

# Prevention Skills

- ❑ Know your sexual limits. Be aware of the affect of peer pressure on your decisions
- ❑ Communicate any discomfort you feel with another person's behavior. Don't make excuses. Respond assertively.
- ❑ Accept that "NO" means "NO". Believe in another person's right to say no. (even yours)
- ❑ Don't assume previous permission for sexual contact applies to current situations. (Eliminates force when person is asleep or drunk.)
- ❑ Don't isolate with anyone you just met.
- ❑ Avoid excessive use of alcohol and drugs. These often make people more sexually aggressive, and affects judgement, & communication.
- ❑ Don't get so drunk that you can't handle your own behavior OR can't help a friend who may need you.
- ❑ Beware of someone who:
  - ☐ tries to get too close,
  - ☐ enjoys your discomfort
  - ☐ blocks your way,
  - ☐ touches you in intimate places "by accident",
  - ☐ someone who acts like they know you more intimately than they do,
  - ☐ doesn't listen or respond when you say "NO" or show your discomfort
- ❑ Always have a way to get home, don't sleep over because you can't get home. Make a deal with your parents to be able to call home for a ride if you feel a risk.
- ❑ Pay attention to what is happening around you....trust your feelings
- ❑ Don't assume behavior is a signal for sex. Thinking someone wants sex is not the same as knowing for sure.
- ❑ Don't pressure others or reinforce negative behaviors. Discourage friends from sexually aggressive behavior.
- ❑ Date people who you see as your equals. Thinking you have more of a right to your desires or you are better than the other person can lead to date rape.
- ❑ Never force anyone to have sex. Know and consider the legal consequences for doing so.