**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.

- Look for danger signals in a dating relationship. If your partner restricts your activities, isolates you from friends, and displays jealous behavior, that person 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 that person 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 a person is turned on to you, that person may not want to have sex for various reasons: no condom; not ready for sex with you yet; involved with someone else. Don't make decisions for anyone else. Respect your partner’s choices and decisions about sex.

- 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.

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All relationships carry the potential for physical, sexual, and/or emotional abuse/violence, including same sex relationships.

Boys as well as girls can be sexually and physically abused.