



When it comes to **SEX**, the signals are hard to read!

Everyone here at Illinois State University is concerned with your personal safety. Sexual assault happens in every community and the university community is no exception. Women between the ages of 18 and 21 represent the highest risk group but men are also at risk for sexual violence. Please take a few minutes to review the following information. This information is designed to increase your awareness and enhance your safety, and the safety of our community.



Sex is a two-way interaction involving two people. For it to be a positive and safe interaction, these individuals need to communicate and talk about what they are doing. Be open about your sexual limits and expectations and respect your partner's limits. Communication demonstrates respect, reduces misunderstandings and clearly establishes consent.



Proceed slowly in sexual interactions; you need to make sure that you have consent. Sex without consent is rape! You cannot act on assumptions about consent, it is too difficult to “read the signs” – you need to ASK. Illinois State University's Student Code of Conduct (<http://www.deanofstudents.ilstu.edu/downloads/crr/code-of-student-conduct.pdf>) requires that sober consent be **actively given**. Lack of a “no” is not a “yes”.



Sex without consent is rape. Rape is a felony and could result in prison time. Any sexual contact without consent violates the university's Student Code of Conduct and could result in suspension or dismissal from the university. How do you establish consent? ASK!



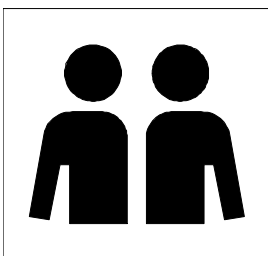
Sex and alcohol don't mix. Excessive use of alcohol is the greatest risk factor for sexual violence. Consent **CANNOT** be given when drunk. Having sex with someone who is drunk is **RAPE**. If you choose to drink, know your limit. Go out and come back with friends, designate a "sober buddy" to watch out for others and intervene when someone is putting themselves at risk. Do not let friends wander off with someone they do not know well.



Know that most sexual assaults are committed by acquaintances. Perpetrators are most likely to be someone that you know, not the "stranger lurking in the dark". Most sexual assaults are planned and deliberate acts of sexual violence.



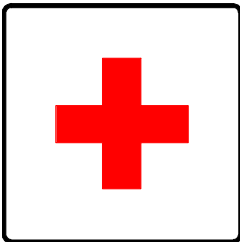
If your partner says "stop", sexual activity needs to stop. Individuals retain the right to revoke consent at any time. Even if someone initially said "yes", they can change their mind. There are different ways of saying "stop". Certainly it is easiest and clearest if this is communicated directly, but this is not always the case - pushing your hands away, trying to push you off, crying, saying "I'm not sure . . ." are other ways of indicating stop.



Watch out for friends. Intervene if someone is putting themselves at risk. This works for both male and female students, everybody benefits from having someone watch out for you. Designate one person to remain sober and watch out for others. Be a friend and actively intervene if someone is making a decision which could bring negative consequences.



Report unwanted sexual experiences. Tell someone – talking helps your recovery and can prevent others from being assaulted. Ignoring it does not make it go away. There is healing in talking. Contact the **Sexual Assault Prevention and Survivor Services Coordinator** in **Student Counseling Services** (<http://www.counseling.ilstu.edu/SexualAssaultPrevention/>) (438-3655) for free and confidential services. They can help you figure out what to do, help you file a report, and help make arrangements for medical treatment and your classes. You can talk with someone without filing a formal report.



Sexual assault is not just “sex”, it is ASSAULT. Following a sexual assault a variety of services are needed.

Medical services (treatment of injuries, testing/treatment of sexually transmitted infections; pregnancy testing) can be provided at:
a hospital emergency room, or
Student Health Services (438-2778)
(<http://www.shs.ilstu.edu/>)

Reporting options:

- on campus assaults can be reported to the Illinois State University Police (438-8631)
(<http://www.ilstu.edu/depts/police/new/index.shtml>)
 - off campus assaults can be reported to;
Normal Police (888-5030; voice and TDD), or
Bloomington Police (888-5030; voice and TDD).
- Assistance is available in filing a report.

Conclusion:

We do have a safe campus community, and with some common sense, responsible judgment and respect, we can keep our campus a safe place.

What are some things that everyone can do to reduce the risk of sexual violence?

- **Limit the use of alcohol.** If you choose to drink, drink responsibly and watch your drink; educate yourself about date rape drugs.
- **Use a sober buddy system;** have one person stay sober and watch out for friends. The “sober buddy” needs to step in when someone is making a poor choice or putting themselves at risk. This works for men and women. Don’t pretend that it is none of your business, or you don’t want to risk making someone mad. **ACT** - out of concern.
- **Go out and come home in groups.** Don’t leave friends behind.
- **Don’t wander off** with someone you have just met.
- **Lock your doors.**
- **If you are going to be sexually active, communicate with your partner; make sure you have sober consent and practice safe sex.** Be clear, direct and firm about your sexual limits. Remember, the signals are hard to read.
- **Use your campus resources;** they are here to help you. If you know someone who has been involved in an unwanted sexual experience, encourage them to take care of themselves and seek services. This can be done confidentially and without filing a report. Parents are **NOT** informed.