

What You Can Do To Make

EVERY DATE a SAFE DATE

Be assertive. You have the right to set limits. Leave if you feel uncomfortable.

Get to know your date: Are your date's values similar to yours?

Trust your instincts. If a situation feels pressured, uncomfortable and/or unsafe, it probably is.

Don't isolate yourselves. Date in groups or meet in public places until you get to know someone. Stay away from private or secluded places. Parking in a remote spot isn't a good idea at any age.

Tell someone where you are going and with whom.

Be able to leave: Have transportation or money for a bus, taxi and phone call. Know the address of where you are.

Pay your own way: avoid obligation.

Avoid alcohol and other drugs. They can make it difficult for you to think clearly and cause you to behave in ways you wouldn't normally behave.

What You Can Do...

Recognize that no one has a right to control another person.

Notice if you feel forced. Does your date try to persuade you to do things you don't want to do? Do you ever feel *afraid*? Does your date refuse to take "no" for an answer? These are warning signs.

Warning Signs. Be wary when your relationship seems to be evolving with one person taking control or acting aggressively. Being manipulated, verbally put down, pushed or slapped and kept isolated from other relationships are all signs of an abusive relationship.

Put the blame where it belongs, on the abuser.

Tell someone trustworthy about the violence.

End the relationship as soon as possible.

Consider reporting a date rape or a physical assault to the police.

If a rape or sexual assault happens, it is extremely important you receive immediate help.

