

# TIPS FOR TEENS TO PREVENT SEXUAL VICTIMIZATION

- Listen to your intuition/gut/instinct. People often sense potential danger before they're able to pinpoint exactly why.
- Avoid excessive use of alcohol and/or drugs; the majority of sexual assaults occur in someone's home when both people have been drinking and/or drugging.
- Staying safe and feeling comfortable is more important than having manners and "being nice"; "respect your elders" does not mean "always obey" them!
- Don't go to isolated areas alone (take a friend) (if you must go alone, tell someone where you're going and when to expect you back).
- If there is no weapon AND you are not being robbed – that is, someone is either physically/sexually attacking you or is dragging you away from a public area – FIGHT BACK AND YELL LOUDLY. Perpetrators of sexual assaults look for easy targets. Fighting and yelling make you a difficult target. Also, injuries sustained as a result of fighting the perp are generally milder than injuries resulting from a successful sexual assault.
- If someone says "Don't tell": TELL
- If someone threatens you and/or someone you love: TELL
- KEEP TELLING until you get satisfaction
- Don't take a ride with someone you don't know well
- Recognize manipulation:
  - charming, flattering: "you're so beautiful, I can't stop myself".
  - forced teaming: "you look like my kind of girl ... let's get out of here".
  - discounting 'no's', minimizing: "you don't really mean that".
  - bullying, making you feel stupid, typecasting: "don't tell me you're one of those girls who ..."; "why'd you think I offered to ...".
- unsolicited offers of help (now you owe him): for example, to carry your heavy bags.
- pressure: "I'm going to die"; "I thought you wanted this, too"; "you were leading me on" or "you were being a tease".
- Changing history after an assault: "you know you wanted to ..."; "you weren't crying before when we started ..." (the absence of crying just prior to an assault or during it doesn't mean you wanted it).