

About STAR Central

STAR Central is the Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence coordinated through the University Health Services, Health Promotion Department. Located at the Pat Walker Health Center, Room 277, STAR Central serves the University community through prevention education programs and victim advocacy services.

STAR Central staff offer various programs, presentations, and campus-wide awareness campaigns. RESPECT (Rape Education Services by Peers Encouraging Conscious Thought) is a peer education program of STAR Central that capitalizes on college students facilitating discussion with other students in a supportive, learning environment. Requests for any of STAR Central's programs can be arranged by calling (479) 575-7252.

Help for the victim of sexual assault and/or relationship violence is important. Talking one-on-one with a trained advocate in a confidential setting, one can process what options are available for help and/or reporting the crime. Appropriate resources for help are identified and referrals are given.

Resources

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252
SARPA (24 hour response line)	927-1020
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
Pat Walker Health Center (University Health Services)	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Peace at Home Family Shelter	442-9811
The Crisis Center	756-2337

STAR Central of the Pat Walker Health Center's Health Promotion Department is the Office of Support, Training, Advocacy, and Resources on Sexual Assault and Relationship Violence. Confidential advocacy services and campus training programs are available. Visit <http://health.uark.edu> for more information or to learn about STAR Central's peer education program, RESPECT, visit <http://respect.uark.edu>

What is Date Rape?



STAR Central

Office of Support, Training, Advocacy, and Resources on Sexual Assault and Relationship Violence



**Pat Walker Health Center
Office 277
(479) 575-7252
TTY (479) 575-4124**



What is Date Rape?

DATE RAPE occurs while on a date and when one person forces, coerces, or manipulates another individual into sexual intercourse against her or his will and without consent. Date rape is a type of acquaintance rape.

Acquaintance rape is perpetrated when the rapist is known to the victim such as a date, classmate, coworker, boss, neighbor, family member, or any other acquaintance.

- **DATE RAPE is a power trip that is about dominance and humiliation, NOT about love.**
- **DATE RAPE is when someone you know – a date, boyfriend, girlfriend, or casual friend – forces you to have sex. It is RAPE.**
- **DATE RAPE is not only a serious crime punishable by law; it is also a betrayal of trust that can leave long lasting emotional injuries.**

For the victim of date rape, there is help. Contact STAR Central of the University Health Services, 575-7252 or your local rape crisis center

Reducing the Risk of Date Rape

There are actions you can take to reduce the risk of date rape.

Communicate – Make your limits clearly known. If someone makes you feel uncomfortable, tell him or her early in the situation and firmly. Repeat your feelings, if necessary. Also, listen to what your date is saying. If you are uncertain if she or he is okay with things, then ask!

Be Assertive – You don't have to be polite when someone is not respecting your wishes. You have the right to make your thoughts known. It is your body and no one has the right to force you to do anything against your will.

Be Alert – Alcohol and other drugs can impair your judgment and ability to communicate. They can also render you helpless in an undesirable situation. Approximately 75% of date rapes occur when one or both persons have been drinking. Never take advantage of a situation when one is under the influence.

Be Prepared – Plan ahead. Don't rely on a new date for money or transportation. Always have some extra money for a taxi or to call someone you trust to come and get you. On the first couple of dates, meet in public places and let others know where you will be and when you will return.

Trust Your Instincts – If you sense danger or you're feeling nervous about someone's behavior, it is best to remove yourself from that situation immediately. Trust your gut feelings.

Things to Remember:

- When you're out with an acquaintance or a date, there should not be an expected commitment to have sex just because you are on a date.
- It's your heart and body. No one has the right to take advantage of you.
- Decide your values and limits before you go on a date. When you feel the time is right, clearly communicate these thoughts.
- You always have the right to say "NO" to sexual contact.
- Respect your date's opinion. Listening to one another can often solve problems before they occur.
- Know your drinking limits, if you choose to drink at all.
- Any sexual contact without your permission is a crime!
- Rape is never the victim's fault.

For more information or for educational programs, call STAR Central at (479) 575-7252.

