

If someone is pressuring you...

1. Remember that being in this situation is not your fault. You did not do anything wrong, it is the person who is making you uncomfortable that is to blame.
2. Be true to yourself. Don't feel obligated to do anything you don't want to do. "I don't want to" is always a good enough reason. Do what feels right to you and what you are comfortable with.
3. Have a code word with your friends or family so that if you don't feel comfortable you can call them and communicate your discomfort without the person you are with knowing. Your friends or family can then come to get you or make up an excuse for you to leave.
4. Lie. If you don't want to hurt the person's feelings it is better to lie and make up a reason to leave than to stay and be uncomfortable, scared, or worse. Some excuses you could use are: needing to take care of a friend or family member, not feeling well, having somewhere else that you need to be, etc.
5. Try to think of an escape route. How would you try to get out of the room? Where are the doors? Windows? Are there people around who might be able to help you? Is there an emergency phone nearby?

**** If you are raped, seek medical attention immediately.**

**** DO NOT SHOWER**

**** Consider reporting the crime.**

**** Call Support Within Reach**

Support Within Reach Sexual Violence Resource Center

Itasca Office

1325 4th St. NW

Grand Rapids, MN 55744

218-326-5008/ 1-866-747-5008

Fax: 218-326-1314

Aitkin Office

204 2nd St. NW

Aitkin, MN 56431

218-927-6226/ 1-866-747-5008

Fax: Please Call Ahead

www.supportwithinreach.org



Drinking, Rape, & YOU



Itasca Office: 218-326-5008

Aitkin Office: 218-927-6226

24-Hour Crisis Line: 1-866-747-5008

Alcohol and Rape, what's the connection?

People give lots of reasons for drinking too much. Some people drink to feel less self-conscious, or to feel more powerful. Some people drink to feel accepted, or to go along with the crowd. Some people drink to deal with life, or to escape their problems. Some people are alcoholics. *There are people, however, who use alcohol to take advantage of others.* Alcohol does not cause rape! But, it can set up an environment that can lead to rape. **ALCOHOL IS THE #1 RAPE DRUG.** Drunk people rarely make good decisions. That goes for both men and women. Drunk people do not recognize dangerous situation as easily as sober people. Drunk people also have slower reactions to a dangerous situation. Drunk people interpret body messages wrong. Just because someone is dressed a certain way, laughs or smiles a certain way, ... that does not mean they want to have sex with you. What if your partner says "no" to you? Alcohol can make it easier to ignore "no" consent can not be given by a drunk person. If you have sex with someone who is passed out, IT'S A CRIME AND IT IS RAPE.



What is the truth?

Truth— Most victims of sexual assault know the person who assaulted them.

Truth— 1 in 4 girls & 1 in 7 boys will be sexually assaulted before the age of 18.

Truth— No one deserves to be sexually assaulted.

Truth— Sexual assault has to do with power and control, not sex.

Truth— It is a crime to have sex with someone who is passed out or in some other way intoxicated. They do not forfeit their rights.

Truth— Alcohol does NOT cause rape, but it can make people vulnerable to being sexually assaulted.

Truth— 70% of all rapes involve alcohol, and teens are the primary target.

Truth— Rape can happen to anyone.

Truth— Anytime a person forces, pressures, or manipulates another person to engage in sexual activity against their will or without their consent, it is sexual assault.

What can I do to stay safe?

There is no absolute way to be "assault proof." Prevention is the key to reducing the risk of alcohol related sexual assault.

1. When you go to a social gathering, go with a group of friends. Arrive together, check in with each other throughout the evening, and leave together. Knowing where you are and who is around you may help you to find a way out of a bad situation.
2. Trust your instincts. If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact law enforcement immediately (local authorities can be reached by calling 911 in most areas of the U.S.).
3. Don't leave your drink unattended while talking, dancing, using the restroom, or making a phone call. If you've left your drink alone, just get a new one.
4. Don't accept drinks from people you don't know or trust. If you choose to accept a drink, go with the person to the bar to order it, watch it being poured, and carry it yourself. At parties, don't drink from the punch bowls or other large, common open containers.
5. Watch out for your friends, and vice versa. If a friend seems out of it, is way too intoxicated for the amount of alcohol they've had, or is acting out of character, get him or her to a safe place immediately.

If you suspect you or a friend has been drugged, contact law enforcement immediately (local authorities can be reached by calling 911 in most areas of the U.S.). Be explicit with doctors so they can give you the correct tests (you will need a urine test and possibly others).