



## Reduce your risk . . . .

- Date in public places when first getting to know someone.
- Make your own arrangements for transportation to and from a date with a person that you don't know well.
- Trust your instincts. If you feel that you are being pressured or feel uncomfortable, then leave.
- Be clear about your feelings. Be assertive when communicating your thoughts and feelings.
- Know your sexual limits and desires ahead of time. Know what you are and are not comfortable with doing.
- If you choose to drink, know your limits. Be aware of other "date rape" drugs. Don't accept drinks from someone you don't know well or leave a drink unattended. Don't share drinks or exchange drinks with others. Don't take drinks from punch bowls.
- Go to parties, dance clubs, and bars with a group of friends and leave with a group of friends.
- Be aware of your surroundings, particularly when in areas where few people are around. Walk on lighted pathways and park near buildings or under lights.



## Important Numbers

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252 575-7722
CAPS 24 hr Hotline (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
UA Pat Walker Health Center	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Sexual Assault Recovery and Prevention Agency	927-1020
Project for Victims of Family Violence	442-9811
The Crisis Center	756-2337



For more information, contact

## STAR Central

Office of Support, Training, Advocacy,  
& Resources on Sexual Assault and  
Relationship Violence

University Health Services  
University of Arkansas  
525 North Garland  
Fayetteville, AR 72701

Phone (479) 575-7252 or  
(479) 575-7722  
Fax (479) 575-7438  
TTY (479) 575-4124

A member of the Division of Student Affairs

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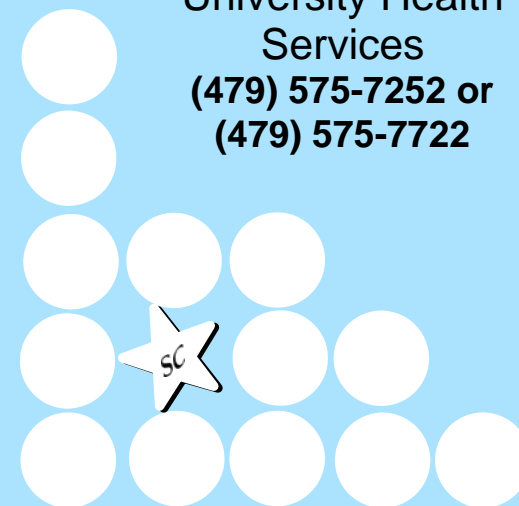


# Support Training Advocacy Resources



## STAR Central

University Health  
Services  
(479) 575-7252 or  
(479) 575-7722



health.uark.edu



STAR Central is the Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence coordinated through the University Health Services, Health Promotion and Education Department. Located at the Pat Walker Health Center, Offices 275 and 277, STAR Central serves the University community through education programs, professional consultations, and victim advocacy services.

Various education programs are available and often can be tailored to the specific needs of the audience. Requests for education presentations and programs can be arranged by contacting STAR Central at 575-7252 or 575-7722.

Advocacy services for victims of sexual assault or relationship violence are available at the University Health Center. Talking one-on-one with a trained advocate, the victim can process what options and resources are available.

There is not a charge for STAR Central services to members of the University community. Education services are provided to all members of the University. Ongoing advocacy services are available to students, but assistance with finding continuing resources will be provided to staff and faculty.

## Support

STAR Central provides support for victims of sexual assault and relationship violence, as well as for students who are secondary survivors. Secondary survivors are individuals who have been affected by knowing and caring for someone who has been victimized.

A variety of options are available for victims of sexual assault and relationship violence as they pursue the road to recovery. Assistance with identifying these options is provided and individual decisions are respected and supported. Access to and information regarding individual counseling and support groups are also available.

## Training

STAR Central provides workshops related to many issues concerning sexual assault and relationship violence. Workshops are designed with the intended group in mind. Workshops may focus on topics such as identifying an abuser, what to do if you know someone who has been raped or is in a violent relationship, sensitivity training for law enforcement and healthcare providers, risk reduction strategies on campus, understanding and countering a rape culture, and other similar topic areas.

## Advocacy

STAR Central offers advocacy services for victims of sexual assault or relationship violence. During a time of turmoil and confusion, a professionally trained advocate can provide support and help answer questions related to available options for medical and emotional care, reporting, and follow-up resources to assist with the recovery process. Personal support is provided to meet the individual needs of the victim and the victim's choices are respected. STAR Central serves to empower victims so that they may succeed during and after their recovery. Overall, the goal is for the victim to become a survivor.

## Resources

STAR Central makes available varied information related to sexual assault and relationship violence. Resource material in printed format and other media types focus on awareness, risk reduction victim rights, and cultural influences. Every reasonable effort possible will be made to provide information through individual contacts, group education presentations, awareness media campaigns, campus and community events, and other forms of outreach services.

