



What Can Men Do?

- **Be aware of language.** Words are powerful. It is common in our society for words to be used that put women down, such as when a woman is referred to as a “whore,” “baby,” “dog,” “bitch,” or other degrading terms. Such language sends a message that women are inferior, and it becomes easier to treat them with less respect, disregard their rights, and ignore their well-being.
- **Speak up.** Talk with other men when you hear attitudes, jokes, and language or see behaviors that are degrading toward women and promote the concept that it’s okay to rape. Talk with women about the risk of being raped and about risk reduction strategies.
- **Communicate.** Talk honestly and openly about sex. Effective and clear communication about your desires, listening to your partner, and asking when situations are unclear enables men to make sex safer for themselves and others.
- **Don’t ever have sex with anyone against their will.** Although most men never rape, the overwhelming majority of rapists are male. Be the kind of man who values equality and treats others with respect. Don’t be one who uses his strength to hurt others.



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
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A member of the Division of Student Affairs

Updated January 2007



Rape: Reducing the Risk



STAR Central

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Rape is often viewed as a women's issue, but it really is a community issue. Rape is a violent crime that affects all, regardless of age, race, ethnicity, gender, religion, sexual orientation, level of education, or economic status. The effects of rape affect not only the victim, but also those who care about the person who was raped.

By being aware, a person can reduce the risk of a rape. Certain behaviors and strategies can be used to decrease the likelihood of a rape. However, even if all of the strategies are followed, it is still possible for a rape to occur because a person can only control their own behaviors and actions and not the decisions, behaviors, and actions of another.

It should always be remembered that if a rape does occur, it was not the victim's fault. Victims should never be blamed for the fact that someone else chose to overpower them or take advantage of a situation. Place the blame where it belongs, on the one who perpetrated the crime of rape.

Simple Risk Reduction Strategies

- **Be alert.** Know what is going on around you. Try to avoid areas or times of isolation.
- **Walk with confidence.** Using skills of assertiveness, a person is likely to become a victim. Although stranger rape is less common than acquaintance rape, walk in well-lit areas, park under street lights, and stick to main paths and routes.
- **Communicate clearly.** Be familiar with your own sexual desires and limits. Openly and honestly discuss them with your partner. Give consistent information so that there is less room for ambiguity or uncertainty.
- **Trust your instincts.** If you are comfortable about a situation, then leave right away.
- **Use caution when first dating.** When dating someone new, remember that you still don't know this person yet. Arrange to meet your date at public locations for the first several dates as you get to know each other better. Have your own transportation to and from your first several dates. Let others know where you will be and when they can expect you to be back.
- **Use alcohol responsibly.** Using alcohol or other drugs can increase the risk for sexual assault. Alcohol and other drugs affect decision-making. If you choose to drink, drink responsibly and know your limits. Never use illicit drugs.
- **Never drink** beverages from open containers or punch bowls when at a party or bar. Never leave a drink unattended. Never accept a drink from someone other than the bartender, waiter, or waitress. Date rape drugs, often colorless, tasteless, and odorless, can easily be slipped into drinks, rendering a person helpless.
- **Use the Buddy System.** Go out with and return home with friends. Never leave a friend behind, especially one who is under the influence.
- **Be aware of your actions.** Some people like to use the excuse that the way people acted or dressed was the reason that they were raped. These notions are myths. No one deserves to be raped. Realize that certain behaviors can attract some negative attention. Be aware of this and be able to assertively respond to it.

