

Sexual Assault and Date Rape Prevention

It's important to know the facts about date rape and sexual assault so you can avoid becoming a victim.

One of the most important things you need to understand is this: If you are a college-aged woman—or man—you can be at risk of date or acquaintance rape. Alcohol and/or date-rape drugs are often a factor. ***So how can you protect yourself?***

Know the Facts

We urge you to avoid excessive alcohol consumption and to avoid illegal drugs altogether. Here's why:

- Alcohol is a factor in nearly three-fourths of campus sexual assaults. It lowers your inhibitions and makes it harder for you to make good decisions and assert yourself.
- Date-rape drugs like Rohypnol (roofies), GHB, and Ecstasy are odorless and tasteless. They are very easy to add to a drink without your knowledge. For 4-6 hours you lose your inhibitions, succumb to drowsiness, slur speech and forget what happens.
- Never drink from common sources (punch bowls etc.)
- If you suspect someone has put something in your drink, do not drink it.
- Never accept drinks that you did not open or witness being opened.

Use Common Sense

Here are some tips to keep you safe.

- Go to gatherings with a group of friends and look out for each other. Leave together.
- Do not go to a room or secluded area with someone you do not know well.
- Do not leave a party or gathering with someone you just met.
- If someone is forcing you to do something you do not want to do, clearly and directly say "no" or "stop".
- Tell your friends about your plans for the evening and when you will be home.
- Trust your instincts. If something doesn't seem right, leave or call for help.

Understand the Difference between Consent and Coercion

- **Coercion** can include talking someone into a sexual activity, wearing a person down, making the person feel guilty, or taking advantage of how much someone had to drink.
- **Consent** includes a mutual verbal agreement, which can be revoked at any time and cannot be given by someone who is unable to communicate.

Take "No" for an Answer

- If you are with someone who asks you to stop doing what you're doing, stop. You cannot force anyone to drink too much or perform sexual acts the person doesn't want to do.
- If you are with someone who clearly has had too much to drink and cannot make wise decisions, do not take advantage of the person.
- If you are unclear about what someone wants to do, ask.
- Date rape is a crime, you can be arrested and charged, and you may face disciplinary action from the College.
- No! Means No!

What to do if Assaulted

- The College Police Department urges any victim of a sexual offense to report it promptly so a thorough investigation can be conducted in a timely manner. Preservation of evidence is extremely important in any sexual offense.
- Valuable evidence can be lost by showering/bathing, changing clothes, washing clothes, or discarding other items that may be helpful in identifying a suspect.
- If you have been sexually assaulted, report the crime immediately by calling 911 or College Police at 928-776-2185. The Office of the Dean of Student Affairs will assist any victim of a sexual offense with the services they need.