

PROM SAFETY for Teens

2/3 of all teen date rapes and sexual assaults occur during prom and graduation season

What is sexual coercion?

The use of intimidation, alcohol, drugs, threats, or force to have sexual contact with someone against their will

This includes:

Guilting - "You owe it to me."

Name-calling - "Don't be a chicken."

Threatening - "If you don't do this, I'll hurt you."

Lying - "Everyone else is doing it."

Badgering - "Come on, please."

Blackmailing - "Even if you don't, I'll say you did."

FACTORS TO CONSIDER ON PROM NIGHT:

Who are you going to prom with?

Are you going by yourself or with a group of people?

Are you going to a party before or after prom? Do you know the other people who are attending this party?

Who is driving? Is it someone *responsible, whom you trust*?

KEEPING YOURSELF SAFE:

Never accept a drink from someone you do not know

Never feel obligated to pay someone back with sexual behaviors in return for an expensive date or gift

Learn the warning signs for alcohol poisoning and drug intoxication

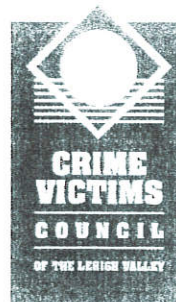
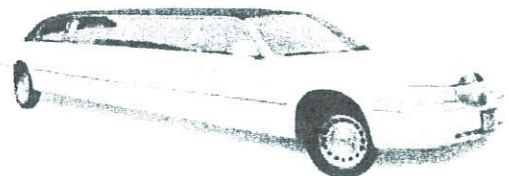
Stay with your friends; don't allow yourself to be isolated from the group

So What's the Plan???

HAVE A PLAN!

- Think of what you might say in advance if someone tries to pressure you
- Be sure someone you trust is available to call if plans change or you need help
- Stick up for your friends if they are being pressured into something they are uncomfortable with
- Let your parents know where you are going to be and if there are a change of plans

TRUST YOUR GUT!

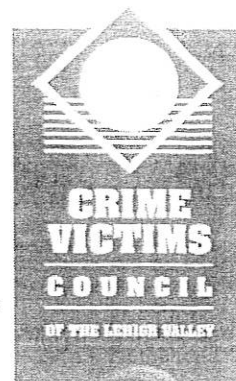


Crime Victims Council offers confidential services to victims of crime and their families at no cost.

**24-Hour Hotline:
610-437-6611**

Drug-Facilitated Sexual Assault

Crime Victims Council 24/7 Hotline: 610-437-6611



RISK REDUCTION TECHNIQUES

Statistics:

- 1 in 4 women and 1 in 6 males will be sexually assaulted in their lifetime.
- 3 out of 4 rape & sexual assault victims know their attacker prior to the assault.
- It is estimated that 90% of all acquaintance rapes involve alcohol.

What is acquaintance rape?

"Acquaintance rape is a sexual assault by an individual known to the victim. Another term "date rape" is a sexual assault by an individual with whom the victim has a "dating" relationship and the sexual assault occurs in the context of this relationship."

The National Center for Victims of Crime

- ☑ Use the Buddy System. Check in with your friends every 15-20 minutes.
- ☑ DO NOT accept a drink from anyone. If someone wants to make you a drink, watch them make the drink.
- ☑ Never accept a drink from a punch bowl or open container.
- ☑ Always watch your drink.
- ☑ When holding your drink, keep your hand over the top in order to prevent someone from slipping something in your drink. If you are holding a beer bottle, put your thumb in the top.
- ☑ Trust your gut. If something feels strange leave immediately.
- ☑ If you begin to experience dizziness, lightheadedness, nausea, and/or drowsiness, immediately go to the emergency room. You may have been slipped a date rape drug and need immediate medical attention. If this happens to a friend, get him/her to a safe place and seek medical attention.

If a Sexual Assault Occurs.....

- Go to a safe place. Call someone you trust for emotional support. In the Lehigh Valley, you can call the Crime Victims Council Hotline at 610-437-6611. In PA call 1-888-772-PCAR (Pennsylvania Coalition Against Rape).
- Do NOT shower. Do not eat, drink, smoke, comb your hair, shower, or urinate before going to the emergency room. Doing these things may destroy valuable evidence. If you have done these things, please still go to the emergency room and seek medical care.
- If you change clothing before going to the emergency room, place the clothes you were wearing in a paper bag if possible.
- Seek medical attention regardless of whether you want to report the assault to authorities or not. Doctors can check for injuries that may not be visible and treat you for possible STD's as well as provide you with medication to prevent pregnancy. You may also request a sexual assault/rape exam.