



SEXUAL ASSAULT

(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)

Who is at Risk for Sexual Assault? More men than women in the Army will be sexually assaulted this year (but the percent of women raped is higher); Your risk is higher if you are younger, in your first term, E1-E4; Use alcohol; Are in the first 90 days at a new unit or duty station

Be alert for red flags:

- Someone who makes jokes about rape
- Stalking; Attempting to isolate you from others
- Someone who touches or kisses you when it’s not appropriate
- Sits or stands too close to you
- Someone who pressures you to have sex
- Anyone who pressures you to drink (more) alcohol
- Someone who makes jokes about date rape drugs, or making a date so drunk they pass out
- Someone who encourages underage drinking or drug use

Myth VS Fact

When you see red flags:

- Trust your instincts!
- Keep your boundaries – someone may be testing you for vulnerability! Never leave a drink unattended! Avoid intoxication
- If someone makes you uncomfortable be assertive – “you’re standing too close,” “I’m not going home with you,”
- Get away – know where the exit is, keep your phone handy
- Enlist a good friend or group of teammates to help you out if you’re uncomfortable with a situation
- Set up a safe plan when you go on a date – make sure someone knows who you’re with and when you’ll be back