



PERSONAL SAFETY TIPS

These tips may lower the risk of sexual assault, but the offender, not the survivor, is solely responsible for an act of sexual violence.

- Communicate assertively and clearly!
Tell your partner your boundaries.
- Expect respect and avoid those who do not show it.
Stay away from people who make jokes about or harass oppressed groups (women, members of the LGBTQ community, people of color, etc.).
- Know that drinking and drugs impact decision making.
A person who is intoxicated or impaired cannot give consent.
- Do not leave drinks unattended.
It provides someone with an opportunity to drug you.
- Try to avoid situations or locations that separate you from others.
Make a scene if it becomes necessary. Don't worry about looking foolish.
- Trust your instincts – they rarely fail you.

LaFASA

*Louisiana Foundation
Against Sexual Assault*

Sexual Assault Crisis Centers provide a 24-hour crisis hotline, information and referral, free counseling and more!

www.lafasa.org

MAIN 225.372.8995
HELPLINE 888.995.7273

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LaFASA

Personal Safety Tips &
DATING VIOLENCE

WHAT IS SEXUAL ASSAULT?

Sexual assault is sexual contact without consent. It includes rape, groping, forced kissing, other sexual acts. A person can be forced or coerced, unconscious, or too intoxicated to consent. Anyone, regardless of gender, age, race, income level, sexual orientation, and/or ability, can be a victim.

Like survivors, perpetrators can be anyone. When you have to regularly interact with your perpetrator(s), this can affect the healing process.

Teenagers and young adults are especially vulnerable to sexual assault. This brochure is a start to learn about sexual violence and resources available for survivors.

Statistically, students are most vulnerable to sexual violence during their senior year of high school and first year of college.

Sexual violence is about power and control over another person.

A survivor is never responsible for an assault, even if:

- you were dating for a long time.
- you had sex before.
- you changed your mind during a sexual activity.
- your date spends a lot of money.
- you trusted the person.
- you didn't fight back.
- you were drunk or under the influence of drugs.
- it happened a long time ago.
- you never told anyone.

No one deserves or asks to be sexually assaulted. Perpetrators, not survivors, are to blame for sexual violence.

If you have been sexually assaulted:

- You are not alone.
 - Talk to a trusted friend.
 - Call the statewide hotline.
 - Sexual assault centers are available anytime, day or night, or whenever you want to talk. Find your local center at lafasa.org.
- Consider getting medical assistance.
 - This can include a forensic exam, or "rape kit," if you choose. You do not have to report to law enforcement to get an exam.

***Call the LaFASA helpline for 24/7, free and confidential support and information services.
888-995-7273***



Your support will help your friend through the healing process and it starts with saying, "I believe you."

- Don't pressure your friend to give details.
Allow them to tell their story at their own pace.
- Don't gossip about the assault.
It's your friend's experience and their choice (if and when) to tell others.
- Ask before touching the victim.
Respect their boundaries; these are steps in regaining control of their body.
- Ask your friend if they want to get medical assistance or to report the assault to the police.
If they say yes or no, it is their choice and you should respect and support it.
- Call a sexual assault crisis center if you have questions or need support for yourself.
Visit lafasa.org to find your local sexual assault center.