

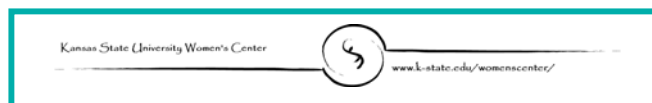
Lower The Risk for Rape

- 1) Know your sexual intentions and limits. You have the RIGHT to say no to any unwanted sexual activity, at any point. Communicate your limits firmly and directly. **Spell it out. Don't remain quiet because you don't want to hurt someone's feelings feelings. SPEAK UP. DON'T RELY ON ESP!**
- 2) Don't be afraid to make waves if you feel threatened. If you are being pressured or coerced, don't hesitate to state your feelings. Loudly protest, leave and go for help. Don't wait to be rescued.
- 3) Some men think drinking, dressing provocatively, or going to their room indicates willingness for sex. Be prepared to express your limitations. If your wishes are ignored, what does that tell you? **Avoid men who show no respect for women.** If a man does not respect women as a group, he may not respect or hear your wishes regarding sex.
- 4) Drink in moderation. If you become intoxicated, you may lose the ability to make wise decisions and/or communicate your feelings appropriately. Some men use alcohol specifically to inTOXICate women. Be careful!
- 5) Use the "buddy system". If you are going to a party, don't go alone. Go with a friend. Agree to look out for each other and leave together. If dating a new person, go on a double date, go to a public place and/or make sure you have your own transportation. Avoid secluded places. These aren't just words! Don't be sorry later. Listen up!
- 6) **GO OUT WITH PEOPLE YOU CAN TRUST AND WHO SHARE YOUR VALUES.** Be prepared to stand up for your personal standards.
- 7) Avoid falling for lines. **Intimacy can always be stopped without any physical or emotional damage to either party.**
- 8) **TRUST YOUR INSTINCTS.** If you feel uncomfortable or think you may be at risk, get out of the situation as soon as possible.
- 9) **"Date Rape" Drugs** are used everywhere. Watch your drink being made, avoid drinking from punch bowls. If you feel sick, groggy, or confused, get SAFE help right away. **Do not wait until you end up being "helped" by a stranger.**

Look Out for Each Other!

Kansas State University Women's Center ♦ 206 Holton Hall ♦ (785) 532-6444

<http://www.k-state.edu/womenscenter>



Lower Your Risk of Assault by Strangers

At the **K-State Women's Center**, we know that no matter what an individual does to be safe, there is no guarantee a crime can be prevented. But there are some things you can do to lower your risk of assault, both by strangers and by individuals you know. (It isn't fair that freedoms are lost in order to stay safer, but that's the nature of crime...)

Strangers

- 1) Keep your doors and windows locked. Don't forget balconies. We know that rapists will come in second or third floor balcony windows.
- 2) Criminals may enter the home during the day and hide. Keep doors locked during the day. Communicate with roommates about using locks.
- 3) Have plenty of outside lighting. Leave lights on while you are gone.
- 4) Be aware! Keep your car locked. Criminals are known to hide in the back seat.
- 5) Get to know your neighbors. Watch out for one another!
- 6) Do not put such information as your class or work schedule or vacation times, etc. on Facebook.
- 7) Trim shrubs and plants close to doors and windows.
- 8) Have keys ready to use when entering apartment/car. Park in well lit areas. Walk with someone to your car.
- 9) List only last name and initials in phone books and on mailboxes.
- 10) NEVER admit a stranger, even if you think s/he looks "safe." Get a peephole, and offer to call 911 if someone needs assistance.
- 11) Request "panic buttons" to be installed by your landlord.
- 12) Arrange to ride with someone you know **well** when leaving a party. Never ride with strangers. DO NOT ASSUME YOU ARE SAFE.
- 13) If you have car trouble, raise the hood, lock yourself in, and wait for police. If a man stops and offers to help, do not unlock the doors; ask him to call for assistance.
- 14) Do not stop to help stranded motorists: this is a standard scheme used by assailants.
- 15) When giving your keys to parking lot attendants, repair shops, etc. only give your ignition keys. Never give your apartment key out.
- 16) MAKE NOISE. Carry a whistle or noisemaker.
- 17) If you make the decision to carry a weapon such as pepper spray, hair spray, umbrella, etc.--carry it in your hand ready to use it. Weapons are often taken away and used against the victim.

