Protect yourself

☐ Determine what you want and what you don't want. No one should pressure you into unwanted sexual activity.

☐ Know that you have the right and power to say "no" and the right and power to defend yourself against someone who won't listen to you.

☐ Trust your intuition. If you feel something is wrong, it probably is. As quickly as you can, get to a safe place.

☐ Be careful with alcohol and drugs. Some people think that a drunk or stoned companion has automatically consented to sex. Also, date rape drugs can be placed in any kind of drink without your knowledge. If you did not see a drink poured and/or did not have it in your possession at all times, throw it away. The use of date rape drugs, which cause unconsciousness and make you susceptible to rape, is increasing at an alarming rate.

☐ Look for danger signals in a dating relationship. If your partner restricts your activities, isolates you from friends, and displays jealous behavior, he or she may eventually rape and/or beat you.

☐ Talk to your friends about ways you've learned to prevent rape and violence. Be a role model for younger people who need to learn how to protect and care for themselves.

Protect your partner and friends

☐ Respect your partner's feelings and needs. Don't pressure anyone to go beyond the limits she or he has set.

☐ Respect the request of a person who says "no" to sexual activity. If you're not sure your partner is saying "no," find out. Even if it seems your partner is turned on to you, he or she may not want to have sex for various reasons: no condom; not ready for sex with you yet; involved with someone else, etc. Don't make decisions for anyone else. Let your partner make his/her own choices.

☐ If you see someone in a vulnerable situation, find a non-threatening way to offer help.

☐ Remember that if a person is too drunk or stoned to resist or say "no" and you have sex with that person anyway, you could be charged with rape.

☐ Examine your feelings; be careful not to take out your internal frustrations on someone you care about. Talk to your partner about how you feel. Communication can ease tension.

☐ Discuss the problem of dating violence with your friends. Interrupt jokes that degrade women, gays, lesbians, bisexuals, and transgender people. Be a role model for younger people who need to learn mature sexual behavior.

Remember that all relationships carry the potential for violence. Batterers and sexual assault occur in opposite sex relationships AND in same sex relationships. Also, boys as well as girls can be sexually and physically abused.