



TIP OF THE WEEK

Date Safety

Sexual assaults can happen when people are frequenting bars and night clubs or even just on a date. Below you will find warning signs and advice on reducing the risk of assault.

You should be especially alert if the person you are with:

- Ignores, interrupts, or makes fun of you
- Sits or stands too close to you or stares at you
- Has a reputation for being a "player"
- Drinks too much or uses drugs; tries to get you to use drugs or alcohol
- Tries to touch or kiss you or gets into your "personal space" when you barely know him or her
- Wants to be alone with you before getting to know you, or pressures you to be alone together
- Does what he or she wants without asking what you want
- Gets angry or sulks if he or she doesn't get what he or she wants
- Pressures you to have sex, or tries to make you feel guilty for saying "no."
- Behaves as if the two of you are more intimate than you really are.
- Behaves in a way that is unusual or excessively friendly in an attempt to manipulate or control you.
- Gives too many details about themselves that most people would not volunteer.
- Spends a lot of money on you and appears to be expecting something in return.
- Suggests that you do not trust him or her. Again, this is a form of manipulation.
- Doesn't accept "No" for an answer. If they do not accept "No" for an answer on something small, such as drinking alcohol, they may not in regard to sex either.

To reduce the risk of drug-assisted sexual assault:

- Plan your or night out, arranging your journey to and from home.
- Make sure someone knows where you are going and what time you will be home.
- When going to a pub, club, or party avoid going alone. Friends can watch out for one another.
- Appoint a nominated drink watcher (your non-drinking driver?).
- Alcohol is the most common rape drug, does affect your actions and reactions, as well as your ability to be alert to changing situations. Take care and monitor how much you drink. Stay aware of what is going on around you and stay away from situations you do not feel comfortable with.
- Never accept a drink from anyone you do not completely trust.
- Do not share or exchange drinks.
- Don't leave your drink unattended, even when going to the bathroom.
- Drugs can be put in soft drinks, tea, coffee, and hot chocolate, as well as alcohol. There are a number of drugs that can be used to incapacitate you; the majority will not be easily detectable in a drink.
- Drinking from a bottle and keeping your thumb over the top is a good idea. Just remember that if you leave it unattended you may not be able to see if anything has been put in it.
- If you return to your drink and it has been moved, looks different, appears to have been topped-off, or tastes strange, don't take a chance.
- Do not leave the pub, club or party with someone you have just met. Always have a safe ride home with someone you know you can completely trust.
- If you begin to feel really drunk after only a drink or two, seek help from a trusted friend, or a member of the club or pub management. It is important to get to a place of safety as soon as possible. You must be sure you have absolute trust in the person you are asking for help, no matter how long you have known them.
- This can happen to men as well as women and they have the same counseling and legal rights as women do.

You cannot expect to remember a long list of prevention advice, every time you go out. Just **Be Prepared, Be Alert and Be Assertive.**

Information obtained from the Edmonton Police Service



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If you have information about a crime, contact NAIT Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2000.00.

Everybody benefits, except the criminal.