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.