

BE SAFE—RISK REDUCTION TIPS

Taken from: Sexual Assault Risk Reduction Curriculum, A Comprehensive Guide for the Classroom Teacher or Community Educator, 1999.

- Set sexual limits. Think about what sex means to you, decide what your sexual limits are and how far you want to go. It is your body and no one has the right to force, harass or coerce you into doing anything that you don't want to do
- Practice being assertive and stating what you want
- Get to know people before giving them a lot of information about you or trusting them
- Avoid dating or hanging out with people who are a lot older than you
- Find out about how the person you are with feels or what he or she expects. You may not want the same thing
- Hang out with others who share your values
- Hang out where there are other people and you feel safe
- Avoid alcohol and drugs. Your best defense is having a clear mind
- Be aware of "date rape drugs" and how they are used
- Establish "buddy systems" with your friends and watch out for one another. Agree to tell each other when you are leaving
- Always have extra money to get home
- Have a plan for someone you can call if you need help
- Do not be alone with him in his home, your home or a friend's home
- Don't do anything that you don't want to do just to avoid disagreement, unpleasantness or embarrassment
- Stop or slow down before you get to your sexual limit
- Use a confident voice and body posture. Look directly at him or her and say "No" in a firm, serious voice. Match your body language to your words – don't laugh and smile while saying "No"
- Trust your instincts. If you feel uncomfortable, scared or pressured act quickly to end the situation. Say "Stop it" and leave or call for help

BE AWARE – TRUST YOUR INSTINCTS – BE ASSERTIVE

Sexual Assault Nurse Examiner (SANE) Program of Otero/Lincoln County, New Mexico

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