



REDUCE the RISK of SEXUAL ASSUALT THROUGH INTERVENTION

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

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| <ul style="list-style-type: none">•If you consume alcohol, do so in moderation.•Do not leave your beverage unattended or accept a drink from an open container.•When you are with someone, communicate clearly to ensure he or she knows your limits and/or expectations from the beginning. Both verbal and nonverbal (body language) communication can be used to ensure the message is understood.•If you go on a date with someone you do not know very well, tell a close friend what your plans are.•You always have the right to say "No" even if you:<ul style="list-style-type: none">•First say "Yes," and then change your mind•Have had sex with this partner before•Have been kissing or "making out"•Are wearing what is perceived to be "provocative" clothing | <ul style="list-style-type: none">•Always have extra money to get home. Have a plan for someone you can call if you need help.•If you feel uncomfortable, scared or pressured, say "Stop it" or leave and call for help.•When you go to a party, go with a group of friends. Arrive together, watch out for each other and leave together.•Be aware of your surroundings at all times.•Do not allow yourself to be isolated with a person you do not know or trust.•Travel with a friend or in a group.•Walk only in lighted areas after dark.•Keep the doors to homes, barracks and cars locked.•Know where the phone is located•As with any violent crime, there's nothing you can do to guarantee that you will not be a victim of sexual assault. |
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