

## WHAT WE ALL CAN DO TO PREVENT SEXUAL ASSAULT

- Use peer pressure positively. Condemn rather than condone the behavior of a peer who has taken advantage of a sexual partner.
- Don't excuse what people do when they are drunk or high. If it is wrong when they're sober, then it is wrong when they're drunk.
- Get involved if you believe someone is at risk. If you see a person in a vulnerable situation at a party or a friend sexually coercing someone, don't be afraid to say something. You may save one friend from the trauma of sexual assault and another friend from the ordeal of criminal prosecution.

### **24 Hour Phone Numbers**

472-1060: Sexual Assault Response Team  
262-741-3200 or 800-365-1587: Crisis Line  
473-0555: Whitewater or University Police

For more information contact:  
Wisconsin Coalition Against Sexual Assault at  
[www.wcasa.org](http://www.wcasa.org)  
Sexual Assault Response Team at  
[www.uww.edu/SART](http://www.uww.edu/SART)

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## **UNIVERSITY HEALTH AND COUNSELING SERVICES**

[www.uww.edu/uahcs](http://www.uww.edu/uahcs)

Corner of Prairie and Starin  
Division of Student Affairs, UW-Whitewater  
[www.uww.edu/staffair](http://www.uww.edu/staffair)

### **Hours**

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

### **Health Services 472-1300**

- \* Examinations and treatment for illnesses and minor injuries
- \* Laboratory tests and medications
- \* Allergy injections and immunizations
- \* Pelvic exam and Pap test
- \* Contraceptives
- \* STD and HIV antibody testing
- \* Cold self care
- \* Referrals to specialists
- \* Phone consultations with RN
- \* Rehabilitation for students with disabilities

### **Counseling Services 472-1305**

- \* Individual counseling for many concerns, including...
  - \* Relationships
  - \* Depression
  - \* Self-esteem
  - \* Values clarification
  - \* Alcohol and other drugs use
  - \* Sexual assault and abuse
  - \* Decision-making
  - \* Anxiety
  - \* Sexual orientation
  - \* Stress
- \* Group counseling options
- \* Consultations with staff
- \* Referrals to community agencies
- \* Crisis intervention
- \* Practicum training site

### **Wellness Services 472-1300 ext. 2244**

- \* Lobby Resource Center
- \* Royal Purple articles
- \* Bulletin board kits
- \* Healthy U newsletter
- \* Web site
- \* Posters
- \* Wellness fairs
- \* Educational presentations

### **Employee Assistance Program 472-1305**

- \* Confidential assistance and referral for employees with concerns such as:
  - \* Stress
  - \* Depression
  - \* Finances
  - \* Alcohol and other drug use
  - \* Troubled coworkers
  - \* Marriage/family
  - \* Health

### **24-Hour Emergency help:**

#### **911 Whitewater Rescue Squad**

472-1060 Sexual Assault Response Team  
262-741-3200 or 1-800-365-1587 Crisis Line

# Preventing Acquaintance Sexual Assault

## TO REDUCE THE RISK OF BEING SEXUALLY ASSAULTED

1. Be aware of what is happening around you. Stay alert. Don't become drunk or drugged.
2. Decide what you do and do not want to do **before** get together with a potential sexual partner. Think about how to communicate this to your date.
3. Communicate your limits firmly and directly. Don't assume that your date will automatically know how you feel, or will eventually "get the message" without you having to tell him/her. If you say "NO", say it like you mean it. Don't give mixed messages.
4. Act in a way that shows you value yourself. Respond assertively to any even minor acts of sexual harassment or disrespect.
5. Do not allow others to violate your personal space.
6. Do not allow yourself to be taken into secluded settings. Always arrange alternate transportation home in case you need it. Let others know where you are going.
7. Trust your instincts and get out of any situation that feels wrong.
8. Do not assume that someone who has been non-violent in the past will never be violent.
9. Don't be afraid of not being liked by someone who won't respect your feelings.
10. Use a buddy system to watch out for each other. Go home with the friends you went out with

## TO AVOID BEING ACCUSED OF SEXUAL ASSAULT

1. Talk to your partner openly so you can both communicate your wishes and have no misunderstanding. If you aren't comfortable talking openly about your sexual desires and limits, you are not ready to be sexual.
2. Always ask before you touch someone sexually.
3. Assume that "no" means NO. If you are right you have not offended your partner. If you are not, your partner can initiate more sexual contact.
4. Listen Carefully. Take the time to hear what your date is saying. Be sensitive to that person's feelings. If you feel your date is not being direct or is giving you a "mixed message", ask for a clarification.
5. Don't make assumptions about your date's behavior. Don't automatically assume that someone wants to have sex just because she/he drinks heavily, dresses provocatively, or agrees to go to your room. Don't assume that just because someone has had sex with you previously she/he is willing to have sex with you again. Also don't assume that just because your date consents to kissing or other sexual intimacies, she/he is willing to have sexual intercourse.
6. Don't feel as if you always have to initiate sexual activity. Don't initiate if you don't want to. You don't have to prove your sexuality.
7. Don't have sex with someone who is drugged, intoxicated, passed out, incapable of saying "NO", or unaware of what is happening around her/him. That is sexual assault. Getting someone drunk is not the same as getting her/his permission. Be aware that having sex with someone who is mentally or physically incapable of giving consent is against the law.
8. If you have to pressure your date or get your date intoxicated to do it, **don't do it**. Submission is not consent. Consent is active and not passive. Any sexual contact without consent is against sexual assault in Wisconsin.
9. Do not exploit or sexually harass others with humor, threats or embarrassing comments.
10. Be especially careful in group situations. Be prepared to resist pressure from friends to participate in violent sexual acts or gang up on an individual.

Remember that just because someone doesn't want to have sex with you, that doesn't mean there is something wrong with you or that the other person isn't attracted to you. There can be many reasons for not wanting to have sex. Sex is a very intimate act that can involve medical and emotional risk.