

Protect Yourself Against Rape and Sexual Assault:

As date rape continues to impact college campuses across the country, with a large number of the occurrences going unreported, here are just a few things to know about date rape and protecting yourself from being a victim or an offender.

As a Woman, You Can...

- Talk openly about sex, and keep talking as you get further into a relationship.
- Be careful not to let alcohol or other drugs decrease your ability to take care of yourself and make sensible decisions.
- Trust your gut feelings. If a place or the way a date acts make you nervous or uneasy, get out.
- Go out on a first date or a blind date with friends. Insist on going to a public place like a movie, sporting event, or restaurant.
- Carry money for a phone call and taxi, or take your own car.
- Don't leave a party, concert, game, or other social occasion with someone you just met or don't know well.
- Take a look at the people around you and be wary of anyone who puts you down, or tries to control how you dress or your choice of friends.
- Become an ally and educate others about rape and violence.

As a Man, You Can...

- Ask yourself how sexual stereotypes affect your attitudes and actions toward women or other men.
- Accept a person's decision when they say "no." Don't see it as a challenge.
- When a woman says no, that doesn't mean wait a few minutes and then try again.
- Avoid clouding your judgment and understanding of what another person wants and other drugs.
- Realize that forcing a person to have sex against their will is rape, a violent crime with serious consequences.
- Never be drawn into a gang rape -- at parties, fraternities, bars, or after sporting events.
- Seek counseling or a support group to help you deal with feelings of violence and aggression against others.
- Confront other men who talk about situations that sound like date rape.
- Acknowledge that although statistically most women are victims, men should remember that they can be forced to do things against their will and can become victims of rape as well.

