Sexual Assault: Reducing Your Risk

- Create a distraction. A distraction can give the person at risk a chance to get to a safe place.
- Ask directly. Talk directly to the person who might be in trouble.
- Refer to an authority. Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like an RA or security guard.
- Enlist others. It can be intimidating to approach a situation alone. Enlist another person to support you.

Whether or not you were able to change the outcome, by stepping in you are helping to change the way people think about their role in preventing sexual assault.

Personal Safety

- Trust your instincts, especially if you feel unsafe, uncomfortable, or worried for any reason.
- Know your resources.
- Know your limits when it comes to alcohol and sexual activity.
- Protect your drink at all times; never leave a drink unattended.
- Ask yourself, “Would I do this if I was sober?”
- Have a backup plan and a way to get home safely.
- Consent matters. No means no.

Resources

Title IX Office
Phone: 601-266-4466
Email: Rebecca.Malley@usm.edu
TitleIX@usm.edu

Moffitt Health Center
Phone: 601-266-5390
Email: clinic.admin@usm.edu

Shafer Center for Crisis Intervention
Phone: 601-264-7078
http://www.theshafcenter.info/index.html

Student Counseling Services
Phone: 601-266-4829

UPD
911 (Emergency Assistance)
601-266-4986 (Non-emergency)

Office of Health Promotion

Moffitt Health Center at Southern Miss
By the Numbers: Sexual Violence in College

- 20% to 25% of females will be the victims of rape or attempted rape on a college campus each year.
- 57% of rapes occurred on dates.
- 42% of rape victims told no one after the assault.
- 5% reported the attack to the police.
- 43% of sexual victimizations occur when alcohol is consumed by the victim.
- 69% of sexual victimizations occur when alcohol is consumed by the perpetrator.
- 79.3% of those who reported having been raped or sexually assaulted while intoxicated blamed themselves either fully or in part.
- 85% of rapes are committed by a person the victim knows.
  - Survivors of Rape Knew Their Attackers As:
    - 35.5% Fellow Classmates
    - 34.2% Friends
    - 23.7% Boyfriends or Ex-boyfriends
    - 2.6% Acquaintances
- Nearly 60% of rapes occur in the survivor’s residence hall.
- 50% of women raped by force or threat of force also indicated some degree of self-blame.
- Men are more likely to assume that a woman who drinks on a date is a willing sex partner.
  - 40% of these men believe it is acceptable to force sex on an intoxicated woman.
**Fact vs. Fiction**

**Fiction**
- If the assailant, victim, or both are drunk, the assailant cannot be charged with rape.
- Individuals provoke rape by how they behave, dress, or where they choose to go.
- Men can’t be raped.
- A person who doesn’t fight back has not been raped.
- Once a man reaches a certain point of arousal, sex is inevitable and they can’t help forcing themselves upon a woman.
- Most survivors lie about acquaintance rape because they have regrets after consensual sex.

**Fact**
- Forcing sex on someone who is too drunk to give consent is rape in most states. People who commit crimes while under the influence of alcohol or drugs are not considered free from guilt.
- Rape is NEVER the survivor’s fault.
- It is estimated that men make up 10% of all victims.
- Rape occurs when an individual is forced to have sex against their will, whether they have decided to fight back or not.
- Men are capable of exercising restraint in acting upon sexual urges.
- Acquaintance rape really happens - to people you know, by people you know.

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**Getting Real About Consent**

Consent is freely given, of a person’s own free will, and absent of pressure.

*Consent is agreeing and saying yes throughout the ENTIRE act. Consent can be REVOKED at any time!*

There is no consent without explicit permission. A clear YES is a MUST!

*People under the influence of alcohol or drugs are not able to give consent. NEVER assume consent has been given.*

<table>
<thead>
<tr>
<th>Ways to Ask</th>
<th>What Consent Sounds Like</th>
<th>What Consent Does NOT Sound Like</th>
</tr>
</thead>
</table>
| Do you want me to keep going?  
Is this okay?  
How far do you want to go?  
How does that feel?  
Do you like that? | Keep going  
Absolutely  
I like that  
Of course  
For sure  
Yes | I’m not ready  
Not tonight  
I’m not sure  
I guess so  
Stop  
No |

Sources
- https://www.rainn.org/articles/steps-you-can-take-prevent-sexual-assault
- https://www.rainn.org/articles/staying-safe-campus
- https://www.rainn.org/articles/alcohol-safety