REDUCE THE RISK

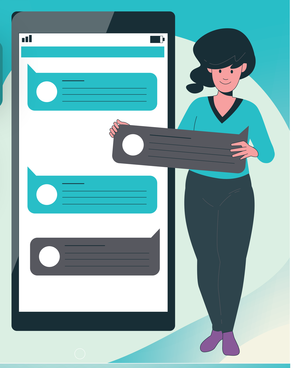
There is no surefire way to prevent sexual assault, but you can reduce the risk:

1. When out, stay with your friends. Don't leave with strangers.
2. Do not accept drinks from strangers. Always watch your drink.
3. If you feel uncomfortable or unsafe, leave.

YOU ARE NOT ALONE

There are numerous support services available 24/7 to help you recover. Start the process by:

- Calling the National Sexual Assault Hotline: 800.656. HOPE (4673)
- Live chat: https://www.rainn.org/



HOW TO
TALK WITH A LOVED ONE
ABOUT SEXUAL VIOLENCE

T Thank them for telling you

A Ask how you can help

L Listen without judgment

K Keep supporting

HELP OTHERS
STAY SAFE!

- Be an ally - stay with your friends.
- Call a cab or rideshare for friends who are intoxicated.
- If you see someone in danger, call 9-1-1.

WHAT IS
CONSENT?

Legal definitions of consent can be different from state to state, but the general concept is the same:

- It is an ongoing process of discussing boundaries and it can be withdrawn at any time.
- Consent cannot be given by individuals who are underage, intoxicated or incapacitated by drugs or alcohol, or asleep or unconscious.

STEPS TO TAKE

If you have been sexually assaulted, know that it is not your fault.

1. In immediate danger or seriously injured? Call 9-1-1.
2. Reach out to someone you trust for support.
3. Call the National Sexual Assault Hotline: 800.656. HOPE (4673) to talk to someone who can direct you to the appropriate local health facility to care for survivors.
4. Military? Call the DoD Safe Helpline: 877-995-5247

WHAT IS
SEXUAL ASSAULT?

Sexual contact or behavior that occurs without explicit consent. Forms of sexual assault include:

- Attempted rape.
- Forcing someone to perform sexual acts.
- Fondling or unwanted sexual touching.
- Unwanted penetration, also known as rape.

PSYCHOLOGICAL IMPACT
OF SEXUAL ASSAULT

Sexual assault is a traumatic event that can have a long-lasting negative effect. Those who have experienced it may feel:

- Suicidal
- Depressed
- Guilty/Shameful

SAMPLE