

What can you do?

- **Be aware of language.** Words are powerful. It is common in our society for words to be used that put women down, such as when a woman is referred to as a “whore,” “slut,” “dog,” “bitch,” or other degrading and inappropriate terms. Such language sends a message that women are inferior and it becomes easier to treat them with less respect, disregard their rights, and ignore their well-being.
- **Speak up.** Talk with others when you hear attitudes, jokes, and language or see behaviors that are degrading and that promote the concept that it’s okay to rape. Talk with others about risk reduction strategies and about rape prevention.
- **Communicate.** Talk honestly and openly about sex. Effective and clear communication about your desires, listening to your partner, and asking when situations are unclear enables you to make sex safer for yourself and others.
- **Don’t ever have sex with anyone against their will.** Value equality and treat others with respect.

Campus Resources

STAR Central	479-575-7252 survivor@uark.edu
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	479-575-4019
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 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 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.

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Sexual Assault: Reducing the Risk



UNIVERSITY OF
ARKANSAS

STAR Central
Pat Walker
Health Center

Rape is a community issue. Rape is a violent crime that affects all, no matter age, race, ethnicity, gender, religion, sexual orientation, level of education, or economic status. The effects of rape affect not only the victims, but also those who care about the individuals who are raped.

By being aware, a person can reduce some personal risk of rape. Certain behaviors and strategies can be used to decrease the likelihood of a rape. However, even if all of the strategies are followed, it is still possible for a rape to occur. A person can only control their own behaviors and actions and not the decisions, behaviors, and actions of another.

It should always be remembered that if a rape does occur, it is not the victim's fault. A victim should never be blamed for the fact that someone else chose to overpower or take advantage of a situation. Rather, blame should be placed where it belongs. That is, offenders of sexual assault and rape should be held accountable for their choices and actions.

Risk Reduction Strategies

Be alert. Know what is going on around you. Try to avoid areas or times of isolation from others.

Walk with confidence. Using skills of assertiveness, a person is less likely to become a victim. Although stranger rape is less common than acquaintance rape, walk in well-lit areas, park under street lights, stick to main paths and routes.

Communicate clearly. Be familiar with your own sexual desires and limits. Openly and honestly discuss them with your partner. Give consistent information so that there is less room for ambiguity or uncertainty.

Trust your instincts. If you are uncomfortable about a situation, leave right away. Trust your gut feelings.

Use caution when first dating. When dating someone new, remember that you still don't know this person yet. Arrange to meet your date at public locations for the first several dates as you get to know each other better. Have your own transportation to and from your first several dates. Let others know where you will be and when they can expect you to be back.

Use alcohol responsibly. If you choose to drink, drink responsibly and know your limits.

Protect you drink. Never drink beverages from open containers or punch bowls when at a party or bar. Never leave a drink unattended. Never accept a drink from someone other than the bartender, waiter, or waitress. Date rape drugs, often colorless, tasteless, and odorless, can easily be slipped into drinks, rendering a person helpless.

Use the Buddy System. Go out with and return home with friends. Never leave a friend behind, especially one who is under the influence.

Be aware of your actions. Some people like to use the excuse that the way someone acted or dressed was the reason that they were raped. These notions are myths. No one deserves to be raped. Realize that certain behaviors can attract some negative attention. Be aware of this and be able to assertively respond to it.

People can take steps to help reduce the risk of being raped. However, rape will only truly stop when rapists stop raping.