even if you have had sex before, don't assume that your date wants to have sex again.

6. Make sure that you and your potential partner clearly communicate your intentions to each other.

7. “Consent” means agreeing to an action freely, voluntarily, with knowledge of the nature of the Act.

8. “Consent” to one type of sexual activity is not permission to partake in every type of sexual activity.

9. If you receive unclear or conflicting messages, stop what you are doing immediately.

10. Men can be victims of sexual assault. If you are a victim, seek help immediately.

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