KSU Women's Center 206 Holton Hall 785.532.6444

FACTS ABOUT DATE RAPE:

From National Studies Of College Women¹

- 84% of women who were raped knew their assailants.
- 57% of rapes occurred on a date.
- 25% of men surveyed believed that rape was acceptable if: the woman asks the man out; if the man pays for the date, or the woman goes back to the man's room after the date.
- 33% of males surveyed said they would commit rape if they definitely could escape detection.
- 84% of male students who had committed acts that *clearly met the legal definition of rape* said what they had done was definitely not rape.
- 75% of male and 55% of female students in an occurrence of date rape had been drinking or using drugs.
- Only a quarter to a third of women whose sexual assaults met the legal definition of rape considered themselves rape victims.
- Many women do not report or characterize their victimization as a crime for reasons such as embarrassment, because they do not want to define someone who assaulted them as a rapist, or because they do not know the legal definition of rape. Many women blame themselves.
- Nearly 5% of college women are victimized in any given year, meaning over 4 years one-fifth to one quarter of a cohort of women may be assaulted. Similar numbers experienced attempted rape.
- The majority of rapes occur in living quarters--60% in victim's residence, 10 % in a fraternity, 31 % in other living quarters. Off campus victimizations also took place in bars, dance clubs and work settings.

To find out more go to:

<http://www.ncjrs.gov/pdffiles1/nij/182369.pdf>

¹ For statistical sources, come to the K-State Women's Center, 206 Holton Hall, Kansas State University, or visit www.k-state.edu/womenscenter/

THE MAJORITY OF RAPISTS ARE NOT:

- Strangers to the victim.
- Without access to consensual sex.
- Uneducated and unemployed.
- From any particular racial or ethnic group.
- Mentally ill.
- “Violent” in the sense of using weapons or maiming their victims.
- Acting spontaneously and without forethought.
- Wearing a sign that says “rapist. They look like and are the guy next door, the student in your class, someone’s brother.
- Reported.
- Caught.
- One-time rapists. Most rapists continue to rape and it is estimated that they will commit 10 rapes before being caught or even reported.

THE CRIME OF RAPE IS ABOUT POWER, ABOUT SELFISHNESS, ABOUT TAKING CONTROL AWAY from someone else, about trying to “feel good” by overpowering another human, feeling superior by standing on top of another, by stealing from another, by taking what is not given freely.



THINGS I WISH SOMEONE WOULD HAVE TOLD ME AT THE BEGINNING

GHB (gamma hydroxybutyric acid) **Rohypnol** (flunitrazepam) **Ketamine** (ketamine hydrochloride)

Physical effects: Nausea, vision problems, slurred speech, drunk feeling, dizziness, seizures, convulsions all or partial blackouts, sleepiness, difficulty with motor movements or loss of muscle control, tremors, sweating, vomiting, slow heart rate, aggressive or violent behavior, problems breathing, **coma, death.**
Mental effects: Dream-like feelings, confusion, hallucinations, lost sense of time and identity, distorted perception of sight and sound, feeling out of control, out of body experience, coma, numbness, partial or complete amnesia.

[.k-state.edu/womenscenter/Datarapedrugs.htm](http://k-state.edu/womenscenter/Datarapedrugs.htm)

Anyone given any form of date rape drugs may experience few, many, or all of these symptoms at one time or throughout the course of time the drug takes effect. Immediate reporting makes it easier to detect date rape drugs in the body. These drugs usually leave your body very quickly! Do Not Drink Drinks That May Have Been Dosed! Be responsible for your own drink! Do not take part in “dosing” other people. This is a felony!

Rules of Consent

You Must Obtain Legal, Informed Consent

BEFORE SEXUAL ACTIVITY

Valid, **LEGAL** consent is *freely, mindfully*, and *actively* given. At the heart of consent is the idea that every person, woman or man, has a right to personal sovereignty – not to be acted

upon by someone else (especially in a sexual manner) unless given clear permission to do so.

Consent to one form of sexual activity does not automatically imply consent to other forms of sexual activity.

Consent may be given verbally or non-verbally, based on an active, informed, mindful, freely decided choice. A high level of intoxication (drug or alcohol) may make this legally impossible.

Consent means that you cannot make assumptions about what your partner does or does not want. **Absence of clear signals is a sign to stop.**

There is **no biological harm** to males or females in stopping at any point during sexual behavior.

No means no, but nothing also means no. Silence and passivity do not equal permission. **SUBMISSION DOES NOT EQUAL CONSENT!**

RAPISTS

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remember:

Condoms do not stop genital warts
Some diseases last a lifetime
Some people lie to get what they want

Life continues after spring break

People take pictures
Drinking and driving may mean killing or dying: think ahead!
The party will always be there—
what do you really want to do with this week?

Sex Sex Sex
has consequences
Oh Yeah.

