

## 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 email: [respect@uark.edu](mailto:respect@uark.edu)

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.

## Campus Resources

STAR Central	479-575-7252
For advocacy email	<a href="mailto:survivor@uark.edu">survivor@uark.edu</a>
For education programs email	<a href="mailto:respect@uark.edu">respect@uark.edu</a>
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-7111
Student Standards & Conduct	479-575-5170

***In the event of an emergency, call 911.***

### Confidential Campus Resource Options

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing [survivor@uark.edu](mailto:survivor@uark.edu) or at 479-575-7252 to arrange for an appointment.

***For more resource information, including community resources, please visit <http://respect.uark.edu>***

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day (no appointment necessary) at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

*Updated January 2017*

# What is Date Rape?



STAR Central  
Pat Walker  
Health Center

## What is Date Rape?

**DATE RAPE** occurs when one person forces, coerces, or manipulates another individual into sexual intercourse against her or his will and without consent, while on a date. 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:

**When someone you know – a date, boyfriend, girlfriend, or casual friend – forces you to have sex.**

**A power trip about dominance and humiliation, not love.**

**A serious crime punishable by law.**

**Betrayal of trust that can leave long lasting emotional injuries.**

## Reducing 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. A majority 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 extra money for a taxi or be prepared 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 are uncomfortable in a situation, leave right away. 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.
- If you choose to drink alcohol, know your limits.
- Respect your date's opinion. Listening to one another can often solve problems before they occur.
- 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  
(479) 575-7252.**