



About STAR Central

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, Rooms 277 and 275, STAR Central serves the University community in a number of ways.

STAR Central offers various programs, presentations, and campus-wide awareness campaigns. Requests for programs can be arranged by calling STAR Central, 575-7252 or 575-7722. Also, STAR Central will work closely with any University group or individual wanting to be involved with efforts against sexual assault and relationship violence. Collaboration with community groups is also welcomed

Help for the victim of sexual assault and/or relationship violence is important. Talking one-on-one with a trained advocate, the victim can process what options are available for help and/or reporting the crime. Appropriate resources for help are identified and referrals are given.

All contacts and services are confidential.



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

Updated January 2007



What Is Date Rape?

STAR Central

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



health.uark.edu



What is Date Rape?

DATE RAPE occurs when on a date, one person forces, coerces, or manipulates another individual he or she knows to have sexual intercourse against the other's will and without consent. Date rape is a type of acquaintance rape.

Acquaintance rape is perpetrated when the rapist is known to the victim such as a boss, date, classmate, coworker, neighbor, family member, or any other acquaintance.

- **DATE RAPE is a power trip that is about dominance and humiliation, NOT about love.**
- **DATE RAPE is when someone you know – a date, boyfriend, girlfriend, or casual friend – forces you to have sex. It is RAPE.**
- **DATE RAPE is not only a serious crime punishable by law; it is also a betrayal of trust that can leave long lasting emotional injuries.**

For the victim of date rape, there is help. Contact STAR Central of the University Health Services, 575-7252 or your local rape crisis center.

Reducing the Risk of Date Rape

There are actions you can take to reduce the risk of being involved in date rape.

Communicate – Make your limits clearly known. If someone makes you feel uncomfortable, tell him or her early in the situation and firmly. Repeat your feelings, if necessary.

Say “No” when you mean “No”

Be Assertive – You don't have to be polite when someone is not respecting your wishes. It is your body and no one has the right to force you to do anything against your will.

Be Alert – Alcohol and other drugs can impair your judgment and ability to make responsible decisions. They can also render you helpless in an undesirable situation. Approximately 75% of date rapes occur when one or both persons have been drinking.

Be Prepared – Plan ahead. Don't rely on a new date for money or transportation. Always have some extra money for a taxi or to call someone you trust to come and get you. On the first couple of dates, meet in public places and let others know where you will be and when you will return.

Trust Your Instincts – If you sense danger or you're feeling nervous about someone's behavior, it is best to remove yourself from that situation immediately.

Things to Remember:

- When you're out with an acquaintance or a date, there should not be an expected commitment to have sex just because you are on a date.
- It's your heart and body. No one has the right to take advantage of you.
- Decide your values and limits before you go on that date. When you feel the time is right, clearly communicate these thoughts.
- You always have the right to say “NO” to sexual contact.
- Respect your date's opinion. Listening to one another can often solve problems before they occur.
- Drink responsibly, if you choose to drink at all.
- Any sexual contact without your permission is a crime!
- Rape is never the victim's fault.

For more information or for a group education presentation, call STAR Central, 575-7252 or 575-7722.

