REDUCE THE RISK OF SEXUAL ASSAULT*
The #1 date-rape “drug” is alcohol.

*any unwanted, forced, tricked, or coerced sexual activity.

Travel in a group, whether going out to parties or clubs or walking in the neighborhood at night. Check in with your friend(s) and leave together. Avoid isolated places.

Control your alcohol and, if you do drink, watch it being prepared or drink only what you opened yourself.
  • Even if someone offers you a drink (alcoholic or non-alcoholic), be sure you watch it being made.
  • Avoid leaving your drink unattended and if you find that your drink has an unusual (salty or bitter) taste or appearance, discard it immediately.

You are not obligated to do anything you don’t want to. Know what you want and say it. You don’t have to pressure your friends to drink or have sex to have a good time.

Trust your instincts. If a situation feels unsafe or uncomfortable, get out!

Jokes about sexual assault are not cool. If you joke about it or don’t confront it, you’re in effect supporting it.

Find a safe place away from the perpetrator. Ask a trusted friend to stay with you.

Medical attention is available for any injuries or to test for STDs and pregnancy. If you do seek out a hospital or health facility, ask them to conduct a rape exam and tell them if you think you have been drugged.

Police and Campus Security are trained in assisting with these types of sensitive situations. They will maintain confidentiality and treat you and your case with respect if you decide to report. See Campus Security’s commitment to victims at http://hawaii.edu/security/commitment.html.

If you decide to report the incident, preserving the evidence is important. Do not bathe or wash your clothes. Put your clothes in a paper bag.

Know the assault is not your fault and that you are not alone.

If you are a person with a disability, let response personnel know so they can best assist you.

Any sexual act committed without consent is considered sexual assault and is a serious crime.

Other Campus Resources:
- Counseling & Student Development Center
  956-7927
  www2.hawaii.edu/~csdsc/
- Office of the Gender Equity Specialist
  956-9499
  www.manoa.hawaii.edu/mco/Gender_Equity/

Off-campus Contacts:
- Honolulu Police Department/Ambulance
  911
- Sex Abuse Treatment Center (SATC), Kapi’olani Medical Center for Women and Children
  http://satchawaii.com/default.aspx
  24-hour hotline 524-7273

Other Resources:
- RAINN, the nation’s largest anti-sexual violence organization
  1-800-656-HOPE
  www.rainn.org
- Online harassment and sexting
  www.athinline.org