

Dating Risk Reduction Strategies

- ✦ Use care in selecting places you go on a first date. Try to go on a first date with a group of people you know well and in a public, populated place.
- ✦ When someone you just met at a party or bar invites you to her/his car or apartment, question her/his intentions.
- ✦ Do not think that because someone has spent a lot of time, attention, or money on you that it obligates you to repay that person sexually.
- ✦ If you or your date are too drunk to drive, don't have sex. Wait until you can make a clear, conscious, and informed decision and you are sober enough to enjoy the result of your choice.
- ✦ Do not hesitate to say "NO" in any situation where you are uncomfortable or afraid.



If It Happens To You

- ✦ Concentrate on surviving.
- ✦ When the assault is occurring, try to be a good witness. Pay attention to as much detail as possible.
- ✦ After the assault, get to a safe place.
- ✦ Tell someone such as a victim advocate, counselor, police officer, resident advisor, or friend.
- ✦ Do not isolate yourself or feel guilty. It is **NOT** your fault!

Deciding What To Do

- ✦ Students who have been sexually assaulted have many options and services available to them both on and off campus.
- ✦ Not everyone who has been the victim of a crime decides to report that crime to the police...it is a very personal and difficult decision to make.
- ✦ OVS is available to assist students in deciding what options are best for them in the aftermath of a sexual assault and in following through with those options.
- ✦ It is **NOT** the role of an advocate to make decisions for a student.

RESOURCES

Campus Resources:

University of Florida Police Department	(352) 392-1111
UFPD Office of Victim Services	(352) 392-5648
Center for Sexual Assault/Abuse Recovery & Education (C.A.R.E.)	(352) 392-1161 x4231
Student Judicial Affairs	(352) 392-1261
Shands Hospital Emergency Room	(352) 265-0050
Student Health Care Center Health Education Department	(352) 392-1161 x4281
Student Mental Health Services	(352) 392-1171
University Counseling Center	(352) 392-1575

Community Resources:

Alachua County Crisis Center	(352) 264-6789
Alachua County Victim Service and Rape Crisis Center	(352) 264-6760
Alachua County Sheriff's Office	(352) 367-4000
Gainesville Police Department	(352) 334-2400
Peaceful Paths Domestic Abuse Network	(352) 377-8255
Shands at AGH Emergency Room	(352) 338-2111

For more information, please contact

**University of Florida
Police Department**

**Office of Victim Services
(352) 392-5648**

**Community Services Division
(352) 392-1409**

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Sexual Assault and Risk Reduction Strategies



Forms of Sexual Assault

- ✦ **Stranger** - assault is perpetrated by someone the victim does not know
- ✦ **Acquaintance** - assault is perpetrated by someone known to the victim, for example a friend, classmate, co-worker, neighbor, current or former partner, etc.
- ✦ **Date** - assault is perpetrated by the victim's date
- ✦ **Gang** - assault is perpetrated by more than one attacker
- ✦ **Marital** - assault is perpetrated by the victim's spouse or life partner
- ✦ **Drug Facilitated** - assault is perpetrated by administering a drug to the victim such as alcohol, GHB, Rohypnol, prescription sleeping pills, etc.

No matter what form it takes, sexual assault is illegal, against University policy, and **completely unacceptable.**

Legal Definition of Sexual Assault in Florida

In the state of Florida, sexual assault is legally referred to as sexual battery. Florida State Statute 794.011 defines sexual battery as: "Any oral, anal, or vaginal penetration by, or union with, the sexual organ of another or the anal or vaginal penetration of another by any other object" performed **without consent** and not for a bona fide medical purpose.

Consent is defined as:
"intelligent and knowing permission."

Consent is **NOT**:

- ~ failure to physically resist
- ~ forced or coerced submission
- ~ temporary inability to make decisions due to intoxication or drug use
- ~ being unconscious, asleep, or physically unable to communicate non-consent

University Policy on Sexual Assault

Sexual assault is a violation of University policy and, regardless of whether or not a victim decides to pursue criminal charges, a person who commits sexual assault can be held responsible by the University and be subject to sanctions. If you would like to read the University of Florida Policy on Sexual Assault, please visit the following website: http://www.counsel.ufl.edu/brochure.asp?include=brochures/university_of_florida_policy_on_sexual_assault.

Healthy Communication

- ✦ Make conscious, active choices.
- ✦ Don't "play games." Mean what you say and express what you feel.
- ✦ Be clear about your intentions. If you don't intend to have sex, say so.
- ✦ Be assertive. If you are uncomfortable with someone's actions toward you, say so and tell them to stop.
- ✦ If you are unsure of someone's intentions or wishes, **ask**. Don't make assumptions based on behavior, body language, clothing choice, etc.
- ✦ Always **ask** for and **gain** permission before touching, kissing, or engaging in any sexual behavior.
- ✦ If you are not comfortable talking about sex with a potential partner, you probably are not ready to have sex with this person.

General Risk Reduction Strategies

- ✦ Trust your instincts. If a situation feels wrong or dangerous, it might be. Get away and call for help.
- ✦ Always walk/exercise in pairs or groups.
- ✦ Avoid participating in distracting activities while running or walking (i.e. wearing headphones, talking on a cell phone, etc.).
- ✦ Keep your cell phone charged and accessible for emergencies.
- ✦ Pay attention to your surroundings. Avoid situations in which you might be vulnerable.
- ✦ Avoid taking shortcuts through dark, secluded areas.

Party Risk Reduction Strategies

- ✦ Avoid excessive use of alcohol and drugs.
- ✦ If you choose to drink, be aware of your limits and the factors that influence how quickly you will experience the effects of alcohol such as food consumed, energy level, stress, general health, etc.
- ✦ If you start to feel lightheaded, nauseous, dizzy, or otherwise strange and you have not been drinking or had that much to drink, get help immediately. Your drink may have been drugged.
- ✦ Watch who makes your drink, cover it with your hand, and never leave it unattended.
- ✦ Make plans ahead of time so someone will know where you are. If your plans change, call that person and let her/him know the new plan.
- ✦ **Never** go to a bar or party alone! Always use the buddy system.
- ✦ **Never** leave your friends to fend for themselves. If you arrived with a group of four friends, leave with the same four friends.