

Women...

- always trust your feelings and instincts - if it doesn't seem right, it probably isn't.
- take a self-defence course before it is necessary. The best course for women to take is *wen-do*, which is oriented specifically towards women, focussing also on how to avoid situations before they happen.
- never assume that he knows how you feel - if you haven't communicated directly what you want or don't want, chances are that he doesn't know.
- avoid being alone with a new date - go out with a group of friends.
- avoid getting high or drunk, particularly on a first date.
- when you accept a ride or walk home from a friend or acquaintance let others know when you will be home and who you are with.

Men...

- respect a woman's right to control her life and her body. Never force or coerce a woman to have sex or sexual contact.
- remember that communication is the key to avoiding date rape and that you should never assume that you know what a woman wants - ASK.
- keep in mind that a desire for affection (hugging or kissing) or sexual contact (fondling or foreplay) does not necessarily indicate a desire for intercourse.
- be aware of social pressures and don't buy into the idea that sex is a "conquest". Sex is an intimate, consensual act.
- realize that being turned down is not a personal rejection, but instead a rejection of a single act at a particular time. If your self-esteem depends on your sex life, you have a problem.
- remember that you have the right to a clear and definitive response. If you don't get one, do not make the assumption that intercourse is acceptable - ASK!
- always remember that NO MEANS NO - don't argue with or coerce your date.

All sexual attention or activity that occurs against a person's will is sexual assault. This is a fact which is all too often not understood or ignored, even by women. There are many cases when an assaulted woman does not recognize that what happened was rape. However, this does not alter the long term effects of this type of violence upon women. Instead it highlights how women have been taught throughout our lives to view ourselves and our bodies. We must all learn that unwanted sexual attention is in no way complimentary. It is a violation of a woman's body and trust. It is an act of violence.



For more information please contact a member of the UPEI Student Union Council or call (902) 566-0530.

NO MEANS NO



DATE RAPE MEANS NOT UNDERSTANDING NO