

Fiend and Friend: Get the Picture? Prevention Skills

- 1.) Know your sexual limits.
- 2.) Be aware of the affect of peer pressure on your decisions.
- 3.) Communicate any discomfort you feel with another person's behavior. Don't make excuses. Respond assertively.
- 4.) Accept that "NO" means "NO". Believe in another person's right to say no. (even yours)
- 5.) Don't assume previous permission for sexual contact applies to current situation. (Eliminate force when person is asleep or drunk)
- 6.) Avoid excessive use of alcohol and drugs. These often make people more sexually aggressive, and affects judgment & communication.
- 7.) Don't get so drunk that you can't handle your own behavior OR can't help a friend who may need you.
- 8.) Beware of someone who:
 - Tries to get too close
 - Touches you in intimate places "by accident"
 - Enjoys your discomfort
 - Blocks your way
 - Someone who acts like they know you more intimately than they do
 - Doesn't listen or respond when you say "NO" or show your discomfort
- 9.) Always have a way to get home, don't sleep over because you can't get home. Make a deal with your parents to be able to call home for a ride if you feel a risk.
- 10.) Pay attention to what is happening around you.... trust your feelings.
- 11.) Don't assume behavior is a signal for sex. Thinking someone wants sex is not the same as knowing for sure.
- 12.) Don't pressure others or reinforce negative behaviors. Discourage friends from sexually aggressive behavior.
- 13.) Date people you see as your equal. Thinking that you have more of a right to your desires or you are better than the other person can lead to date rape.
- 14.) Never force anyone to have sex. Know and consider the legal consequence for doing so.