

How to Avoid Acquaintance Rape

Most people are better prepared to avoid an attack by a stranger than by an acquaintance. In reality, you are much more likely to be assaulted by someone you know.

Tips to Prevent Personal or Sexual Violence

- Avoid drinking or drugs as they decrease your ability to take care of yourself and make sensible decisions.
- Trust your gut feelings. If someone or a situation makes you feel uncomfortable - leave.
- Always leave social events with friends, not with someone you just met or do not know well.
- Do not assume someone else knows what you are thinking or shares your values.
- Do not accept a drink if you are not sure of the contents.
- Do not leave drinks unattended. Doing so provides an opportunity for someone to drug you without your knowledge.
- Everyone deserves respect! Expect respect and avoid those who do not show it.
- Know your own limits and communicate them clearly.
- Do not allow a person to touch you if it makes you feel uncomfortable.
- Avoid situations or locations that keep you isolated from others.
- Stay away from others who are overly critical or belittling of others.
- Understand that forcing a person to have sex against his/her will is rape, which is a violent crime that has serious consequences.
- Accept a person's decision when he/she says "NO."
- Avoid alcohol and other drugs as they cloud your judgment and understanding of what another person wants.
- Understand that if a person has had a drink and you have sex with that person, against his/her will, it is rape.

- Speak up and/or get help if you see someone being victimized.
- Seek counseling or help if you feel violent or aggressive toward women.
- Think about how sexual stereotypes affect your attitudes and actions toward others.